

## KIMBERLY YOUTH ASSOCIATION

### FLAG FOOTBALL RULES

#### 1. Playing Procedures:

- Little Dogs (K- 2<sup>nd</sup>)
- A game shall be played with **9** Players for Little Dogs, and will require a minimum of 6 to avoid a forfeit. A game will be declared a forfeit if a team cannot field a minimum of 6 players within five minutes after the scheduled start time. Both teams will be required to play with the same amount of players.
- There will be kick-offs and they will be made at mid-field.
- Prior to each game, players will meet at mid-field for a coin toss. The team winning the coin toss shall have the option to kick or receive the ball. The choice of option will be reversed to start the second half.
- The ball will be spotted after a play is completed at the point where the ball carrier's flag is pulled or dropped. The offensive team has 30 seconds to put the ball back into play.
- Free substitutions are allowed on all dead balls.
- The officials' judgment concerning scoring, calls, and boundaries will be final and not subject to protest. (Officials will be made up by parents or coaches.)
- The Home team (name first on schedule) will provide help to run chains during the game.

#### 2. Length of Game:

- A game shall consist of 4, **8** minute quarters with a continuous running clock. There will be a three minute break for half-time.
- Each team is allowed three 1-minute time-outs per game; with a maximum of two per half. Clock stops on all time-outs.

#### 3. Field Dimensions:

- Players play on a reduced size field, 30 yards wide and 50 yards long. With 2 end zones.

#### 4. Scoring:

- In order to score, the ball carrier must have both flags attached to their belt when crossing the goal line.
- Six points will be awarded for touchdowns.
- Two points will be awarded for all successful extra point attempts by a run or pass. NO KICKING will be allowed. Ball will be placed on the 2<sup>nd</sup> hash mark for extra point attempts.
- Two points will be awarded for a safety.

## **5. First Downs:**

- A team will have 4 consecutive downs to advance to the next yard marker or cone.

## **6. De-flagging:**

- Defensive players will not push, hold, tackle, or trip the ball carrier.
- A down shall be ended and the ball declared dead when the flags are removed from the ball carrier. The de-flagger should immediately hold the flags above their head at the spot of capture.

## **7. Blocking:**

- Player may not leave their feet when blocking. All blocking must be done above the waist, below the throat and without holding.
- Defensive players cannot push or throw the blocker aside.

## **8. Passing:**

- **All** players are eligible to receive a pass.
- A ball carrier may hand or pass backward at anytime. Forward hand-offs are not allowed. (ie. center sneak)
- A pass may be intercepted by any defensive player before the ball hits the ground and can be advanced if flags are attached.
- A player pulling the flags of an offensive player before a catch is made will be penalized for pass interference.
- A pass caught by a receiver without both flags attached will be considered a completion and dead at the spot where he catches the ball.

## **9. Punting:**

- If the offensive team desires to punt the ball on 4<sup>th</sup> down, they will tell the defense they are going to punt. The ball goes over to the other team if the punt is not successful.
- Neither team can leave the line of scrimmage until the ball has been kicked.
- Kicker must be 5 yards back from the line of scrimmage directly behind the center when punting the ball. Snaps from center that touch the ground should be picked up and punted.
- Punts that hit the ground after being kicked shall be fielded and advanced.

#### 10. Fumbles:

- All fumbles except from the punter are immediately dead when they touch the ground and shall be retained by the team with the last possession. Forth down fumbles revert to the defensive team.

#### 11. Ball Carrier and Maneuvers:

- A runner in attempt to avoid having their flag pulled may not straight arm, push, or push back the hand of the puller. No flag guarding.
- A runner may turn or swivel hips, but may not spin.
- When a runner falls to the ground, the ball becomes dead.

#### 12. Restrictions of Offensive and Defensive Formations:

- Offensive players in motion are not allowed.
- No offensive or defensive player shall make a false start, including false movement, or causing opponents to be drawn off sides.
- All offensive and defensive inter-linemen are required to have their hands on their knees and feet parallel or in the three point stance.
- The number of defensive linemen must be matched equally to the number of offensive linemen and positioned directly in front of offensive linemen. (no gaps)
- Defensive linemen must wait for a count of **3 seconds** (or alligators) after the ball is snapped on **ALL PASSING** plays before rushing. Each coach will be responsible for ensuring the 3 second rule is followed. If the 3 second rule is broken the play will be re-played. If the play, is a play action pass there is not a 3 second rule, defense will be live to the ball. The passer needs to show pass immediately for the 3 second rule to be in effect.
- All defensive players not on the line of scrimmage (linebacker and secondary) must be lined up at a minimum of 5 yards from the line of scrimmage.
- **NO Game Time rule changes will be allowed!** (If a rule is in question, we will discuss the rule change collectively with the other coaches prior to the start of the next season).

#### 13. Uniforms

- No metal or hard fiberglass cleats will be allowed.
- All players must wear a team t-shirt without pockets (furnished by KYA to each player). Each player must wear pants or shorts without any belt loops or exposed strings.
- All players must wear flags attached to the jersey. Flags should be a minimum of 2" wide and 14" long.

#### 14. Penalties

- Unsportsmanlike conduct will NOT be tolerated. First offense – 10 yards from infraction. Second offense – ejection from game **(This applies to players, coaches and spectators)**.
- Taunting or profanity will NOT be allowed. First offense - -10 yards from infraction. Second offense – ejection from game **(This applies to players, coaches and spectators)**.
- Fighting will result in an immediate expulsion for the remainder of the season, whether it occurs before, during or after any scheduled game.
- The following will result in a 5 yard penalty from the line of scrimmage:
  - I. Too many players on the field
  - II. Delay of game
  - III. Illegal stance for offensive or defensive linemen
- Off-setting penalties will result in the ball being moved back to the original line of scrimmage and the down being played over.
- Spectators and non-participating players must stay 1 yard from the sideline and stand no closer than 10 yards from the goal line. (Failure to do so will result in a 5 yard penalty).
- Two coaches may be on the playing field for Little Dog games. For Junior Dog level play, one coach may be in the huddle but must move to the sidelines prior to the ball being snapped.

#### 15. Offensive Penalties

- 5 yards from the line of scrimmage
  - False start
- 10 yards from the line of scrimmage
  - Holding
  - Blocking below the waist or above the throat
  - Pass interference
- 10 yards from the point of infraction
  - Clipping or illegal block during punt
  - Straight arming or flag guarding
  - Deliberately running over defensive player
  - Constant spinning
- Loss of ball/possession
  - Failure to punt when declared

## 16. Defensive Penalties

- 5 yards from the line of scrimmage  
Off sides or lining up in neutral zone
- 5 yards from point of infraction  
Intentional throwing of flags backwards
- 10 yards from line of scrimmage  
Holding on the line of scrimmage  
Pass interference
- 10 yards from point of infraction  
Pushing, holding, tackling, or tripping the ball carrier  
De-flagging offensive player before catching the ball

**All other rules not specifically covered within this document will be played according to regular National High School rules.**