

Thompson Rivers Parks & Recreation District

Fun-Damental Flag Football

Rules

Objective

The objective of this flag football league is to allow young players a first instructional step into football. An emphasis will be placed on teaching the basic fundamentals that lead players on the road to a successful and safe future as football players and sportsmen, and women. The coaches' responsibility is not to teach winning but to instruct players to learn skills that will allow them to win in the future with the underlining theme of having FUN.

Rules

1) Team Rosters:

- a. Minimum Players
 - At least (6) players to play the game. There may be a decision at game time by the coaches to trade or adjust the player rule.
- b. Number of players on a team
 - Will always be determined by registration.
 - Players that are involved in any tackle football team may not play in the flag football league.
- c. Number of players on the field
 - No more than eight (8) players on the field at a time

2) Equipment

- a. Equipment for the players must be checked and monitored throughout the game by coaches.
- b. Game Ball- Junior size
- c. Flag Belts- Must be worn at waist level. There can be no modification to the flags or belts (i.e. twisting, or tying).
- d. Field Dimensions shall be 45 yards in length and 20 yards wide. (May vary based on field availability) There will be a No Running Lane down the middle of the field which is four yards wide. With this lane you cannot run a quarterback sneak or a direct hand-off up the middle. This lane will provide safety for the players and also help line up offensive and defensive formations.
- e. Jerseys
 - All participants must have a TRPR athletic jersey in order to play. Jerseys can be purchased at the TRPR office. Numbers and names on the jerseys **will not** be allowed.
 - All participants must have jersey showing at time of play. All extra clothing may go underneath jersey. Shirts must be tucked in at all times, so that the flag belt can be seen.
- f. Jewelry- Players are not to wear jewelry of any kind. New piercings can be taped at the official's discretion.
- g. Mouth guards must be worn at all times.
- h. Footwear-cleats are optional (no metal cleats will be allowed)

3) Timing Rules

- a. Regulation
 - 4 quarters- 12 minutes running clock
- b. Half Time
 - Will be no longer than 5 minutes
- c. Overtime
 - There will be no over time.
- d. Time-Outs
 - One time out may be taken per half.

4) Playing Rules

- a. Start of game
 - Captains will meet in the center of the field for a coin toss. The winning team may select offense, defense or to defer until half.

- The game will begin by placing the ball on the 10-yard line.
- b. Offense
- Offense must have 5 players on the line of scrimmage who must be set for at least one second prior to the ball being snapped.
 - No Trick plays
 - The back field will consist of two players who must be at least three yards behind the line of scrimmage. This does not include the quarterback.
 - The ball will always be placed in the center of the No Running Lane
 - Offensive guard will always line up on the No Running lane lines.
 - All passes must be forward and a pass can be overhand or underhand. Linemen are not eligible to receive passes.
 - A snap may be through the center's legs or to the side but must start from the ground.
 - A fumble will be considered a dead ball and will be placed on the yard line it was fumbled at. No advancing fumble by either team.
 - Everyone is eligible for a pass or a hand-off except the guards and center.
 - Blockers may not leave their feet before, during, or after contact is made with an opposing player.
 - After every touchdown we will only do a 2 point conversion.
- c. Defense
- Players may not rush the quarterback or get into the backfield by going through the No Running Lane.
 - If there is a safety by pulling the offensive ball carrier's flag in the end zone, the ball will be brought back to the 10-yard line.
 - Defense must have 4 players on the line of scrimmage. Defensive tackles need to be headup on offensive guards.
 - Nobody will be over center or in the No Running Lane.
 - Defensive backs and linebackers will be 5 yards off the ball. A defensive back may come up and cover if an offensive player is spilt out. The 5 yards off the ball marking will be set by the referees position.
- c. Players:
- Stance will be only in the upright position and their hands on their thighs.
 - May use their hands but not grasp or hold to force their way through or hold a player out.
 - May not hold the player with the ball while attempting to take a flag.
 - May not remove the flags of any offensive player who does not have the ball.
 - May not jump, spin or flag guard to avoid their flags from being pulled.
 - Must avoid all types of diving.
- d. Coaches
- One coach per team is allowed and suggested to be on the field while the game is being played
 - All coaches and players from both teams will be located on the east side of the field. Meanwhile, all fans and parents will be seated on the west side.
- e. Penalties
- Holding, offsides, not enough men on the line of scrimmage, jumping, spinning, flag guarding, clipping, tackling, running lane violation and many more will be 5 yards.
 - Unsportmanlike and rough housing will be 10 yards.
 - All penalties will be marked from the previous line of scrimmage and we will replay that down.
- f. 6U
- One team will play the entire quarter on offense or defense and that will be decided in the coin toss. At the end of each quarter, we will switch offense to defense.
 - There will be no first down, punts, kickoffs or extra point.
 - If there is a touchdown scored by the offensive team before the quarter is over the ball is brought back to the 10 yard line and the offense will continue until the quarter is over.

- The only way a defensive team can score is by intercepting a pitch or a pass, the ball will be spotted at the 10 yard line and the original offensive team will resume on offense until the quarter is up.
 - At this age group, we strongly encourage that every player gets a chance at every position.
 - If not stated, we will follow CHSAA football rules.
 - Coaches will be in charge of refereeing the game as well as clock management.
- g. 8U/11U
- There will be no kickoffs or extra point.
 - First down will be determined by when the offensive team crosses a painted yard line.
 - On fourth down the offensive team has to determine if they are punting or going for it.
 - In punt formation, both offense and defense team stay in their normal formation. The only difference would be the quarterback/punter can step back to punt and the return team can send only one player back to receive the punt.
 - Quarterback/punter can take a normal snap and then take a few steps back to punt the ball or he can also take a long snap and then punt the ball.
 - Punt returner has to catch the ball in the air to advance the ball.
 - The ball will be blown dead as soon as it hits the ground on the snap or when the punter kicks it and it hits the ground it will be marked at that spot.
 - When the offensive team elects to punt, there is no rushing the punter and nobody on either side of the ball can move until the ball is kicked.
 - When the offensive team elects to go for it, and does not make it, the ball will be turned over on downs and it will be first down for the defensive team at the spot of the ball.
 - At this age group, we strongly encourage that every player gets a chance at every position.
 - If not stated, we will follow CHSAA football rules.
 - Referees will be provided.

5) Other League Rules

a. Practice

- Practice sessions should not exceed 1 hour in length.
 1. 6U- no more than 1 practice a week
 2. 8U/11U - no more than 2 practices a week
- Rescheduling a canceled practice due to weather or other conflict should be done through the TRPR office with a two day notice.
- Shall be up to the coach to cancel in case of inclement weather
- Will take place at the Nelson Ballfields on field #4.

b. Parents

- Each coach is required to keep control of his/her team and parents. The coach shall be held directly responsible for the behavior of its team players, assistant coaches, parents, and fans. There will be no tolerance of any abuse towards anyone associated with the game. After a warning has been issued, the offender will be instructed to vacate the facility for the remainder of the game. If the offender chooses not to leave, the game will be forfeited.

c. Rotation of players

- Each player shall receive equal playing time on both offense and defense as much as possible.
- We encourage that every player gets a chance at every position through out the season.

d. Games

- Will be held on Saturdays at the Nelson Ballfields on field #4.
- In case of inclement weather games will be canceled at TRPR's discretion and will update the weather line 970-572-7888.
- Make up games will only be made up if time allows.
- There will be no protests whatsoever. If a problem arises, the TRPR office should be contacted.