

Pueblo Parks & Recreation



Flag Football Rules

The Game

Playing time for ages 6-12 will be 40 minutes split into two twenty minute's halves with a running clock. Playing time for Pee Wee (4–5-year-olds) will be 32 minutes split into four eight-minute quarters with running clock. Halftime will be 5 minutes for all age groups. Each team will receive (2) 1- minute timeouts per half or quarter.

Start of the Game

Each coach must designate a captain for every game. A coin toss will determine which team receives the ball first (There will be a coach's meeting at the coin toss to decide on football size, snapping method, number of players, etc). **The offensive team takes possession at its 5-yard line (to begin the game, after each possession and extra point attempt).** If the offense doesn't gain first down, the defense gains possession at their own 5-yard line unless the ball was intercepted. Then offense takes control at spot of play.

Players Ages 4-5

Team will be set up with a maximum of 12 players, with 6 taking the field at any time. The offensive team must have a minimum of 1 player on the ball at the line of scrimmage.

Players for Ages 6-12 League

Teams will be set up with a maximum of 13 players, with 7 taking the field at any time. Exceptions will be made each giving week, depending on teams playing. The offensive team must have a minimum of 3 players on the ball at the line of scrimmage.

The Field

4-5 - The gridiron will be 50 yards long X 30 yards wide; one cones will be set up for the first down.

Ages 6-12 - The gridiron will be 60 yards long X 30 yards wide; A cone will be set up for the first down.

FOR ALL LEAGUES - No QB Run Zones are in place to prevent teams from conducting power run plays. While in the No QB Run Zones, (a 5-yard zone before midfield and before the end zone), teams QB may not run the ball in any fashion. All plays must begin with a handoff or be a pass play. Each offensive

squad approaches only TWO No QB Run Zones in each drive (one zone 5 yards from midfield to gain the first down and one zone 5 yards from the goal line to score a TD).

END ZONE	^NO RUN ZONE^					v NO RUN ZONE v	^NO RUN ZONE^					^NO RUN ZONE^	END ZONE
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The Equipment

Pueblo Parks and Recreation requires that players use tennis shoes or rubber cleats to play. Mouth guards may be worn but are not required to play. No obstructive clothing should be worn that might harm members of the other team or cover the flags. The players must wear the Parks and Recreation issued jersey, which must always be tucked in (Home Team **Black** Away Team **White**). Flags are provided and must be worn by all players on the field.

Running

Direct hand-offs, options and pitches/sweeps are allowed. The ball is spotted where the ball is when the carrier's flag is pulled. Ball carrier must always have one foot on ground (*No Jumping or Hurdling Players*). Flag guarding is not allowed (*swiping a defender's hand away from the flag*).

Passing

All passes are allowed (**including backwards**). In the result of a backward pass that is dropped, it is a dead ball. Interceptions may be returned by the defender for a positive gain.

Receiving

All players are eligible to receive passes (*including the quarterback if the ball has been handed off or thrown behind the line of scrimmage*). Only one player is allowed to be in motion at a time. A player must have at least one foot inbounds when making a reception.

Rushing the Quarterback

The defense will position itself five yards off the line of scrimmage. This extends the neutral zone. All players who rush the passer must be a minimum of 5 yards from the line of scrimmage when the ball is snapped. The referee will designate a Rush Line 5 yards from the line of scrimmage.

Any 3 players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage. Once the ball is handed off, the 5-yard rule is no longer in effect and all defenders may go behind the line of scrimmage. ***An illegal rush penalty is 5 yards from the line of scrimmage.*** Teams are not required to rush the quarterback.

Pass Coverage

No contact with the receiver is allowed and the defensive back must refer to the extended neutral zone (5 yards off the line of scrimmage.).

Fumbles

All fumbles will be dead balls. Intentional contact or pushing and piling on the other players will not be tolerated. Intentional contact is a 10-yard penalty and an automatic 1st down (or loss of down for the offense).

Dead Balls

The ball may be snapped between the legs or off the side, depending on what is decided at the coin toss, to start the play. CENTER SNEAK MUST HAVE CLEAR EXCHANGE OF THE BALL. Play is ruled "DEAD" when:

- Offensive player's flag is pulled
- Ball carrier steps out of bounds
- Touchdown is scored
- Ball carrier's knee hits the ground
- If the ball carrier's flag falls off, play is dead when the carrier is touched by ONE HAND

Punts

Punting will not be allowed in any league. As this is a non-contact league, punt returns/covers could prove dangerous, resulting in collisions.

Therefore, teams will go for it on 4th down; and, if they do not convert the first down, it will effectively be a punt. The defense will take over on downs from their OWN 15-yard line (10-yard line for Pee Wee).

Blocking

No use of hands and no INTENTIONAL CONTACT allowed. Shadow blocking is encouraged (think picks and screen in basketball).

***With any sport, there will be inevitable contact. Players bumping into each other, hand checks, going for a live ball, etc. is inevitable and will be treated as such. Inevitable contact will NOT BE penalized. It is INTENTIONAL CONTACT (running through a player, pushing, holding, punching the ball, swiping, tackling) that will be penalized.**

Tackling/Intentional Contact

- An attempt to encircle the body of an opponent with hands or arms, thus impeding progress=10-yard penalty will be assessed at the point of infraction and automatic first down (or loss of down for offense).
- Pushing out of bounds rather than going for the flag=10-yard penalty at the point of infraction and automatic first down.
- Any excessive contact by the offense or defense (such as those listed above) =10-yard penalty at the point of infraction and automatic first down (or loss of down for offense).
- If any of the above occur from the defense inside the 20-yard line, the ball will be placed half the distance to the goal from the infraction, first and goal. If the offense commits the infraction, the 10-yard penalty and loss of down will stand.