

# QUAD COUNTY RECREATIONAL FOOTBALL LEAGUE

## FLAG FOOTBALL

*The following Flag Football rules are intended as a supplement to the Quad County Recreational Football League Handbook, and are not exclusive of the rules found therein.*

### PLAYERS

- All players must be ages 5 or 6 as of August 1<sup>st</sup> of the current year.
- There are no height or weight restrictions for participation.
- All players must play a minimum of 8 plays in accordance with QCRFL requirements.

### PLAYING FIELD

- The field shall be 26.67 yards (80 feet) wide and 50 yards (150 feet) long.
- Layout (*Upon a regulation field*)
  - Length: 25-yard line to 25-yard line
  - Width: Regulation sideline to center of regulation field

### EQUIPMENT

#### **Game Ball**

- Wilson K-2

#### **Flags**

- Each player must wear a league-provided flag belt.
- Flag belts must be worn as intended
- If a player's flag is inadvertently lost, he is ineligible to handle the ball.
- **Officials must check all players' flags prior to each game.**

#### **Game Uniform**

- All team members must wear the same color jersey, numbered for proper identification by the officials and statisticians.
- Any type of pant may be worn.
- Jerseys will be tucked in at all times - jerseys cannot be worn over flags
- Sneakers are the preferred shoe; however, non-detachable, rubber-cleated shoes (soccer style) are allowed. No other footwear is acceptable.
- No hats.
- It is recommended that mouthpieces be worn though that is up to each organization.
- Eye Glasses, when worn, shall be of athletically approved construction with non-shattering glass (safety glass).

# **RULES OF THE GAME**

## **De-flagging**

- There shall be no tackling of the ball carrier, passer or kicker; 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.
- 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.
- A defensive player must go for the passer's flag. He cannot touch the passer's arm.
- De-flagging in the end zone results in the ball going back to the 25 yard line.

## **Blocking**

- A blocker must be on his feet at all times while blocking. 3 or 4 pint stances are not permitted for any players other than the center.
- A blocker cannot use his hands - blocking shall be done with the arms and body in the form of shoulder and brush blocking only. Blocking a player from behind is NOT permitted [CLIPPING]. Cross body and roll blocking are not permitted.
- There will be no two-on-one blocking for the ball carrier beyond the line of scrimmage.
- Butting, elbowing or knee blocking is not allowed.
- A defensive player may not run over, push or pull a blocker away from him. He may push him sideways if he gets past him, but cannot push the blocker down. A defensive player cannot block or push a ball carrier out of bounds.
- A defensive player will be restricted in the use of his hands to the blocker's body and shoulders.

## **Ball Carrier**

- The ball carrier cannot use his hands or arms to protect his flags. The defensive player must have the opportunity to remove the ball carrier's flags.
- The ball carrier CANNOT lower his head to drive or run into a defensive player.
- Stiff arming & hurdling to prevent a defensive player from removing flags is illegal.
- The ball carrier may run in any direction until the ball is declared dead.
- The center may not receive a handoff from the quarterback (*fumblerski, center sneak*).

## **Formation**

- The offensive team must have five [5] players on the line and [3] in the backfield. The defensive team may choose any formation.
- Center
  - Must snap the ball between the legs.
  - Both feet must be on the scrimmage line; no part of the body forward of the point of the ball; the ball may be adjusted at right angles to the scrimmage line only once.
- Coaches
  - One (1) coach for each team will be permitted on the field during play. Up to Four (4) assistants are permitted on the sidelines.

## **Passing**

- All backfield players may pass; passes must be thrown behind the line of scrimmage.
- A forward pass is a pass thrown across the line of scrimmage. A lateral pass is thrown parallel to the line of scrimmage or backwards – a lateral pass is not considered a forward pass.
- Intercepted passes will be played.

## Receiving

- All players are eligible to receive a pass.
- Two or more receivers may touch a ball in succession resulting in a completed pass.
- If an offensive and defensive player both catch a ball simultaneously, the ball is declared dead at the spot of the catch and the passing team is awarded possession.
- An offensive player cannot be out of bounds and return in-bounds to catch a pass.

## Dead Ball

- All balls touching the ground are immediately dead at the spot. THERE ARE NO FUMBLE RECOVERIES! **Dropped balls (fumbles) in the end zone shall be brought back out to the goal line (25-yard line).**
- When the ball carrier touches the ground with his body, other than hands or feet.
- When the ball carrier's flag has been pulled.
- If a pass receiver or ball carrier has a missing flag (ball is dead at that spot)
- Following a touchdown - Clock should stop.
- When the ball goes out of bounds for any reason
- If a lateral pass goes out of bounds, the ball is ruled dead at the point it crosses the boundary line.
- If a forward pass is caught at the same time by an opposing player(s).

## Penalties

- **Offensive penalties = 5 yards**
- **Defensive penalties = 5 yards**
- **All Non-Unsportsmanlike Conduct Penalties: Offending player must leave the field for at least one down.**
  - **Passing**
    - Illegal Forward Passes
    - After team possession has changed during the down.
    - A pass from beyond the neutral zone.
    - A pass intentionally thrown into an area not occupied by an eligible offensive player.
    - A pass intentionally thrown to save loss of yardage or to conserve time. *\*EXCEPTION: It is legal to conserve time by intentionally throwing the ball forward to the ground immediately after receiving a direct hand-to-hand snap.*
  - **Delay of game**
    - Continuing to play after the ball is dead
    - Recovering a fumble or falling on the ball.
    - Advancing a fair catch.
    - Unnecessary delay of game for any reason
  - **False Start / Offsides**
    - Forward movement into the neutral zone or across the line of scrimmage at the snap.
  - **Flag Wearing and De-Flagging**
    - Tackling, Holding, Pushing or Hitting the ball carrier while de-flagging
    - Wearing the flags illegally
  - **Flag Wearing and De-Flagging (Continued)**
    - Ball carrier using his hands to prevent a defensive player from de-flagging
    - Leaving one's feet while de-flagging
  - **Illegal Handoff**
    - If the ball is handed forward beyond the scrimmage line.
    - Handing or snapping a ball to a lineman.

## Penalties (Continued)

- **Illegal Substitutions**
  - More than eight (8) men on the field.
  - Substitution (s) while the ball is in play or before it is declared dead.
  - Disqualified player entering game.
- **Blocking**
  - Leaving feet to block
  - Cross body blocking or roll blocking
  - Illegal use of hands by blocker
  - Holding a defensive player
  - Defensive player blocking or pushing the ball carrier out of bounds.
  - Butting, elbowing or knee blocking.
  - Defensive player using hands illegally.
  - Clipping
- **Ball Carrier**
  - Stiff arming; use of hand or arms to protect flags
  - Lowering head to drive or run into defensive player; use of head.
  - Hurdling

## Un-Sportsmanlike Conduct

*Un-sportsmanlike conduct penalties = 10 yards.*

- **Unnecessary Roughness**
  - Disqualification of guilty player or players if repeated.
- **Fighting**
  - Offenders ejected from game; additional sanctions may apply
- **Flagrant Fouls**
  - *Butting, Elbowing, Knee Blocking, Blocking from Behind, and Knocking a player from his feet.*
    - **FIRST OFFENSE: Player removed from the game for 4 downs**
    - **SECOND OFFENSE: Player disqualified for the remainder of the game.**
- **Illegal De-flagging**
  - Defensive player pulling offensive player's flag to make him ineligible for play.
- **Spectator Interference**
  - Parents & fans are not allowed on the field unless directed by game officials.
  - Game will stop until field is cleared; game may be ended if warranted, in the judgment of the officials.
- **Doctoring Flags (gluing, tying off, etc.)**
  - If a team suspects another teams flags are illegal then an appeal should be made to the head official to check the flags.
  - Disqualification of guilty parties (*may include player, players, coaches or entire team*) if repeated.