

Rice Lake 3rd and 4th Grade Flag Football Rules

Section 1. - Flags

1. Each player will be given flags to wear during the game.
2. **Flag Guarding and Illegal Flag pulling are NOT allowed.**
 - Illegal flag pulling is defined as pulling an opponent's flag before he/she receives the ball or pulling a non-ball carrier's flag.

Section 2. - Game Time

1. The game will consist of two halves with a running clock. Time per half is dependent on time remaining in session.
2. There will be a three-minute half-time break.
3. Teams will play 7 on 7. Exceptions WILL be made if teams are short on players that given week.
4. Home team gains the opening possession of the game.
5. The offense may pass or run the ball (with a handoff or pitch). See full rushing and passing rules below.
6. The offensive team will start its possession at the center of the field one yard past the end of the hash marks.

Section 3. – Offensive Rules

1. **First Downs**
 - a. Offense will have the opportunity to get two first downs by reaching mid-field.
 - b. If a penalty takes the offensive team back behind this line, it CANNOT be used to gain another first down in this series.
2. **Fumbles**
 - a. All fumbles automatically go back to the offensive team at the spot of the fumble.
3. **Dead Ball** - Play is ruled dead when:
 - a. The ball touches the ground.
 - b. Ball carrier's flag is pulled.
 - c. Ball carrier steps out of bounds.
 - d. Touchdown or safety is scored.
 - e. Ball carrier's knee touches the ground.
 - f. Ball carrier's flag falls off.
4. **Spotting the Ball**
 - a. **Fumble**
 - i. Ball is spotted at point of impact with the ground.

Section 3. – Offensive Rules (CONT.)

- b. **Player is down**
 - i. The ball is spotted where the ball is when the flag is pulled, not where the ball carrier is, or where the flag lands.
- 5. **Substitutions**
 - a. Can be made on any dead ball.
 - b. Coaches **MUST** give every player equal playing time.
- 6. **Blocking**
 - a. Players will be allowed to shadow block. (This is where a player mirrors another player's movements).
 - b. Players will be allowed to use "flippers" (fists together holding own shirt in center of chest, elbows out) to aid in blocking,
 - c. Shoving, driving or excessive contact is not allowed.
 - d. Any violations results in Illegal Blocking Penalty (See Section 4. Penalties)
- 7. **Kickoffs**
 - a. There will be no kickoffs during the games.
 - b. At the beginning of a half or after a score, the offensive team will start with the ball centered on the field 1 yard ahead of the end of the hash marks.
- 8. **Hiking the Ball**
 - a. The ball must be hiked from the center to the quarterback every play.
 - b. Hiking the ball can be done in two ways:
 - i. Traditional style – Center hikes the ball through his or her legs.
 - ii. Sideways style – Center stands sideways and pitches the ball
- 9. **Scoring**
 - a. Scoring is not kept. Emphasis on teaching at this level.
- 10. **Running**
 - a. There can only be two running plays in any set of downs, one of which may be the QB.
 - b. Once the ball is handed off, ALL defensive players are eligible to rush immediately.
 - c. Spinning is not allowed.
 - i. Spinning is defined as a complete 360 degree turn to avoid their flag being pulled.
 - d. Players are not allowed to leave their feet (i.e. diving, jumping, etc.)
 - e. The ball carrier may not:
 - i. Hurdle defensive players,
 - ii. Attach the flag in such a manner that it cannot be easily removed,
 - iii. "Flag Guarding" is not allowed and defined as follows:
 - 1. Stiff arming
 - 2. Swinging the hand or arm over the flag belt
 - 3. Carry the ball in a position that protects the flag
 - 4. Lowering the shoulders in such a manner which places the arm over the flag belt
 - 5. Batting a player's hand away from the flag belt.
 - 6. Any action that accomplishes the flag being guarded. (Discretionary)

Section 3. – Offensive Rules (CONT.)

11. Receiving

- a. All players are eligible to receive a pass.
- b. A player must have at least one-foot inbounds when making a reception (college rules).

Section 4. Defensive Rules

12. Defensive Alignment

- a. The defense is to line up in a base defense with
 - i. Two down linemen who rush the QB
 - ii. One LB man to man on Center
 - iii. Two CBs man to man on Receivers
 - iv. Two Safeties Zone with emphasis on QB and RB

13. Rushing the Passer

- a. The linemen are the only players that may rush UNTIL the ball is handed off or thrown, then all players may then rush.
- b. Neither of the rushing linemen can line up over the center. They must be at least one yard on either side of the center.
- c. Bull rushing will not be allowed and the defensive player MUST make all effort possible to avoid making contact with the shadow blocker. Failure to do so will result in an Illegal Contact penalty. (See Section 4. Penalties)
- d. THERE IS NO TACKLING UNDER ANY CIRCUMSTANCES!
 - i. Will result in Illegal Contact penalty (See Section 4. Penalties) and potentially ejection from game
 1. Referees' discretion
 2. In severe cases suspension or removal from the league may be considered. (Requires a minimum of 50% of head coaches' agreement)

14. Interceptions

- a. In case of an interception, the intercepting team will be able to return the ball and then will start their possession where they are ruled down. (See Section 3.4 Spotting the Ball)

Section 5. Penalties

The referee(s) will call all penalties

1. DEFENSIVE

a. Defensive Offsides

- i. 5 yards, replay the down.

b. Pass Interference

- i. Spot of Foul + 5 yards

c. Holding

- i. 5 yards

d. Illegal Contact – (*Holding, pushing, tackling, etc.*)

- i. 10 yards
- ii. Second time results in player ejection

e. Illegal Rushing – (*Rushing more than two lineman*)

- i. 5 yards
- ii. Replay down.

f. Diving, Leaving Feet –

- i. 5 yards from the spot of the foul

2. OFFENSIVE:

a. Illegal Contact (*Blocking, Holding, etc.*)

- i. 10 yards from LOS
- ii. Replay the down.

b. Illegal Motion/False start. (*NO MOTION! Set for 1 sec.*)

- i. 5 yards from LOS
- ii. Replay the down.

c. Diving, Leaving Feet

- i. 5 yards from the spot of the foul.
- ii. The resulting spot will determine down and placement.

d. Illegal Forward Pass - (*Passing across the line of scrimmage*)

- i. 5 yards from LoS
- ii. Loss of down

e. Flag Guarding – (*See Section 3.12.f.iii*)

- i. 5 yards from the spot of the foul.
- ii. The resulting spot will determine down and placement.

Unsportsmanlike conduct or aggressive play will not be tolerated!!!! If the referee is witness to any acts of tackling, elbowing, cheap shots, chop blocking, or any unsportsmanlike act, the game will be stopped and the player or players will be EJECTED from the game. This will be up to the referee to call. Appeals and grievances will not be considered for unsportsmanlike acts of any kind.