



FLAG FOOTBALL

RULE BOOK

REVISED AUGUST 2010

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***RULES OF CONDUCT – For Players, Parents, Spectators, Coaches, and Officials:

All participants in Parks and Recreation programs, including players, parents, spectators, coaches, and officials, will treat each other with courtesy and respect at all times.

Unsportsmanlike behavior, including (but not limited to) vulgar language, derogatory comments, threatening words or actions, or physical violence of any kind will not be tolerated.

Disciplinary action can and will be taken, if warranted.

Officials have the right to eject players, parents, spectators or coaches from the game or game area. If more severe sanctions are recommended, the Parks and Recreation's policies will be followed (copies of this policy are available upon request).

I. Coach Certification

A. Each coach must sign and return the attached "Pledge of Ethics."

1. All coaches will be held to all Pledge standards for the duration of the season.

B. Background checks will be done on all coaches.

II. Coaches' Meeting

A. At least one representative from each team **MUST** attend the pre-season coaches' meeting. Failure to attend this meeting will result in the team's being ineligible to play.

III. Rosters, Waivers, Payment

A. A complete team roster is due at the coaches' meeting.

B. Signed waivers for every child are due no later than the coaches' meeting.

C. Full payment is due no later than the coaches' meeting.

IV. Eligibility

A. Grade Divisions

1. K-1st grade
2. 2nd – 3rd grade

B. Player Contracts

1. A Player's Contract, signed by the parent or guardian, is required for each child in order for them to be eligible to play.
2. Contracts must be signed each season.

C. Players per Team

1. It is recommended that each team have no more than ten (10) players for K-1st and 16 players for 2nd -3rd grade.
2. Teams will play with 5 players on the field in K-1st and 8 players in 2nd-3rd.
3. Players cannot play on more than one team.
4. Players must play at least 2 quarters per game.

D. Roster and Payment

1. A team's complete payment and roster with players' names, birth dates, addresses, ages, coaches' names and phone numbers must be turned in with all signed contracts at the time of registration.

E. Transfers

1. A player must remain on his/her original team as long as the player and the team are eligible for the league, unless the player meets the following criteria:
 - a. The player must obtain a transfer form from the team he/she wishes to leave.
 - b. The manager of the current team and the team the player wishes to go to must provide written acceptance of the transfer to the Parks and Recreation Department prior to the player's first game with his/her new team.
 - c. The transfer must be approved by the Parks and Recreation Department.
 - d. Once a player has transferred to a new team, he/she must remain with that team for the rest of the season.

V. Scoring and Make-ups

A. This is an instructional league.

1. Rainouts will be made up as field and official availability permits.
2. Scores do not need to be reported and will not be kept.

VI. General Rules

A. Field Dimensions

1. The field is 80 yards by 30 yards with 2-10 yard end zones. The middle of the field is the 30 yard line. There are 2 other first down markers at each 15 yard line.

B. Equipment

1. Flags and field markings will be provided.
2. K-1st will play with a Pee Wee-size ball, game ball will be provided.
3. 2nd-3rd will play with a TDJ-size ball, game ball will be provided.

C. Basic Timing/Overtime

1. Games are played in four-10 minute quarters with a continuous clock.
2. Teams will receive one warning before a delay-of-game penalty is enforced.
3. Each team has one 60-second and one 30-second time-out per half.
4. Officials can stop the clock at their discretion or shorten game times if needed.

D. Possession

1. A coin toss determines first possession.
2. The offensive team takes possession of the ball at its 5-yard line and has four (4) plays to cross each of the first down markers, the 15 yard line, midfield, the 15 yard line, and then the endzone for a touchdown.
3. If the offense fails to convert a first down or score, the ball changes possession and the new offensive team takes over on its 5-yard line.
4. All possession changes, except interceptions, start on the offense's 5-yard line. Interceptions may be returned.
5. Teams change sides after the first half. Possession changes to loser of coin toss unless deferred and the clock does not stop.

E. Running

1. The quarterback is allowed to run with the ball in the 2nd-3rd grade league but not in the K-1st grade league.
2. Only direct handoffs or pitches behind the line of scrimmage are permitted. Offense may use multiple handoffs.
3. The player who takes the handoff can throw the ball from behind the line of scrimmage.

4. Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
5. The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

F. Receiving

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
2. Only one player is allowed in motion at a time.
3. A player must have at least one foot inbounds when making a reception.

G. Passing

1. Shovel passes are allowed.
2. Interceptions may be returned.

H. Dead Balls

1. The ball must be snapped between the legs, not off to one side, to start play.
2. Substitutions may be made on any dead ball.
3. Play is ruled "dead" when:
 - a. Ball carrier's flag is pulled
 - b. Ball carrier steps out of bounds
 - c. Touchdown or safety is scored
 - d. Ball carrier's knee hits the ground
 - e. Ball carrier's flag falls out and is touched by defensive player with one hand
 - f. Note: There are no fumbles. The ball is spotted where the ball hits the ground.

I. Rushing the Quarterback

1. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.
2. All players who rush the passer must be a minimum of three yards from the line of scrimmage when the ball is snapped.
3. A special marker, or the referee, will designate the three yards distance from the line of scrimmage.

J. Blocking

1. *There is no blocking or contact allowed in the K-1st division.*
2. Blocking will be allowed in the 2nd-3rd division by offensive/defensive linemen only. Acceptable blocking will be determined as a player making contact with a defender with open hands and bent elbows only during the time of contact. No fists or straightening of the elbows will be allowed. Defenders will be allowed to push back in the same manner.
3. Receivers can not block down field. Contact may only occur at the line of scrimmage within the tackles.
4. No holding, grabbing of jerseys, pushing players to the ground, tripping, or using other body parts to stop a defender.

K. Sportsmanship and Roughing

1. If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game.
2. **FOUL PLAY WILL NOT BE TOLERATED.**
3. Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams or

spectators.) If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.

L. Penalties

1. All penalties will be called by the referee.
2. Defense:
 - a. Offsides: 5 yds and automatic first down
 - b. Interference: 10 yds and automatic first down
 - c. Illegal contact (holding, blocking, etc.): 10 yds and automatic first down
 - d. Illegal FLAG pull (before receiver has ball): 10 yds and automatic 1st down
 - e. Illegal rushing (starting rush from inside three-yard marker): 10 yds and automatic 1st down
 - f. Attempting to strip the ball: Defenders must go for the flags, attempts to knock the ball lose with result in 5 yds and automatic first down
3. Offense:
 - a. Illegal motion (more than one person moving, false start, etc.): five yards and loss of down
 - b. Illegal forward pass (pass thrown beyond line of scrimmage): five yards and loss of down
 - c. Offensive pass interference (illegal pick play, pushing off/away defender): ten yards and loss of down.
 - d. Flag guarding: Offensive players can not swing their arms, stiff arm, or push a defender away to prevent them from pulling their flag. Penalty is ten yards (from line of scrimmage) and loss of down.
 - e. Delay of game: clock stops; ten yards and loss of down.
4. Referees determine incidental contact that may result from normal run of play.
5. All penalties will be assessed from the line of scrimmage.
6. Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
7. Games cannot end on a defensive penalty, unless the offense declines it.

VII. Attire

- A. T-shirts or jerseys will be provided for games.
- B. Cleats are allowed, except for metal spikes.
- C. All players must wear a protective mouthpiece; there are no exceptions.

VIII. Awards

- A. All players will receive a participation award from the Parks and Recreation Department at the end of the season.

***Parks and Recreation Youth Sports
Transfer Application***

Player Name: _____ Address: _____

Phone: _____ Birth Date: _____ Age: _____

From League: _____ From Team: _____

Coach's Signature: _____ Date: _____

To Team: _____

New Coach's Signature: _____ Date: _____

A player transfer is needed when a player is going from one team to another within the same league.

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Council Bluffs Youth Sports

COACH'S PLEDGE

1. I will, at all times, make the physical, mental and emotional health of my players my top priority.
2. I will emphasize helping my players grow and develop as people more than winning.
3. I will recognize the individual needs and talents of each of my players.
4. I will be respectful at all times in my dealings with players, parents, spectators, and officials.
5. I will strive to make fun and learning the primary goals for my team.
6. I will abide by all safety considerations, including equipment, facilities, and weather conditions.
7. I will abstain from using profane language in front of my players.
8. I will abstain from using alcohol, tobacco products, or any kind of controlled substances around my players.
9. I will communicate all information about the team to my parents in a timely fashion, including my coaching philosophy, practice times and locations, game times and locations, rainout information, and any other relevant details.
10. I will be a positive role model for all aspects of the game.
11. I will follow all local, state, and association rules for my sport.

Team Name: _____

League: _____

SIGNATURE

DATE

