

**Haslett/Okemos/Williamston  
FLAG FOOTBALL RULES**

**LEAGUE PHILOSOPHY:**

**This program exists to serve the needs of our youth. All involved should be allowed to participate on an equal basis in a low competitive atmosphere. The primary focus should be on individual development (learning all the positions), FUNdamentals and teamwork. The main emphasis is on having fun, involving the family, and developing a positive self-image. Good sportsmanship is expected at all times from the players, coaches and parents.**

**The Haslett/Okemos/Williamston youth leagues are set up for participation and not win - loss records.**

**COACH / PLAYER CONDUCT**

Coaches whose conduct conflicts with league philosophy will be reprimanded! Coaches are responsible for their own conduct as well as the conduct of their players and spectators.

**SPORTSMANSHIP**

In order to keep up with our recreation philosophy and sportsmanship, remember to shake hands with your opponents at the conclusion of the game.

**FLAG FOOTBALL Rules**

- A coin toss determines first possession.
- The offense takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, it has four (4) 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.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line.
- Teams change sides after the first 25 minutes, but possession does not change and clock begins on the snap of the ball.

**PLAYERS/GAME SCHEDULES**

Teams must field a minimum of five (5) players. If a team has less than five (5) players they may borrow players from the opposing team. Teams will not play shorthanded.

B. Teams consist (5 on the field).

**TIMING/OVERTIME**

Games are (2) 25 minute running time halves.

If the score is tied at the end of 50 minutes, the game is considered a tie. There is no overtime.

Each time the ball is spotted a team has 45 seconds to snap the ball.

Each team has one 60-second time out and one 30- second time out per half.

Officials (Coaches) can stop the clock at their discretion.

**SCORING**

Touchdown: 6 points

Extra point: 1 point played from 5-yard line (must pass), 2 points from the 7-yard line (run or pass)

Safety: 2 points

## **RUNNING**

- The quarterback cannot run with the ball.
- Offense may use multiple handoffs behind the line of scrimmage.
- Absolutely NO laterals or pitches of any kind beyond the line of scrimmage.
- "No-running zones" located 5 yards from each end zone and 5 yards on either side of midfield, are designed to avoid short-yardage, power-running situations to obtain a first down across midfield.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
- The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

## **RECEIVING**

All players are eligible to receive passes including the quarterback if the ball has been handed off behind the line of scrimmage.

Only one player is allowed in motion at a time.

A player must have at least one foot inbounds when making a reception.

## **PASSING**

The quarterback has a (10) second "pass clock."

If a pass is not thrown within the 10 seconds, play is dead, loss of down. Once the ball is handed off, the 10-second rule is no longer in effect.

Interceptions are returnable. Interceptions are the only changes of possession that do not start on the 5-yard line.

## **VIII.DEAD BALLS**

The ball may be snapped between the legs or off to one side to start play. Shotgun formation is allowed.

Substitutions may be made on any dead ball.

### **Play is ruled "dead" when:**

- Ball carrier's flag is pulled.
- Ball carrier steps out of bounds.
- Touchdown or safety is scored.
- Ball carrier's knee hits the ground.
- Ball carrier's flag falls out.

**Note:** There are no fumbles. The ball is spotted where the ball hits the ground with the team who fumbled still in possession unless it was on 4<sup>th</sup> down then the opposing team gains possession on its own 5-yard line.

## **IX. RUSHING THE QUARTERBACK**

There will be no rushing of the quarterback. The quarterback has (10) seconds to pass the ball or they are automatically down. Players may defend on the line of scrimmage. Once the ball is handed off, all defenders may rush and go behind the line of scrimmage.

**Remember, no blocking, tackling, stiff arming or flag guarding is allowed.**

## **SPORTSMANSHIP/ROUGHING**

If the official's (coaches) witness any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act the game will be stopped and the player will be asked to sit out for a series. FOUL PLAY WILL NOT BE TOLERATED.

**Sportsmanship is #1**

**PLEASE  
HAVE SHIRTS TUCKED IN AT ALL TIMES**

## **ATTIRE**

Cleats are allowed, except for metal spikes. Inspections must be made.

Mandatory that all players are to wear a protective mouthpiece!

## **INCLEMENT WEATHER / RAINOUTS**

All games must be played on their scheduled dates unless weather or conditions or the playing field warrant postponement. Coaches use discretion. If thunder or lightning is observed you must leave the field.

## **RESCHEDULING**

The Parks & Recreation Department may reschedule postponed games based on availability. The Parks & Recreation Department will notify coaches regarding the make-up date.

REMINDER: There are no kickoffs or punts and blocking is not allowed.

## **PENALTIES 4<sup>th</sup> and 5<sup>th</sup> grade level only**

**The official's will call all penalties:**

### **DEFENSE:**

*Offsides* - 5 yards and automatic first down.

*Interference* - 10 yards and automatic first down.

*Illegal contact* - holding, blocking, etc. - 10 yards and automatic first down.

*Illegal flag pull* - before receiver has ball -10 yards and automatic first down.

*Illegal rushing* - rushing the quarterback before they have thrown the ball or handed off - 10 yards and automatic first down.

### **OFFENSE:**

*Illegal motion* - more than one person moving or false start - 5 yards & loss of down.

*Illegal forward pass* - pass received behind line of scrimmage - 5 yards & loss of down.

*Pass interference* - illegal pick play, pushing off/away defender - 10 yards & loss of down.

*Flag guarding* - 10 yards from line of scrimmage & loss of down.

*Delay of game* - 5 yards and loss of down.