

KIMBERLY PARKS & RECREATION and KAUKAUNA RECREATION

FLAG FOOTBALL LEAGUE RULES

Revision Date: 9/6/16

Player Eligibility	<ol style="list-style-type: none"> 1. Grades: Players must be in grades 4-5-6 during the current school year 2. Registration: All players must be registered with either the Kimberly or Kaukauna Recreation Department
Program Goals	<ol style="list-style-type: none"> 1. FUN: Participants should have fun playing football 2. Fundamentals: Participants will learn the fundamentals of the game of football. 3. Values: Participants will learn discipline, sportsmanship, and teamwork
The Field	<ol style="list-style-type: none"> 1. Kimberly: The field is 100 yards long with marked end zones, midfield line, and 25 yard lines 2. Kaukauna: The field is 90 yards long with marked end zones, midfield line, and 20 yard lines
The Game	<ol style="list-style-type: none"> 1. Game time: Games must start at the scheduled times of 9:00 and 10:15 2. Minimum line-up: A team may start with a minimum of nine rostered players 3. Regulation game/Running Clock: A regulation game shall consist of two 25 minute halves, with the clock running continuously. The clock will stop in the final two minutes of the game. The clock will be stopped following touchdowns and injury time outs (as determined by Ref). Halftime is five minutes. 4. Timeouts: Each team is allowed one 30 second timeout per half
Lineups	<ol style="list-style-type: none"> 1. Players: Nine players will take the field for each team 2. Starting/Playing time: Each player is required to start and play on offense or defense in each half 3. Free substitution is encouraged at all positions
Kickoffs/ Punts	<ol style="list-style-type: none"> 1. Kickoffs: There will be no kickoffs, all will start at 25 yard line after conversion (20 yard line in Kaukauna) 2. Punts: Rushing the punter is NOT permitted 3. No blocking: Blocking is prohibited during punts, there will be no kickoffs
Pre-Snap Formations	<ol style="list-style-type: none"> 1. Play clock: The offense will have 30 seconds to snap the ball once the ref spots the ball 2. On the line: At least four players must be on the line of scrimmage at the start of each play 3. Pre-snap set position: Prior to the start of a play, all players, except the quarterback and one man in lateral motion must be set with their hands on their knees (NO 3 or 4 point stances for offensive or defensive players) 4. Eligible receivers: All players are eligible to receive a pass, including the Quarterback if the ball has been handed off
Game Play	<ol style="list-style-type: none"> 1. First downs: Are awarded at the midfield line and 25 yard line (20 yd line in Kaukauna) 2. Defending flags: Shirts must be tucked underneath flag belts so as to fully expose the flags. Hitting the defender's hands away from the flags or stiff arming is not permitted. 3. Down-field laterals: No lateral or pitches will be allowed beyond the line of scrimmage 4. Passing by a runner: A player that takes a hand off may throw the ball provided he/she has not crossed the line of scrimmage 5. Leaving the field of play: A player that steps out of bounds (unless forced out) is not eligible to catch the ball 6. Shovel passes are allowed 7. Legal catches: Receivers must touch the first foot in bounds after a catch or the pass is incomplete 8. Interceptions may be returned except on extra point tries 9. Defensive penalty: A game may not end on a defensive penalty unless the offense declines it
Rushing/ blocking	<ol style="list-style-type: none"> 1. Rushing the quarterback is allowed 2. Blocking is permitted; however; excessive contact will be flagged as unsportsmanlike conduct 3. Blocking below the waist is NOT permitted at any time
A dead ball occurs when...	<ol style="list-style-type: none"> 1. The ball hits the ground 2. The ball carrier's flag is pulled off by the defense 3. When the ball carriers flag falls to the ground, the ball is dead** **Players should double check their flags to ensure they are properly secured 4. The ball carrier's knee or any body part other than the feet touches the ground 5. The ball carrier steps out of bounds