

2024 Spring K – 2nd Grade Flag Football Rules
Avon Lake, Fairview Park, North Olmsted, North Ridgeville



OHSAA rules are in effect unless otherwise noted

League Points of Emphasis

- Each city, if entering more than 1 team in a league, MUST split teams as evenly as reasonably possible regarding both skill level and age/grade level. For example, in the 3rd-4th grade league a team should not have all 4th graders.
- All participants must exhibit good sportsmanship at all times
- Respect and cooperate with officials
- Chatter and cheering must be of positive nature and directed to ones' own team. Abusive and vulgar language will not be tolerated
- Facilities, fields, and equipment will be treated with respect
- Any ejection will result in an additional one-week suspension from all team activities including practices and the following game. This goes for players, coaches, & parents.
- Any coach or player ejected from two or more games during the season may be expelled from the league.

If any offender is asked to leave the grounds and fails to do so, the game will be suspended until the offender leaves the premises. Failure to do so may result in a forfeit

Game

- At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.
- The winner of the coin toss has the choice to take offense or defense. The loser of the coin toss chooses which direction it will be defend. There is no option to defer to second half.
- The offensive team takes possession of the ball at the 40-yard line and has four (4) plays to gain 10-yards for a first down. NO PUNTS
- All possession changes start on the 40-yard line.
- Team change sides after the first half. Possession changes to the team that started the game on defense.
- NO BLOCKING/CONTACT allowed. You CANNOT impede/screen a defender. You must stand still or being running a route when you don't have the ball.

Timing

- Games are 40 minutes running time (20 minutes each half).
- Halftime is 3 minutes long (Teams changes sides of the field).

2024 Spring K – 2nd Grade Flag Football Rules

Avon Lake, Fairview Park, North Olmsted, North Ridgeville

- Each team has 2, 30-second timeouts per half and 1 timeout per OT (Timeouts do not carry over)
- Each time the ball is spotted, a team has 30 seconds to snap the ball.
- Officials can stop the clock at their discretion. In the event of an injury, the clock will stop and then restart when the injured player is removed from the field of play.

Overtime

- Overtime winner is determined by whichever team scores more points within a single overtime period.
 - » Winner of the coin toss chooses offense or defense first
 - » Each team takes a turn getting one (1) play from the 5-yard line for one (1) point or 10-yard line for two (2) points.
 - » Whether to go for one or two points is up to the offensive team
 - » Whether or not the team that begins on offense converts, the team that started on defense gets a chance on offense to win or tie.
- The game will end in a TIE if the score is still tied after one (1) overtime period

Equipment

- Player's jerseys must be tucked in at all times.
- Shorts with pockets must be taped.
- All players must wear shoes. Cleats are allowed. However, cleats with exposed metal are not permitted.
- Game balls will be PEE WEE sized footballs

Field Dimensions/Game Play

- The field dimensions are 33.5 yards by 40 yards with one 10-yard end zone
- First downs will be at the 30-yard, 20-yard, & 10-yard field markers
- Stepping on the boundary line is considered out of bounds.
- 2 coaches per team are allowed on the field

Scoring

- Touchdown: 6 points
- Extra point: 1 point (from 3-yard line) OR 2 points (from 7-yard line)
- No Safeties; offense retains possession spotted at the goal line

Passing

- All passes must be forward and must be received beyond the line of scrimmage (LOS). Only one (1) forward pass per play.
- Laterals and Pitches are allowed both behind and beyond the LOS.
- Shovel passes are allowed but must be received beyond the LOS.
- If the QB's flag is pulled before the ball leaves his or her hand, the play is ruled dead and the ball is spotted where the QB's feet are.
- Interceptions may not be returned. If an interception occurs it is deemed a turnover and defensive team takes over on offense at the 40 yard line.

2024 Spring K – 2nd Grade Flag Football Rules

Avon Lake, Fairview Park, North Olmsted, North Ridgeville

- If a pass is tipped/blocked by the defender and the QB catches the ball, the play is whistled dead and considered an incomplete pass.
- The QB may throw the ball to avoid a sack. Pass must go beyond the LOS

Receiving

- All players are eligible to receive a pass (including the QB if the ball has been handed off behind the LOS).
- Only one (1) player is allowed in motion at a time.
- A player must have at least one foot inbounds when making a reception.

Rushing

- The QB can run past the LOS at any time.
- Teams may perform multiple handoffs as long as they remain behind the LOS.
- The player who receives the handoff can throw the ball as long as he or she remains behind the line of scrimmage.
- The ball is spotted where the ball is when the flag is pulled.
- Ball Carriers are not allowed to dive
- Center sneak play is not allowed. The QB may not handoff the ball to the center on the first handoff of the play.
- Flag guarding is the attempt by the ball-carrier to obstruct the defender access to the flags by stiff arming, dropping the hand, arm, shoulder or head or intentionally covering the flags with the football or jersey.

Rushing the Passer

- Maximum of (2) players per play that rush the passer. MUST be wearing the rusher's wristband and lined up 7-yards from the line of scrimmage
- Before each play, an official will mark off 7-yards from the LOS
- If a rusher leaves the rush line early, the rusher may return to the rush line, reset and then legally rush the passer
- Players not rushing the passer may defend on the line of scrimmage but may not enter the backfield unless the ball is handed off.
- Players rushing the passer may attempt to block the pass; however NO contact can be made with the QB in any way.
- Once the ball is handed off, all defenders may go behind the line of scrimmage.
- *If a team is ahead by 17 points they are no longer allowed to rush the passer*

Pulling of Flags

- A legal flag pull takes place when the ball carrier is in full possession of the ball. A defensive player may not pull the flags off of a player who does not have possession of the ball.
- Defenders can dive to pull a ball carriers flag, but cannot hold, tackle or run through the ball carrier when attempting to pull their flags.
- It is illegal to attempt to strip or pull the ball from the ball carrier.

2024 Spring K – 2nd Grade Flag Football Rules
Avon Lake, Fairview Park, North Olmsted, North Ridgeville

- NO FUMBLES

Formations

- Offenses can have up to four players on the line of scrimmage.
- The quarterback must be off the line of scrimmage.
 - a. One player at a time may go in motion 1-yard behind and parallel to the line of scrimmage.
 - b. No motion is allowed toward the line of scrimmage.
- Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
- The center can snap the ball with a rapid and continuous motion between his/her legs (or on one knee turned sideways) to a player in the backfield, and the ball must completely leave his/her hands.
- If a snapped ball hits the ground before getting to the QB the play is blown dead. One replay is allowed without penalty; the second time is a loss of down. This applies to all snaps in the game (first missed snap is a redo, second one is loss of down)

Penalties

- The referee will call all penalties.
- Referees determine incidental contact that may result from normal run of play. This is considered a judgement call.
- All penalties will be assessed from the line of scrimmage, except for SPOT FOULS.
- Games cannot end on a defensive penalty unless the offense declines.
- If the distance to the goal is shorter than the penalty yardage, then the penalty will be assessed half the distance to the goal.
- Loss of down means that down is consumed.
- Any loss of down on the third down results in a turnover on downs and the other team taking possession.

Spot Fouls

Defensive

- | | |
|-----------------------------------|-------------------------|
| • Defensive pass interference | Automatic First Down |
| • Holding | Automatic First Down |
| • Stripping | + 10 yards & First Down |
| • Defensive unnecessary roughness | + 10 yards & First Down |

Offensive

- | | |
|-----------------------------------|--------------------------|
| • Charging | -10 yards & loss of down |
| • Flag guarding | -10 yards & loss of down |
| • Offensive unnecessary roughness | -10 yards & loss of down |

2024 Spring K – 2nd Grade Flag Football Rules
Avon Lake, Fairview Park, North Olmsted, North Ridgeville

Defensive Penalties

- | | |
|---------------------------|---|
| • Offside | +5 yards from LOS & automatic 1 st down |
| • Illegal rush | +5 yards from LOS & automatic 1 st down |
| • Illegal flag pulls | +5 yards from LOS & automatic 1 st down |
| • Roughing the passer | +5 yards from LOS & automatic 1 st down |
| • Taunting | +5 yards from LOS & automatic 1 st down |
| • Unsportsmanlike conduct | +10 yards from LOS & automatic 1 st down |

Offensive Penalties

- | | |
|-------------------------------|----------------------------------|
| • Offside / false start | -5 yards from LOS & loss of down |
| • Illegal forward pass | -5 yards from LOS & loss of down |
| • Offensive pass interference | -5 yards from LOS & loss of down |
| • Illegal motion | -5 yards from LOS & loss of down |
| • Delay of game | -5 yards from LOS & loss of down |
| • Impeding the rusher | -5 yards from LOS & loss of down |
| • Illegal Procedure | -5 yards from LOS & loss of down |
| • Taunting | -5 yards from LOS & loss of down |
| • Unsportsmanlike conduct | -5 yards from LOS & loss of down |

Unsportsmanlike Conduct

- If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals will be considered. FOUL PLAY WILL NOT BE TOLERATED!
- Offensive or confrontational language is not allowed. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
- Players may not physically or verbally abuse any opponent, coach or official.
- Ball-carriers MUST make an effort to avoid defenders with an established position.
- Defenders are not allowed to run through the ball-carrier when pulling flags.
- Unsportsmanlike conduct penalties:
 - a. Defense + 10 yards from line of scrimmage and automatic first down
 - b. Offense - 10 yards from line of scrimmage and loss of down