



# CARROLL COUNTY PARKS & RECREATION

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## 2008 5 & 6 YEAR OLD FLAG FOOTBALL RULES

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### Rule 1: Players

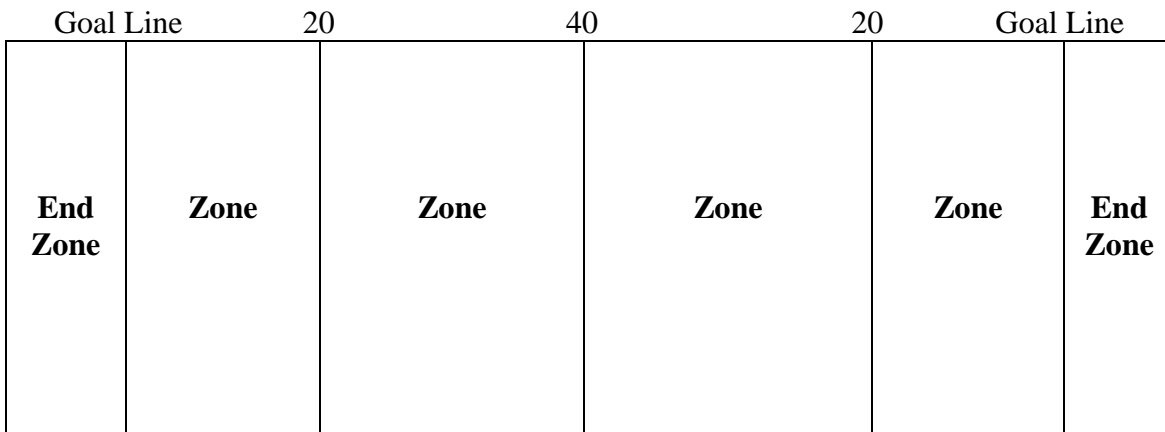
1. A game is played between two teams consisting of eight (8) players each; unless mutual consent is reached between the two opposing coaches for a lower number in the case that one team has fewer than 8 players.
2. The offensive team must have five (5) players on the line and three (3) in the backfield. The defensive team must have three (3) players on their line, and must line up one yard off of the ball. Linebackers must be at least two yards behind the defensive linemen at the snap.
3. All players must wear flags properly. All players must have their shirts tucked in at all times.
4. There will be two coaches allowed on the field during the game. Two on offense and two on defense.

### Rule 2: Playing Time

1. Players must play the equivalent of 20 minutes. 50% of the game.

### Rule 3: Playing Fields

1. The playing area shall be 80 yards long, divided into 4 zones of twenty yards each between two end zones of ten yards each. The field will be 50 yards wide.
2. Goal post will not be necessary.



#### **Rule 4: Time**

1. There will be 2 – 20 minute halves for each game. The clock will be a running clock the entire half. The clock will only stop on time outs and injuries. The offensive team will only have 45 seconds in the huddle. There will be a five (5) minute half time.
2. Teams will only be allowed 3 time outs per half. Time outs will be 40 seconds long.

#### **Rule 5: Blitzing**

1. Only the three defensive linemen will be allowed to “blitz” or penetrate into the offensive team’s backfield.

#### **Rule 6: Downs**

1. There are no kickoffs in this league. A half will begin on a team’s own 20 yard line. Each team will have four consecutive downs to advance the ball into the next zone or to score a touchdown.
2. Once a team enters the next zone, it is a first down and a new series of downs begins.
3. A team failing to move the ball into the next zone will lose possession. The opposing team will take over at the point where the ball becomes dead and begins its series of first down and zone to go, unless the offense uses the “punt” option.
4. A team may use the “punt” option on any down. If the offensive team elects to use this option, then the defensive team will be awarded the ball on its own 20-yard line. There is no actual “punting” of the ball.
5. At the conclusion of each down, the ball will be placed in the center of the field.

#### **Rule 7: De-Flagging**

1. There shall be no tackling of the ball carrier or passer.
2. The player carrying or having possession of the ball is down when the flag is removed from his waist (de-flagging). The defensive player shall hold the flag above his head and stand still.
3. The defensive player cannot hold or push the ball carrier to remove his flag. An accidental touch of the body or shoulder while reaching for the flag shall not be considered a violation; however, touching of the head or face shall be considered a violation.
4. A defensive player may not run over, push, or pull a blocker away from him. He may not push him sideways if he gets past him. He cannot push the blocker down.
5. A defensive player must go for the passer’s flag. He cannot touch the passer’s arm.

#### **Rule 8: Spotting the ball**

1. If the ball is not cleanly snapped between the center and the quarterback when the quarterback is under center, or in the shotgun formation, the quarterback can retrieve the ball and the play will continue.

2. Forward pass dropped, spot at line of scrimmage.
3. Backward pass or lateral dropped, spot at point of drop.
4. Pulled flag, spot at the point of the ball at the time of the pulled flag. Where the defender drops the flag has no bearing on the spot of the ball.
5. Ball carrier goes out of bounds; spot at the point the sideline was crossed.

### **Rule 9: Blocking**

1. A blocker must be on his feet at all times while blocking. All linemen, except the center, must not assume the three-point stance. Instead, they must simply stand at the line of scrimmage and await the snap.
2. Cross body and roll blocking are not permitted.
3. A blocker cannot use his hands. He must block using the “moving pick” technique, only using his body to impede the defender.
4. Blocking a player from behind is not permitted (clipping).
5. There shall be no blocking below the waist.

### **Rule 10: Ball Carrier**

1. The ball carrier cannot use his hands or arm to protect his flags. The defensive player must have the opportunity to remove the ball carrier’s flags.
2. The ball carrier cannot lower his/her head to drive or run into a defensive player.
3. Stiff-arming by the ball carrier is illegal.
4. The ball carrier cannot hurdle to prevent a defensive player from removing his/her flag.
5. He may run in any direction until the ball is declared dead.

### **Rule 11: Passing**

1. All backfield men are eligible passers.
2. Forward passing will be attempted from behind the line of scrimmage only.

### **Rule 12: Receiving**

1. All players are eligible to receive forward passes.
2. A receiver may catch a ball even if he steps out of bounds or out of the end zone as long as he comes down with one-foot in-bounds.

### **Rule 13: Dead ball**

1. When the ball carrier touches the ground with his body, other than hands or feet.
2. The ball carrier's flag has been pulled.
3. The ball carrier's flag falls off.
4. Following a scoring play.
5. When the ball goes out of bounds for any reason.
6. When the ball hits the ground as a result of a fumble or muffed ball (except the center snap to the quarterback).
7. If an opponent catches an air born fumble or pass, the ball is dead, but awarded to the opponent at that spot. If caught in mid-air by the team in possession, the ball remains live. If the team with possession fumbles the football, the ball is dead where the fumbled occurred.

### **Rule 14: Scoring**

#### **NO POINTS ARE KEPT**

### **Rule 15: Penalties (Yards of penalties are in parentheses)**

1. Line of scrimmage-centering
  - A. Offside, defensive or offensive (5 yards)
  - B. Illegal snap (5yards)
  - C. Illegal motion (5 yards)
  - D. Illegal formation (5 yards)
2. Illegal passing from beyond line of scrimmage (5 yards) and loss of down.
3. Pass Interference
  - A. Offensive (10 yards) and loss of down
  - B. Defensive-first down from spot of infraction for offensive team
4. Flag wearing and de-flagging
  - A. Tackling (10 yards)
  - B. Wearing the flags illegally (5 yards)
  - C. Ball carrier using his hands to prevent a defensive player from de-flagging (10 yards)
  - D. Holding, pushing, or hitting the ball carrier while de-flagging (10 yards)
  - E. Leaving one's feet while de-flagging (10 yards)
5. Illegal hand-off
  - A. If the ball is handed forward beyond the scrimmage line (5 yards) and loss of down.
  - B. Intentional grounding (5 yards) and loss of down.
6. Blocking
  - A. Leaving feet to block (10 yards)

- B. Illegal use of hands by blocker (10 yards)
- C. Holding a defensive player (10 yards)
- D. Defensive player blocking or pushing the ball carrier out of bounds (10 yards)
- E. Defensive player using hands illegally (5 yards)

7. Ball Carrier

- A. Stiff-arming (10 yards)
- B. Use of hands or arms to protect flags (10 yards)
- C. Hurdling (5 yards)

8. Unnecessary Roughness

- A. Offensive and defensive (10 yards)
- B. Disqualification of guilty player or players if repeated

9. Unsportsmanlike Conduct

- A. Fighting (10 yards) – offenders ejected from game
- B. Defensive player pulling offensive player's flag belt to make him ineligible for play (10 yards)
- C. Insulting and abusive language (10 yards)