



OTRD Flag Football (2025)

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. No practices more than 1 hour 30 minutes long.
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 or discipline reasoning from the coach or parent, he/she 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 at least 6 players within 5 minutes of the scheduled start time.
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 once the 5 defensive linemen are set. **Coaches, please set your defensive line as quickly as possible.** *5 yard delay of game can be called on a Defense if the offense is ready to snap the ball and the defense is not ready.
7. Free substitution is allowed on all dead balls.
8. **(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.

9. **(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. If you don't use a timeout in the first half you **ONLY** get 2 timeouts in the second 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. 2 points will be awarded for the defensive team returning a extra point attempt to their end zone.
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. **2nd Overtime:** 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 across 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. No chains.

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 DROP THE FLAG 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 (Actual Punting ONLY in 2nd-4th Grade):

1. If the offensive team desires to punt the ball on 4th down, they must tell the defense & officials 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 may not advance the ball. The ball will be dead where they catch it.
5. The ball will be dead wherever it stops. If it goes out of bounds it will be marked where it went out of bounds. If it touches a player, it will be marked where it touches that player.
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 and the other coach. 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, or hold their flags. 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. You **MUST** have a balanced line that consist of a center and 2 linemen on each side. You can **NOT** have 3 or 4 linemen 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 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/TE 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 of a 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 hand fiberglass cleats will be allowed. They can wear tennis shoes.
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.

Penalties:

1. Unsportsmanlike conduct will NOT be tolerated. First offense- 10 yards from the line of scrimmage. Second offense- ejection from the game. **(THIS APPLIES TO PLAYERS AND COACHES)**
2. Taunting and profanity will NOT be allowed. First offense- 10 yards from the line of scrimmage. Second offense-ejection from the game. **(THIS APPLIES TO PLAYERS AND COACHES)**
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. Coaches and Players ONLY between Field #1 and Field #2 (see field layout for details).
8. **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 in the back/below the waist or above the throat
 - c. Pass interference
3. 10 yards from the spot of infraction
 - a. Clipping "blocking from behind"
 - 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
 - b. Delay of Game. Not ready when the offense is ready to snap the ball.
2. 10 yards from the line of scrimmage
 - a. Holding on the line of scrimmage
 - b. Pass interference
3. 10 yards from the spot of infraction
 - a. Pushing, holding, tackling, or tripping the ball carrier

Goals

1. Have FUN!! Make sure our players are having fun playing and learning the GAME of Football.
2. Development is top priority. Play ALL players!! This is Flag Football.
3. Teaching these kids, the **techniques**, and **basics** of the game.
4. Giving these young athletes a great experience that will make them WANT to come back next year. **End every practice, event, or game on a positive note.**
5. To have great sportsmanship and to be respectful to officials, coaches, players, and facilities.
6. Just Coach Kids!

OTRD Consequences of Behavior

OTRD will not tolerate verbal or physical abuse of its volunteer coaches, referees, or players from any Parent, Player or Spectator. Spectators, as well as the players and coaches are expected to abide by the programs code of conduct at all OTRD practices and events. While most of the adults and children in the program will abide by this code without being instructed, it is being published to protect the children, the integrity of our program, and emphasize the values of OTRD.

At any OTRD event, practice, or competition, any adult who verbally abuses, attempts to intimidate, is flagrantly rude to, or does not control their language or actions with a player, official, coach, spectator, person or OTRD employee/volunteer will be asked to leave the event. If the spectator fails to leave upon request, law enforcement authorities may be called to remove the spectator.

Any adult that commits a second similar offense will be banned from OTRD events for the remainder of the season.

Any adult who physically assaults an official, coach, spectator, person or OTRD employee/volunteer will be banned from OTRD for a minimum one year from the date of the offense. After one year, the parent may apply for reinstatement. If the adult commits a second offense, he or she will be permanently banned from OTRD.

The term physical assault includes, but is not limited to: hitting, slapping, pushing, spitting, kicking or striking in anyway with any part of the body or any physical implement.

Any coach of a OTRD program who gets removed from a game will be suspended to coach the following game. If a coach gets removed from a game the second time, he/she will not be able to coach the remainder of the season and will have to meet with OTRD supervisor and board of directors to petition to coach again for the Oregon Trail Rec District.

