

<b>FLAG FOOTBALL</b>	<b>AGES 5-14</b>
<b>FIELD</b>	30X70 yards
<b>BALL SIZE</b>	Kinder: Mini, 1st-4th: Pee Wee, 5th-8th: Junior
<b>KICKOFFS</b>	No
<b>POSSESSION</b>	AT 5 YARD LINE EXCEPT FOR INTERCEPTIONS
<b>BLOCKING</b>	No
<b>PLAYERS ON FIELD</b>	5
<b>REFEREES</b>	Yes
<b>GAME LENGTH</b>	2 x 20min.
<b>PLAY CLOCK</b>	30 Seconds
<b>TIMEOUTS</b>	One 60sec., One 30sec. Per Half
<b>OVERTIME</b>	Each team receives possession at 12yd for one play until one team scores and the other doesn't
<b>TD</b>	6 Points
<b>1 EXTRA POINT</b>	From 5 Yard Line
<b>2 EXTRA POINT</b>	From 12 Yard Line
<b>SAFETY</b>	2
<b>RUSHING THE QB</b>	10 YARDS OF L.O.S
<b>QB SCRAMBLE</b>	NO. QB is not allowed to run beyond the L.O.S
<b>SNAPPING</b>	Between the Legs
<b>LATERALS / PITCHING</b>	NO
<b>BALL SPOT</b>	WHERE FEET ARE WHEN FLAG IS PULLED
<b>FUMBLES</b>	DOWN WHERE BALL HITS(OFFENSE RETAINS BALL)
<b>INTERCEPTIONS</b>	DOWN WHERE BALL IS INTERCEPTED
<b>DIVING</b>	NO



LOS = LINE OF SCRIMMAGE

<b>PASSING</b>	7 SECONDS TO PASS THEN LOSS OF DOWN
<b>PENALTIES</b>	
<b>DEFENSIVE PASS INTERFERENCE</b>	AUTO FIRST DOWN
<b>HOLDING</b>	AUTO FIRST DOWN
<b>STRIPPING</b>	10 YARDS and AUTO FIRST DOWN
<b>SCREENING/BLOCKING</b>	10 YARDS and LOSS OF DOWN
<b>CHARGING</b>	10 YARDS and LOSS OF DOWN
<b>FLAG GUARDING</b>	10 YARDS and LOSS OF DOWN
<b>DEFENSE UNNECESSARY ROUGHNESS</b>	10 YARDS and AUTO FIRST DOWN
<b>DEFENSIVE UNSPORTSMANLIKE CONDUCT</b>	10 YARDS and AUTO FIRST DOWN
<b>OFFSIDES</b>	5 YARDS FROM LOS and AUTO FIRST DOWN
<b>ILLEGAL RUSH (WITHIN 7 YARD CUSHION)</b>	5 YARDS FROM LOS and AUTO FIRST DOWN
<b>ILLEGAL FLAG PULL (BEFORE RECIEVER HAS BALL)</b>	5 YARDS FROM LOS and AUTO FIRST DOWN
<b>ROUGHING THE PASSER</b>	5 YARDS FROM LOS and AUTO FIRST DOWN
<b>TAUNTING</b>	5 YARDS FROM LOS and AUTO FIRST DOWN
<b>OFFENSIVE UNNESSARY ROUGHNESS</b>	10 YARDS and LOSS OF DOWN
<b>OFFENSIVE UNSPORTSMANLIKE CONDUCT</b>	10 YARDS and LOSS OF DOWN
<b>OFFSIDE/FALSE START</b>	5 YARDS FROM LOS and LOSS OF DOWN
<b>ILLEGAL FORWARD PASS (PASS PAST THE LOS)</b>	5 YARDS FROM LOS and LOSS OF DOWN
<b>OFFENSIVE PASS INTERFERENCE</b>	5 YARDS FROM LOS and LOSS OF DOWN
<b>ILLEGAL MOTION (MULTIPLE PLAYERS MOVING)</b>	5 YARDS FROM LOS and LOSS OF DOWN
<b>DELAY OF GAME</b>	5 YARDS FROM LOS and LOSS OF DOWN
<b>IMPEDING THE RUSHER</b>	5 YARDS FROM LOS and LOSS OF DOWN
<b>ILLEGAL PROCEDURE</b>	5 YARDS FROM LOS and LOSS OF DOWN