

FLAG FOOTBALL

League Structure:

Leagues	Game Nights	Game Ball Size	Games per League Session	Team Fee Resident/Non
6U Division	Monday	Pee-Wee Football	Six	\$225/\$250
8U Division	Monday	Pee-Wee Football	Six	\$225/\$250
10U Division	Monday	Junior Football	Six	\$225/\$250

Registration:

July 20 – August 16, 2026

League Begins:

September 14, 2026

All registrations are taken online! Visit www.recdesk.republicparks.com to login or create your account. Select "Youth Sports" and "Flag Football" using the category filter. Then select the correct grade or age division for "Team Sign-up (Coaches Only)" and follow the prompts to register your team. During this process, you will be asked to complete a roster form with first and last name of every player on your team. This will let us know who to add to your roster, but each individual will be required to complete the "Individual Sign-up" before being placed on your team. Players will NOT be allowed to participate in games until their parent or guardian has completed this step. Please direct your team to complete their online registration.

Background Check:

All coaches and co-head-coaches are required to pass a background check (no cost to the coach) before they will be allowed to coach. Information regarding background checks is available at republicmo.com. Background checks are good for two years at which point a new submission will be required.

Practice:

The Bervin White Memorial Complex fields 2 and 3 are available for practice reservations. Practice reservations will be accepted, beginning **August 11th**. You may reserve practice time(s) at the community center or via phone; 417-732-3500.

Coaches Meeting:

The Flag Football coaches meeting will be held Wednesday, **August 27th at 5:30 pm**, at the Republic Community Center. A streaming option will also be available. A link to view the meeting virtually will be emailed to coaches on August 28th.

Rosters:

All teams must have a minimum of seven participating players on their roster and we recommend no more than twelve. If a team has less than 7 players on their roster, we reserve the right to add additional players to the team. Age as of **June 1st, 2026** determines their age group.



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Rules of Play:

Republic Parks & Recreation Flag Football League is an instructional program designed to help encourage youth to participate in sports activity and enjoyment.

1. Games will consist of two 18-minute halves, a three (3) minute half time, and four (4) minutes between games. Half time and time between games may be shortened to 2 minutes each if we are running behind schedule. Each team will receive two time-outs per half with no carry over.
2. All divisions will have 5v5. No official score will be kept.
3. The game clock runs continuously throughout the game. Each time the ball is spotted, a team has 40 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced. Teams must change sides after the first 18 minutes.
4. **Uniforms and equipment**
 - A) Football size: - 5/6 Year Olds and 7/8 Year Olds: Pee-Wee Football
- 9/10 Year Olds: Junior Football
 - B) Belts with flags are provided for participating teams. All players must wear three flags upon their belt. The flags must free hang from the belt, as intended. The flags may not be advantageously wrapped around the belt or any other method that prevents flags from being appropriately pulled.
 - C) Cleats are allowed, but metal spikes are prohibited. All players are advised to wear a protective mouthpiece.
4. **Field size**
 - a. 70 yards long X 30 yards wide
 - b. See the attached map at the back of this packet for more field dimensions.
5. **General rules**
 - A) Only five players are allowed on the field for each team.
 - B) A coin toss determines first possession.
 - C) The offensive team takes possession of the ball at its 5-yard line and has three plays to cross midfield. Once a team crosses midfield, it has three plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
 - D) If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
 - E) All possessions, except interceptions, start on the offense's 5-yard line.
 - F) There are no punts or kickoffs.
 - G) Players are not permitted to physically block, at any point in the game.
 - H) There will be no official score kept.

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6. Running

- A) The quarterback cannot run with the football.
- B) Pitches, tosses, and laterals are allowed, however, if the ball touches the ground the play is dead, and the ball is spotted where the ball first touched the ground. Multiple handoffs are allowed.
- C) "No running zones" located five yards from each end zone and five yards on either side of midfield, are designed to avoid short-yardage, power-running situations.
- D) The player who takes the handoff can throw the ball from behind the line of scrimmage.
- E) Once the ball has been handed off, all defensive players are eligible to rush.
- F) Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
- G) The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

11. Receiving

- A) All players are eligible to receive a pass (including the quarterback if the ball has been handed off behind the line of scrimmage).
- B) Only one player is allowed in motion at one time. Players cannot be moving toward the line of scrimmage at the time of the snap.
- C) A player must have at least one foot inbounds when making a reception.

12. Passing

- A) Shovel passes and swing passes are allowed.
- B) The quarterback has a seven-second "pass clock". If a pass is not thrown within the seven seconds, play is dead, loss of down. Once the ball is handed off, the seven-second rule is no longer in effect.
- C) Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start at the 5-yard line.

13. Rushing the Quarterback

- A) Rushing the quarterback is not allowed.
- B) Defensive players may defend on the line of scrimmage.
- C) Once the ball is handed off, all defenders may go behind the line of scrimmage. No blocking or tackling is allowed.
- D) Any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the person will receive a warning. If a player continues the rough play, they may be asked to sit out the rest of the half or the game.

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14. Dead Balls

- A) The ball must be snapped between the legs, not off to one side, to start play.
- B) Substitutions may be made on any dead ball.
- C) Play is ruled "dead" when:
 - i. Ball carrier's flag is pulled
 - ii. Ball carrier steps out of bounds
 - iii. Touchdown or safety is scored
 - iv. At the point of an interception (interception returns are not allowed)
 - v. Ball carrier's knee, rear, or elbow hits the ground
 - vi. Ball carrier's flag falls out
- B) There are no fumbles. The play is dead as soon as the ball touches the ground in all scenarios, even if the ball or the snap is fumbled. The ball is spotted where the ball hits the ground, with no forward progress.

15. Penalties

- A) Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage. Only the team captain may ask the referee questions about rule clarification and interpretations. Players or coaches cannot question judgment calls. Games cannot end on a defensive penalty, unless the offense declines it.
- B) Defense:
 - i. Offsides-five yards and automatic first down
 - ii. Interference-10 yards and automatic first down
 - iii. Illegal contact (holding, blocking, etc.)-10 yards and automatic first-down
 - iv. Illegal flag pull (before receiver has ball)-10 yards and automatic first-down
 - v. Illegal rushing (coming across the line of scrimmage before the ball is handed off)-10 yards and automatic first-down
- C) Offense:
 - i. -Illegal motion (more than one person moving, false start, etc.) five yards and loss of down
 - ii. -Illegal forward pass (pass thrown beyond the line of scrimmage) five yards and loss of down
 - iii. -Offensive pass interference (illegal pick play, pushing off/away defender) 10 yards and loss of down
 - iv. -Flag guarding-10 yards (from line of scrimmage) and loss of down
 - v. -Delay of game-Clock stops, 10 yards and loss of down
- D) If a coach or player receives two unsportsmanlike conduct penalties in one game, he or she must leave the facility immediately. If a coach or player is ejected from the game/facility more than once, the coach/player will be suspended and may be expelled from the facility, pending a meeting with the Recreation Supervisor and/or Parks & Recreation Director.

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16. All teams and players must be registered through the online registration process. No players will be allowed to transfer teams once the season has started.
17. Players may play on no more than two **teams per grade division** in the youth flag football program. **Players may play in two different grade levels as eligible.** Players may play up grade levels, but not down. All participants, male and female are permitted to play.
18. Game time is considered forfeit time. A team may start a game with no less than four (4) players present and on the field. A five-minute grace period will be allowed for the first game only.
19. Should a team forfeit two consecutive games without properly notifying the Recreation Department the team will be dropped from the league. Notification must be given two working days prior to the forfeiture.
20. Three adult coaches are permitted on the bench or field. It is recommended to have a coach for defense, coach for offense, and a coach taking care of the sideline and substitutions.
21. No protests are allowed on judgment calls of the officials. Concerns about officials must be made to the recreation supervisor. All protests must be filed at the Community Center, by the head coach or the assistant coach, within twenty-four hours of the violation.
22. Teams are required to exhibit sportsman-like conduct after each game by lining up and shaking hands or waving. If a team fails to comply, they will be given an unsportsmanlike conduct penalty, to be administered at the beginning of the team's next game.
23. The recreation supervisor reserves the right to make final determination on any rules or interpretations that may arise throughout the season.

Lightning/Weather Policy: During outdoor athletics events, if lightning is detected with a 0-8 mile radius of the facility, all games in progress will be shut-down. If lightning has not yet approached the 8-mile-radius, the site-supervisor reserves the right to shut-down games if there is a storm inbound. There will be no delaying games. At the time of shutdown, all participants and spectators must exit the facility.

- **If a game is shutdown during gameplay, prior to the halfway point of the game:** The game will be replayed on a different date, completely restarting the game with a score of 0-0.
- **If a game is shutdown during gameplay, at or after the halfway point of the game:** The game will be marked as completed, with a final score of whatever the score is at the time of shutdown.
- **Resuming play for upcoming games in the day:** The remaining teams participating in the day, will be able to enter the facility once a 20-minute period without lightning has passed. The Site-Supervisor will be closing off the facility entrances with signage, once the facility becomes closed due to weather.
- The Site-Supervisor reserves the right to shut down games, for the safety of all participants and spectators.

All players in the 6U – 10U divisions will receive medals at the completion of a terrific season!



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