



Fall Flag Football Rules 2016

Carrollton Website www.carrolltonboosters.org

Commissioner of Flag Football

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We are a volunteer youth sports organization. Our goal is for Carrollton Flag Football to be a rewarding experience for our players and their families. It is important to remember that having fun and learning the skills of the sport are both important parts of a quality youth sports experience. We encourage the spirit of competition but we demand good sportsmanship from all who participate in our program. Sometimes coaches and fans get frustrated or carried away in the excitement of a game. These emotions are never an excuse for anyone to lose sight of our goal to provide a safe environment where children can have fun, learn to play better football, and develop into responsible young men and women. It is our responsibility as players, coaches, and fans to make sure that we always act in the best interest of the kids. Winning a championship is an important goal, but our greatest aspiration should be that playing baseball at Carrollton this fall will be remembered fondly by every player at the park.

1.0 Format

1. 7 on 7. If one team has less than 7 players, they can still play without forfeiting but will play shorthanded. A team must have at least 5 players for a 5 on 7 game. 4 players is a forfeit.
2. Games have 2 - 20 minute halves with a 10 minute halftime. The referee will signal the start of a half, 2 minute warning, and end of the half.
3. Practices are allowed at the coaches discretion.
4. Playoff format will be SE. Standings kept by league coordinator. No playoffs in 5/6.

2.0 Age Groups

- 5/6
- 7/8
- 9/10
- 11-13

Age based on age on May 1st of the current year and are the same as the past season of baseball.

3.0 Draft Rules

1. No grading in any age group
2. Gentleman's draft with no frozen players. Requests are at the discretion of the coaches involved and the commissioner.
3. Your own son/daughter is your assigned a round based on skill. If you have two, it is your they are each assigned a round.
4. If you have no kids in the league, you will get an extra 4th round pick.

4.0 General Rules

1. This is co-ed football and all comers are welcome to play in this league. There are no male/female restrictions
2. All players MUST wear team shirt or be ineligible to play. All players shorts must be a different color than the flags given.
3. Late arriving players may enter at any time but the format of the game (7 on 7 or 6 v 6) can only be changed at half-time.
4. One timeout per half is allowed per team. These are 30 second timeouts. If you do not use your first half timeout, it does NOT roll over to the second half. If a child is injured, the time stops at the referees discretion. Any coach thought to be manipulating this can be removed from the game. This is about child safety. All injured kids can be removed regardless of playtime.
5. First down at 10 yards. An offensive assistant or the referee shall mark distance with a cone.
6. Ball is spotted at the spot the ball is when the player goes out of bounds, knee down, or flag pulled.
7. The referee will pull the flags of any player that scores a touchdown. If the flags are tied or unable to be removed, the play will result in loss of down, 10 yard penalty and no touchdown.
8. All offensive series will begin from the marked line at the center of the field (5 yards from center).
9. Center snap starts the play and must be to the side in an overhand or underhand motion (not required but allowed to be between the legs). In 7/8 and above, the snap must travel at least two yards to the quarterback. The player receiving the snap is considered the quarterback.
10. A player is down only when a flag is pulled , knee down or is ruled out of bounds.
11. As the field plays in 1 direction, a defensive touchdown is scored by breaking the plane of the adjacent field.
12. There are no extra points after a score. All scores are worth 7 points.
 - a. No safeties. If the offensive player steps out of the back of their own endzone, the play will be stopped but just treated like out of bounds and the ball will be moved to the 5 yard line. This is also true for QB sacks in the endzone.
13. On 4th down a team may elect to go for the first down or surrender the ball to the opposing team who will start at the mid field starting marker (5 yard line). In the event a team goes for the first down and does not make it, the ball will be turned over and placed the approximate distance from the opposing goal line via a walk off by the referee. (remember the starting line is the 5).
14. There are no fumbles. Any ball on the ground signifies the end of the play, including the snap.
15. A huddle may last no more than 30 seconds. Umpire will start the 30 second clock once the ball is set. He will yell 10 seconds left. At 5 seconds, he will count down. 5 yard penalty.

16. Blocking is allowed with offensive player holding his/her hands behind the back only. Illegal blocking or holding results in loss of down and a five yard penalty.
17. Defense is responsible for being set - offense may run plays at their speed and do not need to wait for defensive positioning (9/10 and 11/12 only). In younger leagues, the ref may abandon this rule if in his opinion the defense is delaying play.
18. Players may not wear any hard padding, helmets, or gear that is deemed harmful to other players. Hard and soft casts are not allowed. The determination of a cast is at the discretion of either the ref or league coordinator.
19. No intentional grounding will be called.
20. Two offensive coaches may enter the huddle to expedite play and remain behind the line of scrimmage during a play. At no time may the coach make contact with a player or ball.
21. Two defensive coaches may assist with player assignments prior to the play and remain on the field outside the action. At the referee's discretion any coach obstructing the play will allow for the opposing coach to have the option of a replay of the down. A coach making contact with a player (his own or an opposing player) or ball will be called for obstruction.
22. Substitutions may be made at any time in accordance with participation rules provided they do not delay the game.
23. All offensive players are eligible receivers.
24. Time stops for all injuries. Faking an injury to stop the clock with result in ejection of the coach.
25. All other football rules at the referee's discretion - referee calls are final.
26. A referee may eject player or coach at his discretion.
27. Coin flip to determine kickoff with winning team having the choice to receive in either half.
28. 7/8 and older - A quarterback may only rush once per series of downs
29. Spinning is allowed. Jumping or diving by the ball carrier is never allowed and will be penalized. Players may dive for flags.

5.0 Penalties

1. All offensive penalties are 5 yards and re-play down unless noted here. All defensive penalties are 5 yards and re-play down unless noted here.
2. Offsides
 - a. U6. No offsides called unless there are multiple repeat offenses at the referee's discretion.
 - b. All other leagues. Teams must be set before the play starts. Only one player in lateral motion before the play begins, one can not be moving towards the line of scrimmage until the ball is snapped. Some leeway may be given in the younger

age groups. If the player in motion then gets set, a second player then maybe in motion but no more than one player in motion at a time.

3. No flag guarding or untucked shirts. Infractions involving the ball handler that impact the play will result in a loss of down and a 5 yard penalty.
4. The referee will pull the flags of any player that scores a touchdown. If the flags are tied or unable to be removed, the play will result in loss of down, 10 yard penalty and no touchdown.
5. Pass interference may be called by the referee. Pass interference results in a first down and a 10 yard penalty from the original line of scrimmage.
6. Defensive Holding is defined as a defensive player that is not attempting to pull the flag of a player but impeding the progress of an offensive player. Tugging on offensive players' shorts is not necessarily holding.
7. Blocking is allowed with offensive player holding his/her hands behind the back only. Moving and blocking is allowed but the blocker can not initiate any contact. Illegal blocking or holding results in a five yard penalty and repeat the down.
8. The opposing team may decline any penalty.
9. Taunting of other players or play excessively rough will be deemed unsportsmanlike. A ref will issue a warning after the first offense and a penalty of 5 yards after the second. If the ref feels the player needs to be removed from the game at any time, he may eject the player on grounds of unsportsmanlike conduct.
10. In 5/6, if a defensive player tackles the offensive player , the game clock is stopped. The coach is brought onto the field and talks to the player. The player is to be removed for one play.

6.0 Rushing the Quarterback

1. 5/6 ONLY – ALL DEFENSIVE PLAYERS HAVE TO START 5 YARDS OFF OF THE LINE. Any player can rush in at anytime.
2. 7/8 and older – A cone will be placed 7 yards from the line of scrimmage or half the distance to the goal line, whichever is closer to the line of scrimmage. The defensive player may cross the line of scrimmage ONLY when one of the following has occurred:
 - a. The ball is passed or handed to a player besides the QB (QB defined as the player taking the snap).
 - b. The rushing defensive player is behind the cone marked by the referee
 - c. The quarterback makes an aggressive move towards the line of scrimmage. This is at the referees discretion. If a QB fakes running forward, that is considered an aggressive move and any player may then cross the line of scrimmage to get the QB.
3. 7/8 and older - A quarterback may only rush once per series of downs

4. All leagues - Multiple players may rush the QB. Zone or man-to-man defense is allowed.

7.0 Participation/Sportsmanship

1. In the 5/6 league, all players must carry the ball on offense at least once a game.
2. All players MUST play at least half of the game with offensive and defensive series by each player. Not following this rule can result in forfeit at the discretion of the referee and commissioner.
3. No player may play QB in more than 1 half. QB is defined as taking a single snap from center.
4. Taunting of other players or play excessively rough will be deemed unsportsmanlike. A ref will issue a warning after the first offense and a penalty of 5 yards after the second. If the ref feels the player needs to be removed from the game at any time, he may eject the player on grounds of unsportsmanlike conduct.
5. A ref will call a penalty and explain the penalty to both head coaches only. Referee decisions are final. Coaches shall not argue with referees to ensure good sportsmanship.