



# FLAG FOOTBALL RULE

## BULLET POINTS

- This is an **instructional** league offered to 3<sup>rd</sup> & 4<sup>th</sup> grade boys in the Fall of 2016. Teams will be parish-based and play 7 leagues games. No standing will be kept, no trophies will be awarded.
- All games will take place at the CYO Complex (may be scheduled on Saturdays, Sundays, or a weeknight) and efforts will be made to avoid conflicts with 3<sup>rd</sup> & 4<sup>th</sup> grade soccer games.
- Half of a regular football field will be used, advancing inward from the 40 yard line extending from sideline to sideline. Two games will be played simultaneously on the same football field.
- Teams will play with 8 players on offensive and defense on the field at a time.
- All teams must start out each offensive play in a guard-center-guard formation and these three players are eligible to receive a pass.
- The first team listed on the schedule will be designated as the home team.
- For each 7 plays in a series, the offensive team must use two different quarterbacks and take three of their 7 play series in a direct snap formation.
- Each team must use at least three different quarterbacks during the game who take a minimum of 7 snaps per game.
- At least three different offensive players for each 7 play series must handle (run) the ball.
- At least five different offensive players must have run the ball before the completion of the game.
- Each team will have four 7 play offensive and defensive series to complete a game. There will be 28 plays in each half and two halves will complete a game.
- Half-time will be 2 minutes long.
- Each team has one 60-second time out per half.
- Offense must have a minimum of 5 players on the line of scrimmage (the center and four interior players).
- No motion is allowed at any time.
- Play is ruled "dead" when:
  1. The ball hits the ground.
  2. The ball carrier's flag is pulled.
  3. The ball carrier steps out of bounds.
  4. A touchdown is scored.
  5. The ball carrier's knee or arm hits the ground.
  6. The ball carrier's flag falls out/off.
  7. The receiver catches the ball while in possession of no flag. It will be considered a caught ball and dead at the spot.
  8. Inadvertent whistle.
- There are NO fumbles. The ball is spotted where the ball carrier's feet were at the time of the fumble.
- For interceptions, the ball will move back to the 30 yard line or the previous spot, whichever is further from the goal line. The ball cannot be moved back further than the 40 yard line at any time.
- Each player must play in both halves of the game (14 plays per half, with a minimum of 5 plays on offense and 5 plays on defense per half).