

Tupelo Parks and Recreation Department  
Flag Football Rules  
2008

**Teams**

Age Groups: 6-7 8-9 10-11

6-7 & 8-9 (2 Coaches from the same team allowed on the field)

10-11 (1 Coach allowed on the field)

A team must have seven players on the field. A team can start and end with six players.

Each player must have his/her flags in place around the waist before the snap to constitute as an eligible player for that play. If the player receives the ball and his/her belt was not properly affixed around the waist, the play is called dead at that point and a 5 yard penalty is assessed.

The flag belt colors are red or blue. A team must wear black shorts or pants. The shorts or pants cannot have belt loops or pockets. Penalty will mean player is not eligible to play until problem is fixed.

The head coach will make all decisions for the team. The coaches will select team captains before the game to accompany them at the coin toss at the beginning of the game.

**Coin Toss:**

The winner of the coin toss has 3 choices:

1. Receive the ball
2. Defense and choice of field position
3. Defer choice to 2<sup>nd</sup> half

There will be a three yard difference between the offensive and defensive line of scrimmage. The only time the defense can line-up inside of the three yard; will be when the offensive team has the ball inside the defensive three yard line. When the referee steps off the three yard defensive line and the 3<sup>rd</sup> yard is inside the goal line then the defense can line up half the distance from the ball to the goal line.

\*\*\* The defense will position themselves half the distance or try for one point. The defense will position themselves three yards off the ball or try for two points.

There are not a set number of players that have to be on the offensive or defensive line. All players must line up within 15 yards from the ball. (Referee Judgement)

There are no kickoffs.

### **4<sup>th</sup> Down will be determined by:**

6-7, 8-9 & 10-11 - Can go for it on 4<sup>th</sup> down or the Referee will step off 30 yards from the line of scrimmage.

**EXAMPLE:** If teams line of scrimmage is on the 32 yard line and decide to step off 30 yards the ball will not be on the 2-yard line, it will be placed on the 10-yard line.

A defensive player may dive to deflag the ball carrier; HOWEVER, an offensive player cannot dive to advance the ball. PENALTY: 10 yards from the point where the ball carrier left his feet. (Judgement)

**An offensive team can Jump, Spin, ect.**

### **Playing Time and Intermission:**

All leagues will play 40 minutes, divided into two halves of 20 minutes each. **The intermission between halves shall be 5 minutes.** When overtime is used, there will be a 3-minute intermission.

1. Game time is forfeit time.
2. The clock will run continuously except for:
  - a. Team time-outs and Official time-outs
  - b. 2-Time outs per half and 1-time-out in overtime.**
  - c. The last 2 minutes of each half the clock will be stopped for:
    - i. Out of Bounds
    - ii. Incomplete pass
    - iii. Penalties and administration of penalty
    - iv. Dead ball situations

The quarterback can take a direct snap.

The center must exchange the ball before he can be an illegible receiver.

**UNDER CENTER or SHOT GUN-If the ball hits the ground, it's a dead ball.**

**THE BALL IS DEAD WHEN IT HITS THE GROUND.** A backward pass or fumble which touches the ground between the goal lines is dead at the spot where it touches the ground and belongs to the team last in possession unless lost on downs, and will be marked at the spot where player possession was lost.

The ball must be received by an offensive player (ie quarterback) before the ball can be considered a fumble.

**EXAMPLE:** **If the quarterback is in the shotgun, and the center's snap hits the ground before it gets to the quarterback, the quarterback can not pick up the ball and continue play.** If the ball is fumble after the quarterback has gained possession, then the ball is dead at that spot. This includes fumbled handoffs or pitchouts from the quarterback to the runningback.

**PENALTIES:**

- A. Unsportsmanlike Player, Coach, or Other Conduct-----10 yards
- B. Spining, kicking, throwing. Or Not Returning Ball to Referee-----10 yards
- C. Tackle Runner (Intentional)-----10 yards
- D. Throwing Runner to the Ground-----10 yards
- E. Clipping-----10 yards
- F. Offensive Pass Interference (Loss of Down)-----10 yards
- G. Defensive Pass Interference (Automatic First Down)-----10 yards
- H. Illegally Secured Belt on Touchdown (Loss of Down)-----10 yards
- I. Tripping An Opponent-----10 yards
- J. Flagrant Unsportsmanlike Player, Coach, or Other Conduct-----10 yards
- K. Flagrant Spiking, Kicking, Throwing, or Not returning ball to Referee—10 yards
- L. Flagrant Personal Fouls-----10 yards
- M. Intentional Tampering with Flag Belt (Loss of Down)-----10 yards
- N. Flag Guarding-----**(Spot of Penalty) + 10 yards**
- O. Off Sides----- 5 yards

NOTE—If a player or coach is ejected from the game, that player or coach cannot return to the next schedule game, unless flagrant enough for more suspension determined by the Tupelo Parks and Recreation Department and Tupelo Football Association.

All players must play at least 50% of the game. Only exception to this rule is if a player does not attend at least 80% of all game and practices schedule. Coaches please clear any discipline action with TDPR before enforcing this rule.

**Scoring**

6-7 / 8 –9 /10-11 year old Official score and Standings

Touchdown	6 points
PAT (Point after Touchdown)	2 Points from 10 yards line or 1 point from 3-yard line.
Safety	2 points

**Blocking**

- A defensive can not run over an offensive player.
- Must keep hands on shirt. (No Contact)
- A player can not extend arms to block.

Games will have 1 or 2 officials. The time clock will be kept on the field. The referee will notify each coach at the 2-minute warning before each half.

All players are eligible to receive a pass. The center cannot carry the ball from the line of scrimmage, but can receive a pass. **(The center must exchange the ball before he can be an legible receiver).**

All players that are at least one yard off the line of scrimmage may receive the snap from the center.

The runner is allowed to spin 360 degrees to avoid being de-flagged.

Stiff arms are illegal

No Intentional Grounding to avoid being de-flagged.

If a belt falls off inadvertently, play will continue until the ball carrier is touched by one hand.

No metal cleats or spikes allowed.

Remember that coaches are responsible for spectators, parents, players, and assistant coaches.

All players must break from the huddle.

Safety if de-flagged in the end zone.

There is no situation where the offensive will start inside the 10 yard line.

The defensive team can not extend their arm/hands to block.

A player can spike the ball to stop the clock.

All flags must be on belt properly on the hips. (On the side)

**Parents and spectators must be on the opposite side of the field from the players/coaches. Benches are for the players/coaches.**

**Any questions about a rule-----Ask the official before the game for an explanation or ruling.**

