Flag Football Rules

**-Games will be played on Saturday’s. Start date 9/14**

**-Game times are approx. 1 hr. long, please be on time.**

**-The Lower division games will consist of 2 halves with an 16 minute running clock and a 10 minute half time.**

**-The upper division games consist of 2 -20 minute halves with a 10 minute half time**

**-K-1-2nd graders in the lower division.**

**-3rd -4th graders in the upper division.**

**-Offense and Defense will be an 8 man format.**

**-A game can be started with as little as 7 but any less would be a forfeit of the game.**

**-The Playing Field is 50 yards long, 25-30 yards wide with 2 end zones.**

**-Rushing: No rushing the A or B gap (left or right side of the Center) until a 3 second time lapse. This give the quarterback time to drop back and let the passing plays evolve.**

**-If the quarterback receives the hike in either a Direct Snap or a Shot Gun snap, and he leaves the Pocket before the 3 second “No Rush” the defense CAN rush the line.**

**-The Center will not have a Defensive Player Heads up in ANY situation.**

**-NO QUARTERBACK SNEEKS / NO FUMBLE-RUSKIES / NO CENTER SNEEK PLAYS ALLOWED**

**-ILLEGAL USE OF HANDS 5 YARD PENALTY**

**-BLOCKING IN THE BACK 10 YARD PENALTY**

**-OFF SIDES 5 YARD PENALTY**

**-All other basic rules and penalties of football will be enforced**

**-THIS LEAGUE IS DESIGNED TO GIVE THE KIDS THE FUNDAMENTALS OF THE GAME.**

**-SAFETY IS FIRST!!**

**-FUN IS THE OBJECT**

**-REFEREES CALLS ARE FINAL**

**-ANY QUESTIONS CONTACT ED HINKLE (208)320-3030**