

OTRD
FLAG FOOTBALL
K-4TH GRADE

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

PARTICIPANTS

1. All players are placed on teams through a random draft.
2. If requested, immediate family members may be placed on the same team provided they are in the same league.
3. Participants who have not signed up prior to the draft must contact OTRD in order to be placed on a team if space is available. There is a 15.00 late fee. The OTRD Flag Football board will decide which team the participant will play on based on team size.
4. Participants may play in an older group but cannot play down. Parents must get permission from OTRD.
5. Teams may practice twice a week.

PLAYING PROCEDURES

1. Games shall be played with 8 players and will require a minimum of 6 players to avoid a forfeit.
2. A game will be considered a forfeit if a team cannot field 8 players within 5 minutes of the scheduled start time. They will be allowed to play with 6.
3. No kickoffs. The ball will be placed into play on the offensive team's 15-yd line.
4. Prior to each game, the players and coaches will line up at mid field for the coin toss, shoe inspections, flag inspection, and rule coverage.
5. The team with the winning coin toss shall have the option of taking possession of the ball or choosing which goal to defend. The team losing has the other option.
6. The ball will be spotted after a play is complete at the point where the ball carrier's flag is pulled or dropped. The offensive team has 40 seconds to put the ball back in play.
7. Free substitution is allowed on all dead balls.

LENGTH OF GAME

1. A game shall consist of two 20 minute halves, with a running clock
2. There will be a three-minute break for halftime.
3. Each team is allowed three 1-minute timeouts per game. A maximum of two can be used per half.

PLAYING FIELD

1. Flag football field will be played on a reduced field, 30 yards wide and 70 yards long, which includes the 5-yard end zone on each end. First down field lines will be every 15 yards.

SCORING

1. In order to score, the ball carrier must have both flags attached to his/her belt when crossing the goal line.
2. 6 points will be awarded for a touchdown.
3. 2 points will be rewarded for a safety
4. 2 points will be awarded for successful extra point attempts. **ALL EXTRA POINT ATTEMPTS WILL BE FORWARD PASS ONLY. NO RUNNING PLAYS. BALL WILL BE PLACED ON THE EXTRA POINT HASH. (3 YARD LINE).**
5. If a game ends in a tie then each team will get a chance to score from the extra point line. Coin toss will determine who goes first, if more then one overtime is required then teams will alternate who goes first. The winner will be determined when one team scores and the other does not.
Like in the game, the attempts can only be passing plays.

FIRST DOWNS

1. A team in possession of the ball will have 4 consecutive downs to advance to the next yard zone.

DE-FLAGGING

1. Defensive players will not push, hold, tackle or trip the ball carrier.
2. 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 HIS/HER HEAD AT THE SPOT WHERE THE CAPTURE OCCURRED

BLOCKING

1. A player may not leave their feet when blocking. All blocking must be above the waist, below the throat and without holding.

PASSING

1. All players are eligible to receive the pass
2. A ball carrier may hand or pass backwards at anytime. Forward handoffs are not allowed. (CENTER SNEAK)
3. A pass may be intercepted by any defensive player before the ball hits the ground and can be advanced if flags are attached. If defender's flags are unattached then the ball is dead at place of interception. This includes extra point attempts.
4. A defensive player pulling the flags of an offensive player before a catch is made will result in a pass interference penalty.
5. Any pass caught by a receiver without both flags attached will be considered a completion and dead at the spot where he/she catches the ball.

PUNTING

1. If the offensive team desires to punt the ball on 4th down, they must tell the defense that they are going to punt. If a punt attempt has failed the possession of the ball will be turned over to the other team
2. The offensive and defensive teams cannot leave the line of scrimmage until the ball has been kicked. **ALL PLAYERS MUST STAY STILL UNTIL THE BALL IS KICKED.**
3. The kicker must be at least 5 yards behind the line of scrimmage directly behind the center when punting the ball. Snaps from the center that touch the ground should be picked up and punted.
4. The receiving team can advance a punt that has touched the ground.
5. Punts that go into the end zone will be brought out to the 15-yd line/first hash line.

BALL CARRIER AND MANEUVERS

1. A runner, in attempting to avoid having his flag pulled, may not straight arm or push back the hand of the flag puller. Forearms can be up to protect, but it is considered a stiff arm when the hand is fully extended and making contact with the defender **Flag guarding or belt holding is not permitted.**
2. **SHIRTS MUST BE TUCKED IN.**
3. When the runner falls to the ground, the ball becomes dead at the spot.

INSTRUCTIONS OF OFFENSE AND DEFENSE FORMATIONS

1. Offensive players in motion are not allowed.
2. No offensive player or defensive player shall make a false start, including false movement, or causing the opponents to draw off sides.
3. All offensive and defensive interior lineman are required to have their hands on their knees parallel before the snap of the ball.
4. The defense will line up 3 yards back from the line of scrimmage.
5. The offense **must** have at least 5 lineman on the line before the snap. A center and 2 lineman on each side. You cannot have 4 lineman on one side of the center.
6. The running backs must not be wider than the offensive lineman before the snap.
7. The defense **must** have 5 lineman on the line of scrimmage. They must be lined up across from the offensive line.
8. The linebackers need to line up 3 yards behind the defensive line. Linebackers cannot line up wider than the defensive line unless there are receivers on the line. Linebackers cannot be on the line of scrimmage unless the offense has a receiver on their line.
9. If receivers are used on the play, then they must be on the line of scrimmage.
10. A player cannot play quarterback for more than one half per game. Player rotation at each position is highly recommended. If a quarterback plays the first half and sits the second half, he is eligible to play overtime.

UNIFORMS

1. No metal or hand fiberglass cleats will be allowed.

2. All players must wear flags. If a player deliberately breaks his/her flag then they will be responsible for replacements.
3. Flags must be placed on the sides of each player.

PENALTIES

1. Unsportsmanlike conduct will **NOT** be tolerated. First offense- 10 yards from infraction. Second offense- ejection from the game. (THIS APPLIES TO PLAYERS, COACHES, AND SPECTATORS).
2. Taunting and profanity will **NOT** be allowed. First offense- 10 yards from infraction. Second offense- ejection from the game. (THIS APPLIES TO PLAYERS, COACHES, AND SPECTATORS).
3. Fighting will result in an immediate expulsion for the remainder of the season, whether it occurs before, during, or after any scheduled game.
4. **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 on offense and defense, illegal formation on offense
5. Offsetting penalties will result in the ball being moved back to the original line of scrimmage and the down will be replayed.
6. Spectators and non-participating players must stay 3 yards from the sideline and no closer than 10 yards from the goal line. (may result in a 5 yard penalty)
7. **One** coach from each team is allowed on the playing field.

OFFENSIVE PENALTIES

1. 5 yards from the line of scrimmage
 - a. false start
2. 10 yards from the line of scrimmage
 - a. holding
 - b. blocking below the waist or above the throat
 - c. pass interference
3. 10 yards from the spot of infraction
 - a. clipping or illegal blocking during punt

- b. straight arming or flag guarding
4. Loss of ball/possession
 - a. failure to punt when declared

DEFENSIVE PENALTIES

1. 5 yards from the line of scrimmage
 - a. off-sides or lining up in the neutral zone
2. 5 yards from spot of infraction
 - a. intentional throwing of flag backwards and away from the play(taunting)
3. 10 yards from the line of scrimmage
 - a. holding on the line of scrimmage
 - b. pass interference
4. 10 yards from the spot of infraction
 - a. pushing, holding, tackling, or tripping the ball carrier
 - b. de-flagging offensive player before catching the ball