**BASIC FLAG RULES**

**PLAYING FIELD**

-The playing field will be 60-80 yards long and 20-30 yards wide. There will be a goal line at each end of the field leading into a 10-yard endzone.

**GAME RULES**

-Players can kick, carry and throw the ball to move it up the field.

-A defender may knock down a ball that is thrown.

-If a player with the ball has his flag pulled or if he goes out of bounds, he is called “DOWN”, and the ball is dead.

-When a team has the ball, it has 4 downs to advance the ball 10 yards or score. Each time the team with the ball advances the ball 10 yards they will receive a new set of 4 downs.

-If a team fails to advance the ball 10-yards, then the ball will be turned over to the opposing team.

(Depending on field set up, (single endzone or two endzone field) ball maybe be turned over at the spot of where the 4th down wasn’t converted or moved back to the 10-yard line.)

-The offensive team must have 4 players on the line of scrimmage when the ball is snapped.

-The snap must be from between a player’s legs.

- Guarding the flags is NOT allowed. And will consist of a 5-yard penalty.

-A runner can make a backward pass at any time. A teammate may catch the pass or recover the ball if it hits the ground.

-The offensive team is allowed one forward pass during each play from behind the line of scrimmage.

-Any other forward pass is ILLEGAL.

-Any interception is a live ball and play doesn’t stop until a flag is pulled or the player runs out of bounds.

-No blocking is allowed, at the line of scrimmage or down field.

**FLAG BELT, UNIFORM AND EQUIPMENT**

-Shirts must be tucked in and they are not allowed to interfere with the belt and flags.

-If a player loses their flag legally and/or illegally during a down and gains possession of a live ball, that player is considered down if they are touched with one hand by a defender.

-Players must have the ball before their flags can legally be pulled. It’s illegal for a defender to intentionally pull a flag from an offensive player who doesn’t have the ball. The infraction is considered a personal foul with a 10-yard penalty.

-Flags and belts will be provided by the league. It is the coach’s responsibility to keep up with flags and belts and return them at the end of the season.

-Flags must not clash or be disguised with the shorts being worn by a player.

-Football is a Wilson K-2 or equivalent (Pee-Wee Ball).

-Molded type cleats are recommended but not required. No open toed shoes, sandals, slippers, or crocs allowed.

-Mouth pieces will be required for everyone that is on the field of play. If a player is found without a mouthpiece that player will be asked to be removed from the game until a mouthpiece can be supplied.

**SCORING**

-Touchdown is 6 points.

-Extra point from 3-yard line is 1 point.

-Extra point from 5-yard line is 2 points.

-Safety is called when an offensive player is down with the ball in his own endzone.

**GENERAL RULES**

-Teams may practice a minimum of two times a week, but not to exceed 3 practices per week.

-Two coaches may remain on the field to assist their team and may give verbal assistance until the ball is snapped.

**PLAYING TIME**

**-**Games will have a continuous game clock with four six (6) minute quarters and a 5-minute half time. Teams will have two 1-minute time outs per half and clock will stop during time outs.

**OVERTIME RULES**

-If a game ends in a tie, overtime rules will apply.

**1ST Overtime:** Each team will get the chance to score with a single set of 4 downs from the 20-yard line.

**2nd Overtime:** Each team will get the chance to score with a single set of 4 downs from the 10-yard line.

**-**By the end of the 2nd overtime if there is not a winner then the game will get recorded as a tie.