

# 2024 1<sup>st</sup>-2<sup>nd</sup> Grade Flag Football Rules

*In this division we want players to have fun and learn basic football fundamentals. We want to teach players how to get lined up properly and running in the right direction. We want to be flexible with the rules and teach the players the proper fundamentals of football.*

## 6 v 6 Flag Game Format

- Field is 25 yards wide and 50 yards long, including the 10 yard end zones
- Games are six players vs. six players
- Two 20-minute running clock halves (*5-minute break at half*)
- 45 second play clock
- Each possession starts at the 40-yard line after scores, turnover on downs and/or halftime
- ONE Coach is allowed on the field for both offense and defense

## Scoring

- Touchdowns = 6 points
- Extra Point (5-yard line) = 1 pt
- Extra Point (10-yard line) = 2 pts

## Basic Rules

- Coin flip determines choice of possession (winning team can elect to defer to the 2nd half)
- The clock will only stop for time-outs and injuries
- TWO 30-second timeouts per half...timeouts do not carry over to the second half
- If a timeout is called after a touchdown, the clock will not start until the play after the conversion attempt
- Ball is placed where a flag pulled, not where the ball is when the flag is pulled
- Laterals are allowed but if the ball hits the ground, the ball is spotted at that yard mark where the ball lands
- Absolutely no tackling or blocking (*stationary pick is allowed but player cannot move and can't extend the hands*)
- Only one player can be in motion at the same time
- 3 players must be on the line of scrimmage or it is an illegal formation; the center counts as one player on the LOS

## Special Alert Rules

- **Defensive Rules**
  - Defensive players can cross the line of scrimmage when a handoff, fake handoff or backward pass has occurred. This *Deception Rule* is applied to define the integrity of the LOS and development of the passing game for both offense and defense.
  - Defense must start 2 yds off the LOS unless the ball is at the one yard line – then the defense can start at goal line
  - Interceptions can be returned for a touchdown (NOT ON EXTRA POINT ATTEMPT) – if intercepting team's flag is pulled before the end zone then possession will begin at the 40 yard line
- **Passing Rules**
  - A receiver must have one foot in bounds when making a reception
  - The offense has seven seconds to pass the football – if the ball is not passed within seven seconds the play is a sack and the ball goes back to the original line of scrimmage
    - The sack count starts on the snap of the ball no matter what the offensive play attempted is
    - NO RUSHING THE QUARTERBACK!
  - The offense can throw a backward pass for a double pass play. This alerts the defense that they CAN cross the LOS to pull the flag of the player with the ball.
  - Forward pass can be underhand or overhand if it is beyond the LOS
  - There is no Intentional Grounding Penalty
  - All players are eligible receivers
- **Running Game Rules**
  - *A play will be considered a running play if a player takes a hand-off from the quarterback or the quarterback fakes a hand-off.*

- The offense cannot run a running play 2-yards within a first down or goal line
- NO direct quarterback runs and the center cannot take a hand-off from the quarterback
- **The play is dead when the following occurs:**
  - Flag is pulled
  - Runner's knee touches the ground
  - Runner steps out of bounds
  - Runner loses his flag
  - Runner jumps or leaps; ball is spotted where the runner left his feet
- **Additional Rules**
  - The ball carrier can spin to avoid their flag being pulled but cannot flag guard using an arm
  - No fumbles (*a fumble by the ball carrier, on the snap or stripped ball is dead and placed at the spot of the fumble with the offensive team retaining possession*)

## Penalties

### Offensive Penalties

- **Offensive Pass Interference** – 10-yard penalty and replay the down
- **Illegal Motion** – (2 players in motion) 5-yard penalty and replay the down
- **Illegal Formation** – (three players not on the LOS) 5-yard penalty and replay the down
- **Illegal Run** – (quarterback did not hand the ball off or handed to the center) 5-yard penalty and loss of down
- **False Start** – 5-yard penalty and replay the down
- **Illegal Forward Pass** – (QB steps over the LOS or QB throws a forward pass after stepping across the LOS) 5-yard penalty and loss of down
- **Blocking** – ball is placed at the spot of the foul and loss of down (*stationary pick is allowed but player cannot extend the hands*)
- **Leaping** – ball is placed at the spot of the foul and loss of down
- **Flag Guarding** – (including stiff arms) 5-yard penalty from the spot of the foul and loss of down
- **Unsportsmanlike Conduct** – Dead ball 15-yard penalty (*possible ejection*)
- **Delay of Game** – clock is stopped and a 5-yard penalty
- No Intentional Grounding Penalty

### Defensive Penalties

- **Defensive Pass Interference** - 10-yard penalty and replay down unless it's an offensive catch; offense can decline and first down can occur depending on the yardage
- **Illegal Contact (holding, jams, etc.)** – 5-yard penalty and replay down unless it's an offensive catch; offense can decline and first down can occur depending on the yardage
- **Defensive Holding while pulling flag** – 5-yard penalty added to the end of the play and replay down. First down can occur depending on the yardage.
- **Illegal Flag Pull (before player has ball)** – 5-yard penalty and replay down. First down can occur depending on the yardage.
- **Offsides** – 5-yard penalty and replay down. First down can occur depending on the yardage.
- **Illegal Rushing (before a handoff or simulated handoff has occurred)** – 5-yard penalty and replay the down; offense can decline and first down can occur depending on the yardage
- **Inadvertent tackle** – 5-yard penalty added to the end of the play and replay down
- **Inadvertent tackle from behind with a clear path to end zone** – Automatic Touchdown
- **Unsportsmanlike conduct** – 15-yard penalty and automatic 1st down (*possible ejection*)
- *Defensive Penalties inside the 10-yard line will result in half the distance to the goal line if applicable*

### Field Set-up and First Downs

- Field is approximately 23 yards wide and 50 yards long
  - 40 yards in length plus a 10-yard end zone
- Offense starts first down at the 40-yard line with four plays to get across the 25 yard line
- Once inside the 25-yard line the offense has four plays to get across the 10 yard line
- Once inside the 10-yard line the offense has four plays to score
- Offense must execute a passing play once within two yards of a first down or touchdown – this is marked on the field