



Youth Sports Recreational Flag Football League Rules Spring 2026

Feather River Recreation and Park District offers recreational leagues where emphasis is on gaining a positive team experience and not winning or losing. We strive to provide a safe, healthy and enriching environment for our young athletes where they can become better athletes and most importantly better people. There is a **zero-tolerance policy** for all unsporting behavior from all coaches, parents, players, and spectators. We reserve the right to ask anyone to leave at any time if they are showing poor sportsmanship.

General Information:

1. All players must turn in a FRRPD Youth Sports Registration form and a Player/Spectator/Coach Code of Conduct form and be on the Team Roster to be eligible to play. A roster must be filled out by coaches or school administrator and submitted by email to jennaw@frrpd.com, or it can be dropped off directly to the FRRPD office or turned in onsite to the official on the day of your first scheduled game.
2. Persons or players participating in the activities sponsored by FRRPD are not covered in any way for personal liability, property damage, medical injuries, etc.
3. A player with a bloody injury or blood on his/her uniform must leave the game. The player may not return to the game until the wound is no longer bleeding, the wound is covered, or the uniform is changed.

League:

1. The league will be composed of two divisions: 3rd/4th/5th Grade COED teams and 6th/7th/8th Grade COED teams.
2. The season will be 6 weeks long, with 4 weeks of regular season games and 1 week of playoffs (no games during Spring Break). Playoffs will be offered to the top 4 teams.
3. Each team will be charged \$50 per game. Teams will be billed at the end of the season.

Game Rules:

Start of Game & Game Play

1. Team captains will meet at the center of the playing field for a coin toss. The visiting team calls the toss.
2. The winner of the coin toss has the choice of offence or defense. Loser of coin toss has the choice of direction. There is no option to defer.
3. The offensive team takes possession of the ball at the 10-yard line.
4. Possession changes to start the second half to the team that started the game on defense.

Clock Time/Time Outs

1. A game consists of two 20-minute halves running clock and a 5-minute halftime. The clock will be stopped during time outs, at official's request, and for injured players.
2. Each team is allowed a maximum of 2 sixty-second time outs per game and a maximum of 1 timeout per half.



Players & Substitutes

1. Teams shall have no more than 7 players on the field at a time.
2. Free substitution rule prevails: substitution may be made anytime the ball is dead but must not delay the game. It is not necessary for substitutions to report to an official. Substitutes must stay in the game for at least one play.
3. Teams must play with a minimum of 6 players. Fewer than 6 players will constitute a forfeit.

Playing Field

1. The playing field is 40 yards in length and 25 yards in width and is divided into 4 equal zones of 10 yards; the end zones are 10 yards deep, totaling 60 yards. Coaches are required to stay between the 10-yard lines and must not enter the last 10-yard line before the endzone. Coaches must stay in their team area and not encroach on the score table or the other team's area.
2. First-down lines are marked by white and orange cones.

Equipment

1. **All players must wear protective mouth pieces while on the field.** Mouth pieces are not provided.
2. Molded cleats are allowed for all grades. Cleats with exposed metal are not allowed.
3. Each school team should have jerseys or multi-use uniform shirts. Each uniform top should be numbered on the front and back.
4. Shirts must be tucked into shorts/pants. We recommend players wear shorts or pants that do not have pockets. Shorts or pants with belt loops or pockets must be taped. Games will not be delayed for a player to tape up pockets.
5. Players must remove all jewelry and hard-billed hats. Winter beanies are allowed.
6. Football: Jr. Regulation size. Footballs will be provided by FRRPD.
7. Flags: at least two flags are to be worn by every player. Flags should be around 14" long. Flags are worn around the waist on hips, and if a third flag is worn, it must be on the backside. Flags and belts will be provided by FRRPD.

Punting

1. Teams will have the option to punt on 4th down.
2. The offensive team must declare when it is punting. If the declaration is "punt", the ball changes possession and will be placed at the opposing team's 10-yard line, 1st down, with NO option to change the declaration.

Scoring

1. **Touchdown:** 6 points.
2. **PAT (Point after touchdown): 1 point (5-yard line) or 2 points (10-yard line)**
 - a. 1-point PAT is pass only
 - b. 2-point PAT can be run or pass
3. Interceptions returned for scores during regular game play are worth 6 points; conversions or overtime are worth 2 points.



4. **Safety:** 2 points
 - a. A safety occurs when the ball-carrier is declared down in their own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the end zone, or if a snapped ball lands in or beyond the end zone.
5. A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 5-yard line) or a 2-point conversion (from the 10-yard line). Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty.
6. After a team is winning by 35 points or more, the game is over. Teams may elect to continue but no additional points will be added.

Tie Games/Overtime

1. In the event of a tie, the game remains a tie, and no overtime period shall be played (unless in a playoff game).

Tournament/Playoff Overtime

1. Captains will be summoned to the center of the field. First possession choice goes to the winner of regulation coin toss.
2. The team that scores first wins.

Playing Rules

Downed Ball

1. In order to down a ball carrier, a flag must be pulled from the belt or ball carrier's knee must touch the ground, at the point the ball carrier is down.
2. It is illegal for ball carriers to deliberately guard their flags. A 10-yard penalty and a loss of down will be declared from point of foul.

Dead Ball

1. The ball is ruled dead when a fumble strikes the ground or when a misdirected snap strikes the ground. The ball belongs to the team which last had possession.

Loss of Flag

1. If a player's flag is lost, the player shall be ineligible to advance the ball. If a player without a flag handles the ball, the down ends immediately.
2. It is illegal for a player to deliberately withdraw their opponent's flag unless that player is in possession of the ball. This will be considered unnecessary roughness, which is a 10-yard foul from the point of contact and an automatic first down.



Tackling

1. It is a foul to tackle. Tackling shall be considered unnecessary roughness. The offender may be excluded from the game at discretion of the official for unsportsmanlike conduct.

Trucking

1. It is illegal for a ball carrier to intentionally run over a defensive player attempting to pull his flag. The ball carrier must attempt to avoid the defensive player.

Blocking

1. **No Blocking**

Hacking

1. It shall be a foul for the ball carrier to hack, push or straight arm another player. A 10-yard penalty and loss of down from the point of the foul will be declared.

Passing

1. A forward pass may be thrown from any point behind the line of scrimmage.
2. The passer is declared down if their flags are taken by a defensive player or if the ball drops out before their arm is in motion for throwing a pass.
3. A lateral (backward or sideways pass) is not considered a forward pass.
4. Any contact with the passer above the waist is a penalty.

Receiving

1. One foot in bounds with possession of the ball constitutes a legal catch.
2. When a player catches a pass without both flags attached, the ball cannot be advanced from the point of the catch.

Running

1. The QB or any other player may not accept the direct snap AND pass the line of scrimmage. No direct snap to any player may run the ball (No QB sneak plays). A penalty of 10 yards from the line of scrimmage and loss of down will be assessed. Direct snap: when you get the ball from the center and run.

Rushing

1. Backfield ref will give a 5-second countdown with visible arm movements. After 5 seconds, defender may cross line of scrimmage to rush quarterback.
2. Quarterback can evade rusher but not cross line of scrimmage with ball.
3. Illegal Rush by defensive player shall result in 5-yard penalty.

Downs

1. A team has 4 downs to advance the ball from where they receive it to the next zone. If they make it to the next zone a first down is awarded. If they fail to reach the next



zone in 4 downs, opponents gain possession of the ball at the spot where the ball is declared dead on the 4th down.

Spinning

1. Turning more than 90 degrees from direction of travel constitutes as spinning. Spinning is a foul with a loss of down and a 5-yard penalty from the point of the foul.

Encroachment

1. Encroachment across the line of scrimmage by either the offense or defense will be an offside and a 5-yard penalty. Penalty is called before the ball is snapped. (Contact is not required for it to be a penalty).

Legal formation

1. Offensive: At least 3 players on the offensive line. Any offense set up can be used if it does not violate the rules stated above.
2. Defense: At least 3 players on the Defensive line. Defense is open to any set up.
3. All linemen on offense and defense should put their hands on their knees or be in a 3-point stance.
4. All Players are eligible receivers. Center is eligible after ball is snapped.

Fumbles

1. When the ball is fumbled, it is automatically dead and play resumes from that point.
2. Exception: During kick offs or punts, if no one is near the receiver and he picks up the ball and runs, this is legal.

Jumping

1. It is illegal for the ball carrier to jump while attempting to avoid a defensive player.
2. If a defensive player falls in front of the runner causing the ball carrier to jump, the penalty will be at discretion of the official.

Huddles

1. The offensive team has 20 seconds to put the ball in play after it is spotted by the official.

Sportsmanship clause

1. For the integrity of the league and to ensure that all players continue to walk away from the program with a “love of the game,” regardless of the score, we have added a “Sportsmanship Clause.” If a team is ahead by 21 points in the second half, the coach is strongly encouraged to increase the playing time of the 2nd and 3rd string players. Coaches are encouraged to run new plays and let all players try new positions.

Sideline Coaching

1. Coaching should be done between plays by coaches only. No parent sideline coaching!



Pass Interference

1. When a defensive player makes contact with a receiver in the process of catching the ball, a 10-yard penalty from “spot of snap” and automatic first down will be declared.
2. If a defender pulls the receivers flags before the ball is caught, this will result in pass interference. The ball must be in the receivers’ hands before flags can be pulled.

Conduct

1. Unsportsmanlike conduct- swearing, fighting, arguing, obscene language, actions, etc., before, during, or after a game, on or off the field, will not be tolerated either by officials, coaches or players. A penalty of 10 yards and immediate removal of offender from the game.
2. Unnecessary roughness- stiff arming, hacking by carrier, kneeling, tripping, tackling or any roughness. Penalty is 10 yards from point of foul and loss of down. Possible suspension from the game at discretion of the officials.
3. All players and coaches must shake hands with opposing teams at the end of every game.
4. Any misunderstanding or infraction of rules must be immediately reported to the Recreation Supervisor or Recreation Coordinator.

Referees

1. If a coach, player, or parent has a complaint about the conduct or competence of an official, he/she should report it as soon as possible to the Recreation Supervisor or Recreation Coordinator. The coach, parent or player **WILL NOT** confront the official during or after a game in question. Failure to comply with this rule will result in a suspension and /or team forfeit of the game.

Penalties

1. Penalties will be 5 yards minimum and 10 yards maximum.

PENALTIES

	<u>FOUL</u>	<u>PENALTY</u>	<u>POSITION</u>
1.	Encroachment	5 yards	LOS
2.	Holding	5 yards & loss of down	LOS
3.	Less than 3 players on the line	5 yards	LOS
4.	Ineligible player down field	5 yards	LOS
5.	Delay of Game	5 yards	LOS
6.	Illegal Formation	5 yards	LOS
7.	Unsportsmanlike conduct	10 yards	LOS
8.	Receiver of a direct snap, running past line of scrimmage (i.e. QB Sneak)	Dead ball & loss of down	LOS
9.	Spinning/Jumping	5 yards & loss of down	POF



10.	Flag Guarding	5 yards & loss of down	POF
11.	Too many players on field	5 yards	LOS
12.	Stripping the ball	5 yards	POF
13.	*Tackling offensively	5 yards & loss of down	POF
14.	*Tackling defensively	5 yards & 1 st down	POF
15.	Hacking/Stiff Arming	5 yards & loss of down	POF
16.	Unnecessary roughness offense	10 yards & loss of down	POF
17.	Unnecessary roughness defense	10 yards & 1 st down	POF
18.	Ball Carrier Pushing/Interference	5 yards & loss of down	POF
19.	Pass Interference	5 yards & 1 st down	POF
20.	Block in the back	5 yards & loss of down	POF
21.	Illegal QB Rush	5 yards	LOS

*If intentional players may have to come out for one play, up to the discretion of officials

LOS = Line of Scrimmage

POF = Point of Foul