

OTRD Flag Football (2020)

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. Community teams are allowed, if the community has enough players and has a coach.
3. If requested, immediate family members may be placed on the same team provided they are in the same league.
4. 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 late fee. The OTRD Flag Football managers will decide which team the participant will play on based on team size.
5. Participants may play in an older group but cannot play down. Parents must get permission from OTRD managers.
6. Teams may practice up to twice a week once games start. Teams may practice three times a week before the season starts.
7. Each participant must play half of each game and/or equal time as teammates regardless of ability. **(Pay to Play Recreational League)**
8. At the coach's discretion – if your child does not attend practices, he will not get as much playing time as the kids that do attend practices. Coaches must talk with the parents prior to the game.

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 players.
3. No kickoffs. The ball will be placed into play on the offensive team's 15-yd line.
4. Prior to each game, the coaches and 2 captains will line up at mid field for the coin toss, 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 who lost the toss has the other option.
6. The ball will be spotted after a play is complete at the point where the ball carrier's flag(s) are pulled or drop to the ground. The offensive team has **40 seconds** to put the ball back in play.
7. Free substitution is allowed on all dead balls.
8. The offensive center can snap the ball between his/her legs or be on one knee and snap it to the side.
9. **(K-1st grade)** If the center snap is fumbled the play will be called dead and the offensive team will get **1 redo**. If a snapped fumble occurs a 2nd time in a row, the offensive team will lose a down and the ball will be spotted back at the original line of scrimmage prior to the infraction.
10. **(2nd-4th grade)** If the center snap is fumbled the play will be called dead. The offensive team will lose a down and the ball will be spotted back at the original line of scrimmage prior to the infraction.

Length of Game:

1. A game shall consist of **two 20-minute halves**, with a running clock. *The clock will only stop on team and referee time outs.*
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 awarded 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 MARK. (3 YARD LINE).**
5. A. If a game ends in a tie, then each team will get a chance to score from the extra point line. Like in the game, the attempts can only be **PASSING PLAYS**. Coin toss will determine who goes first. The winner will be determined when one team scores and the other does not.

B. If more than one overtime is required the teams will get 4 plays from the 15-yard line to score. At this point the teams can do running or passing plays. The winner will be determined when one team scores and the other does not.

First Downs:

1. A team in possession of the ball will have 4 consecutive downs to advance the ball a crossed the next 15-yard line. Once the ball crosses the next 15-yard line the team in possession will get a first down and have 4 more consecutive downs to cross the next 15 yard line.

De-Flagging:

1. Defensive players will not push, hold, tackle or trip the ball carrier. This is a judgement call made by the referees.
2. **A down shall be ended, and the ball declared dead when at least ONE flag is removed, or a flag falls off the ball carriers' belt. 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 any time. Forward handoffs are not allowed. (CENTER SNEAKS). "That includes QB touching it then, letting the center keep it".
3. A pass may be intercepted by any defensive player before the ball hits the ground and can be advanced if ALL 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 UNTILL 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. On a punt if the ball is touched by the receiving team the punting team can pick the ball up and run with it.
6. Punts that go into the end zone will be brought out to the 15-yd line.

K-1st Grade League there will be NO ACCUAL PUNTING. If an offensive team desires to punt on 4th down instead of going for it. The ball will be placed back at the nearest 15-yd line and the opposite team will start on offense from there. You must tell the referee. If the 4th down play gets snapped there is no going back.

Ball Carrier and Maneuvers:

1. A runner, in attempting to avoid having his/her 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 contacting 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.
4. **If the ball is fumbled, it is dead where the fumble occurred.**

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 offsides.
3. All offensive and defensive interior linemen 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 linemen** on the line before the snap. A center and 2 linemen on each side. You can NOT have 4 linemen on one side of the center.
6. The running backs must not be wider than the offensive linemen before the snap.
7. The defense must have **5 linemen** 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 the 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 quarterback in overtime.

Uniforms:

1. No metal or hard 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.
4. Players must have a mouth guard.

Stop the Spread of Germs like Covid-19

1. If you are sick, please stay home.
2. Please bring your own water bottle.
3. Wash your hands often for at least 20 seconds.

Penalties:

1. Unsportsmanlike conduct will NOT be tolerated. First offense- 10 yards from the 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 removal 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**
 - a. Too many players on the field
 - b. Delay of game
 - c. 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.