



Updated: 9/9/2025

Youth Flag Football League

All Leagues Overview

League Coordinator: Cody Bradford – CWBradford@olatheks.org

1. Only individual registrations will be accepted. Participants will sign up for the grade they are currently in school for this year.
2. Participants will be grouped together based on if they request a particular coach during sign ups as 1st priority. Those who do not have a coach prior to signing up will be paired together by proximity. Often, we will need a parent from that group to volunteer to coach ASAP!
 - a. If you have confirmed with a head coach they have space for you on their roster, then please list their name in the registration.
3. If you would like to be a head coach please complete a coaches application online at this [link](#).
4. Team jerseys are included in the league registration for each team and will be provided to the head coach for distribution the week that games begin.
 - a. Teams are allowed purchase custom jerseys in addition to receiving the league provided shirts if they choose but that cost would be in addition to the registration fee.
 - b. It is recommended all players on the team wear similar color pants/shorts.
5. Coaches will determine the practice schedule at any location they choose all that is needed is an open grass area.
 - a. Practices can begin 8/25
6. Games will be played at Prairie Center Park. Most games ((7) including post season) are played on Saturdays anytime from 8 AM – 5 PM with a couple of Sunday afternoon games as well.
 - Games will begin the weekend of 9/6. The post season tournament will be played on 10/18 & 10/19 depending on team advancement for grades 2-5.
 - K-1 will not have a tournament.
7. If you have questions about if a game will be held due to inclement weather you will check the rainout line at this [link](#) or by calling (913) 204-0858 Ext 2. The instant that we have made that determination playability that line will be updated.
 - a. Coaches will decide if they want to hold practices or not on their own and the rainout line will not be utilized.
8. Grades 2-5 we will keep standings and award only the winner and runner up of the post season tournament.
9. K-1 Will not keep score or standings and each player will be awarded a medal at the last game.
9. Head coaches will be able to check out equipment from OPRD.
 - a. Equipment included = Equipment bag, flags and Two (2) footballs.

League Timeline:

August 3 – Last day to register.

August 11 – Roster Finalization/Jersey order

August 23 – Head coach picks up team equipment at prairie center park from 9 AM – 3 PM.

August 25 – Teams can begin practicing

August 22 – Game Schedule is posted.

August 25- September 3 – Scheels Shop Event

September 3-4 – Jersey pick up at Olathe Community Center

September 7 – Season Begins

October 4 – OPRD Day at MNU. Players from the OPRD league and their families are invited to MNU Homecoming for free to take in the game as well as be recognized on the field at Halftime

October 12 – Regular season ends for 2-5. K-1 season ends.

October 19 – Season concludes for 2-5 *Weather permitting.

League Rules:

PURPOSE

- To teach the fundamentals of football to youth.
- To give an opportunity for youth to participate in an organized flag football program.
- To teach the principles of teamwork, sportsmanship, and fair play.
- To provide a safe, wholesome, and enjoyable activity for children and spectators.

STANDINGS

- K-1
 - No score or standings will be kept. All participants will receive an award
- 2nd-5th
 - Standings will be kept and the top two teams in each division for the regular season. A separate award will be given for post season finishers.

TEAM PRACTICE

- Teams may practice once per week for up to 90 minutes.
- Each team will set own exact schedule and practice location.

ROSTERS

- All players must be registered through OPRD in the grade they are attending in the current school year.
- All players must currently be registered and only play for one team in the OPRD Flag Football program
 - No guest players are allowed. Using an illegal player will result in forfeiture of the game.
- Teams will contain 10 to 14 players each.
 - Game play is 7 vs 7.

- **MINIMUM PLAY**
 - Players will play at least 1 full quarter in each half unless prevented by an injury.
- **SUBSTITUTIONS**
 - Player substitutions may be made anytime the ball is dead. Each player must play a minimum of half the game unless injured.
 - The ball will be put in play on the offense's 30-yard line at the start of the game and after touchdowns.

PLAYING FIELD

- Games will be played on a field 80 yards long and 40 yards wide.
- The following field equipment will be used:
 - A downs marker and a set of chains will be used to measure 10 yards.
 - Weighted anchorless pylons will be placed at the four corners of the end zones.

EQUIPMENT

BALL

- The official ball will be a pee wee size for K-3 and junior size ball for 4-5 grades.

FLAGS AND FLAG BELTS:

- Each player will wear a flag belt and flags provided by the League.
 - Any flags not provided by the league **MUST** be approved prior to the season.
 - All flags must be “pop” style (*See Graphic at the end of this document*)
 - Flags not approved may not be worn and the team must change into approved flag sets.
- Flags must be of a different color than shorts to avoid confusion.
- Each player must always wear a flag belt and flags during play. The belt must be worn tightly to prevent turning during de-flagging. Jerseys **must not** be worn over the flags.
- If a runner's flag becomes inadvertently detached from his flag belt, the play stops, the ball is dead, and the runner is down at the point where the runner lost the flag.

GAME UNIFORMS:

- Players will wear and keep the jersey that is provided by the League.
 - Players will provide their own shoes, pants, shorts or sweats.
- Players must furnish and wear a protective mouthpiece during all practices and games. No one will be allowed to play or practice without a mouthpiece.
- **EYE WEAR**
 - Prescription safety athletic glasses or contact lenses may be worn as needed.
- **PROHIBITED EQUIPMENT**
 - Metal or hard plastic spiked shoes or street shoes.
 - Padding of any kind, including padding such as shoulder pads, hip pads, helmets.

- Soft shell head gear that protects players from getting concussions may be worn if league approval is obtained prior to the game/season by the head coach.
- Jewelry, watches, rings, earrings, or chains, etc.
- Anything that conceals the flags or may endanger a player.

GAMEPLAY

• LENGTH OF GAME

- Games will consist of 4 ten-minute quarters on a running clock.
- There will be a 1-minute time out between quarters and a 3-minute half time.
- Teams are allowed two 1-minute time outs per half. Unused time outs don't carry over.
 - Grades 2nd-5th If the score is tied at the end of regulation, we will have overtime until a winner is decided. A coin toss (visitor calls) will determine who gets the ball first. Each team will start at the 10-yard line going in. We will play on the same half of the field for both teams attempt to score. When a team goes for the extra point, it must be a pass, if a team runs the ball the extra point will not count. We will alternate who gets ball first for each additional period until we have a winner.

• BEGINNING PLAY

- Before the game, officials will meet with the team captains for the coin toss. The winner of the toss will have the choice of offense or defense to begin the game. The loser of the toss will choose which goal to defend.
 - Teams will designate a captain for each game.
 - After half time, teams swap goals and the team who did not start the game on offense begins the second half on offense.

• PLAYER ALIGNMENT

- The defensive team must have 4 on the line and may use any formation.
- Only 1 defensive player (the rusher) is allowed to cross the line of scrimmage to de-flag the passer or the runner. The rusher must start from at least 7 yards behind the line (depth determined by game official). Once the ball crosses the line of scrimmage all defensive players are eligible to rush.
- **Neutral Zone**
 - The 2-yard area between the line of scrimmage and the defensive line is the neutral zone
 - All players must stay out of the neutral zone until the ball is snapped.
- The offensive team must have a min of 4 players, max of 5 on the line and min or 2 max 3 players in the backfield.

- **STARTING PLAY**

- **Coach on the field**

- The offense and defense may each have 1 coach on the field to help direct players and give play calls
 - Coaches may not come into contact, shield, or otherwise impede any players from either team during a play.
 - If this occurs the offending team will be given a 10 yard penalty unless the offense is determined to be incidental by the referee(s). This is a judgement call and not subject to argument.

- **Ball Possession**

- After the ball has been made ready for play, the offensive play will start as soon as possible. Unnecessary delays will result in delay of game penalty.

- **Play of The Center**

- The center may use the side snap, snap the ball between his or her legs or may pick up the ball and use the overhand pass to the quarterback. The play begins when the ball is snapped.
 - The center must stay behind the forward point of the ball until the ball is snapped.
 - If a center sneak is attempted there must be a change of possession from the center to another player.

- **POSSESSION**

- Each team will have 4 consecutive downs to advance 10 yards or to score.
 - Once a team gains 10 yards, they are awarded a new series of downs.
 - A team failing to move the ball 10 yards in 4 downs will lose possession. The opposing team takes over possession at the point where the ball is declared dead unless the offensive team wishes to punt prior to 4th down.
 - **Punting**
 - A desire to punt the ball will be announced to the officials by the offensive team captain.
 - A punt will not actually be kicked, but the ball will instead be moved 30 yards down field, but no closer to the goal line than the opposing teams 20-yard line.

- **INTRAPLAY RULES AND REGULATIONS**

- **De-flagging The Ball Carrier**

- There will be no tackling of the ball carrier or passer.
 - The defensive player removing the flag will hold the flag above his head and stand still.
 - The defensive player is not allowed to hold or push the ball carrier down to remove his or her flag. An accidental touch of the body or shoulder while reaching for the flag will not be considered a violation. Touching the ball carriers head or face will, however, be considered a violation.
 - A defensive player must attempt to de-flag the passer and must not touch the passer's arm. Touching the passer's arm or jumping to block a pass is considered roughing.

- **Screening**

- Blocking is not allowed. The use of the hands, arms, elbows, knees, legs, or feet to make contact during a screen will be considered blocking and a penalty will be assessed.

- A screener must be on his feet at all times while screening. All linemen, except the center, are not allowed to assume a 3 or 4-point stance.
- Players may set a moving or stationary screen to impede the path of the defenders to the ball carrier.
- It is illegal to screen the rusher.
- **Ball Carrier**
 - The ball carrier can not use his hands or arms to protect his flags. The defensive player must have the opportunity to remove the ball carrier's flags.
 - The ball carrier can not run into a defender or stiff arm a defender.
 - The ball carrier must have one foot on the ground at all times. No jumping.
 - **QB Run**
 - Quarterbacks may run with the ball as the ball carrier
 - K/1 the QB may not run until a defender crosses the line of scrimmage
 - 2/3 and 4/5 the QB may carry the ball as a runner at any time.
- **Forward Pass**
 - All players are eligible receivers.
 - Passes may be attempted from behind the line of scrimmage only.
 - A lateral pass is a pass thrown parallel to the line of scrimmage or back toward the passer's own goal line. A lateral pass is not considered a forward pass and is a fumble if it hits the ground.
 - If an offensive and defensive player catch a pass simultaneously, the ball is declared dead at the spot of the catch and the passing team is awarded possession.
 - An offensive player can not be out of bounds and return in bounds to catch a pass. A catch is ruled incomplete.
 - Only one forward pass may be attempted during any one down
- **Play stops and the ball is dead when:**
 - When the ball carrier touches the ground with his body, other than hands or feet.
 - When the ball carrier's flag has been pulled.
 - If a pass receiver or ball carrier has a missing flag. The ball is dead at that spot if he or she has the ball.
 - Following a touchdown, safety, or touchback.
 - When the ball goes out of bounds for any reason.
 - If the center snap hits the ground as a result of a fumble or muffed ball. If the offense has downs remaining they retain possession at the spot.
 - If a lateral pass touches the ground the ball is declared dead at that point. If the offense has downs remaining they retain possession at the spot.
 - If a forward pass strikes the ground or is caught at the same time by opposing players.
 - If the ball carrier fumbles the ball. If the offense has downs remaining they retain possession at the spot.

SCORING

- A team is awarded six (6) points when they cross the goal line while in possession of the ball.
- Points after touchdown can be made by running or passing the ball. There is no difference in extra points whether you run or pass the ball. All extra points are 2 pt opportunities.
 - A point after touchdown conversion line will be marked 3 yards from the goal line.

PENALTIES

- **The following penalties will result in a 10-yard penalty and a first down will be awarded.**
 - Tackling
 - Unnecessary roughness
 - Roughing the passer and/or jumping to block a pass
 - Blocking or pushing a ball carrier out of bounds.
 - Straight arming or hacking
 - Defensive player's use of hands to ward off a screen
 - Defensive Pass Interference
- **The following penalties will result in the loss of 10 yards.**
 - Unsportsmanlike conduct (also includes loss of down)
 - Deliberate protection of own flag by the ball carrier
 - Illegal blocking
 - Straight arming or hacking (also includes loss of down)
 - Offensive Pass Interference
- **The following penalties will result in the loss of 5 yards.**
 - Off sides and neutral zone infractions
 - Illegal delay of the game
 - Illegal number of players on the offensive or defensive line of scrimmage or too many players on the field
 - More than one player rushing the passer or crossing the line of scrimmage
 - No mouth piece (Player must leave field until mouth piece is obtained)
 - Any coach or player who has to be warned by the official for unsportsmanlike conduct will cause his or her team to be penalized 10 yards. A second offense will be cause for dismissal from the game site.
 - Teams and coaches must remain in their team area during the game, defined by the 40yd line to goal line once home and visiting team sides have been determined.

Codes of Conduct and Ejections

- Codes of Conduct must be adhered to at all times by coaches, players, parents, and spectators. The umpires and staff will have complete authority to enforce good sportsmanship.
- Head coaches will be responsible for the conduct of their assistant coaches, players, and fans.
- Chatter or chanting of any kind must be positive in nature and may not be directed at an opposing individual or team.
- No artificial noise makers will be allowed (i.e. vuvuzelas, cowbells, horns, etc.).
- Walk up music is permitted if kept at an appropriate volume and content. Music must cease once the batter enters the box. Umpires and Site Supervisors have final authority. They can ask the music to be turned down or ceased.
- A player or coach who intentionally throws a piece of equipment may be subject to ejection.

<u>Coach Code of Conduct</u>	<u>Parent Code of Conduct</u>
<ol style="list-style-type: none"> 1) Coach for the love of the game and the love of the athlete. 2) Treat every member of your team with the same respect, encouragement, and care that you do your own child. 3) Utilize resources provided by OPRD to grow your coaching repertoire. Such as: attending meetings, taking online classes, obtaining certifications, etc. 4) Put the welfare of your athletes above winning. 5) Accept and abide by the judgment of the officials and rules of the game as “mutual agreements” required to play within the spirit of the game. 6) Reward effort and behavior and not outcome. 7) View mistakes as teachable moments instead of punishable offenses 8) Lead with character and by example. 9) Put the needs of the team ahead of any individual. 10) Constantly work to improve your knowledge and ability to teach the game and the athletes. 11) Be willing to confront incorrect behavior or less than all-out effort in a positive and encouraging manner 12) Encourage multi-sport participation. 13) Keep the game simple and fun. 14) Be willing to work with parents for the benefit of the individual athlete. 15) Develop a positive coaching style. 16) OPRD has a zero-tolerance policy regarding foul, abusive, or intimidating language as well as threats of any kind made toward players, coaches, or staff. Failure to comply with this can lead to immediate ejection from the activity and further action up to and including a meeting with OPRD administration, Sports Advisory Committee, 	<ol style="list-style-type: none"> 1) I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event. 2) I will place the emotional and physical well-being of my child ahead of a personal desire to win. 3) I will support a safe and healthy playing environment for all children. 4) I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all. 5) I will acknowledge all youth sports events are drug, tobacco, and alcohol free environments and I will refrain from their use at all games, practices, and other youth sports events. 6) I will remember that the game is for youth - not for adults. 7) I will do my very best to make youth sports fun for my child. 8) I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching, or providing transportation. 9) I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability. 10) OPRD has a zero tolerance policy regarding foul, abusive, or intimidating language as well as threats of any kind made toward players, coaches, or staff. Failure to comply with this will lead to immediate ejection from the activity and further action up to and including a meeting with OPRD administration, temporary suspension, and permanent suspension from OPRD activities.

<p>temporary suspension, and permanent suspension from OPRD activities.</p> <p>17) Failure to adhere to any and all of the above guidelines can result in my removal from a game, practice, or other event</p>	<p>11) Failure to adhere to any and all of the above guidelines can result in my removal from a game, practice, or other event.</p>
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INTERACTIONS WITH REFEREES AND STAFF

- Coaches are not allowed to discuss a judgment call with a referee. Any discussion of a judgment call could be grounds for immediate ejection.
- If an immediate rule clarification is required, the coach, in a professional manner, may ask for a time out and ask the referee for a rule clarification. If the coach is not satisfied with the rule clarification, they can request to ask the field supervisor.
- Harassment of umpires will not be tolerated and will be cause for immediate ejection.

EJECTIONS

- Anyone ejected from a game must leave the complex immediately. Warnings may or may not be given based upon the severity of the actions. Umpires and Site Supervisors have final say on ejections and their decision is final and must be complied with. Those serving a suspension may not attend the game(s) for which they are serving a suspension. If the ejected or suspended individual refuses to leave to complex in a timely manner, the game will be stopped and a trespassing call will be made to the Olathe PD. Game time rules will still be in effect.
 - ***Player, Coach, Parent or Fan ejection***
 - First ejection – suspended for the next game.
 - Second ejection – suspended for the next two games and appearance before the Advisory Committee may be required.

- Third ejection – suspended for a minimum of three games and mandatory appearance before the Advisory Committee

*All league rules, procedures, and timelines are subject to change at the discretion of Olathe Parks & Rec administrative staff at any time during the season.

APPROVED FLAGS AND BELTS



- Pop style flags only
- D-ring belts
- Clip fastened belts

UNAPPROVED FLAGS AND BELTS



- Velcro flags
- Flags and belt combo
- Taped or otherwise doctored flags