



Parks & Recreation

## **Tega Cay 10U Flag Football Rules**

### Game Set Up

- Games will be played on a 50 x 40 field with 5-yard end zones. There are designated no run zones located 5-yards in front of midfield and 5-yards in front of the endzone.
- Games are two (2) 27-minute halves with a 3-minute half time. Game clock is running clock for entire game.
- Play Clock: The offense has 35 seconds to run a play once the ball has been spotted by the referee.
- All teams must use a Junior size football.
- Each team gets (2) 30-second Timeouts per half.
- All players must play at least one half.
- The home team is responsible for a scorekeeper.
- Games can end in ties.

### Player Attire

- Mouthpieces are optional
- All jerseys must be tucked in
- No metal cleats are allowed.
- Casts must be padded and inspected by the coach and officials before the player is allowed to play.
- Flag belts must be worn while on the field of play. Belts must be secured around the waist and cannot be altered, modified, or damaged.

### Players and Coaches on The Field

- Each team will play 7 v. 7. A team may start a game with (6) players; the opposing team must drop down to 6 players as well.
- There will be three linemen, which includes a center and two guards. The two guards must line-up within 1 yard, on both sides of the Center. Centers must snap the ball (centers may use traditional snap or side snap). The other four players will be in a combination of quarterback, running backs and receivers. A minimum of three offensive players must be on the line of scrimmage (LOS) prior to the snap.
- No coaches will be allowed on the field during play.
- There will be a referee on the field. They are responsible for calling penalties, spotting the ball, keeping time and score.
- Any participants, coaches and/or spectators that get ejected from a game, regardless of reason, will serve a one (1) game suspension. Depending on the circumstances for which they were ejected it may require a meeting with the league director and/or a longer suspension.

## Rules of the Game - Offense

- All players are eligible for passes.
- Quarterbacks are not allowed to run after receiving the snaps. The QB can become a receiver or ball carrier after handing the ball off to another player. The Quarterback is designated as the first player to receive the snap from the Center.
- The Quarterback may pick up a fumbled snap and continue the play. However, if any player fumbles the ball after a handoff or reception the ball will be marked down at the spot of the fumble.
- Quarterbacks have 8 seconds to throw the ball. If they do not get rid of the ball within 8 seconds, it will be a loss of down and the ball placed at the original LOS. (Sidelines may not count out the 8 seconds).
- Quarterbacks must keep both feet behind the LOS when attempting a pass. Passes do not need to cross the LOS.
- Receivers must have at least 1 foot in bounds for it to be a completed pass.
- If an offensive player's flag belt is to fall off, or has less than 3 flags, prior to receiving a handoff or pass; the player is down at the spot of possession.
- If an offensive player's flag belt comes off after gaining possession of the ball he is considered down at the spot, even if no defender is nearby.
- Only (1) one player can be in motion at a time. A "shift" with multiple players moving is allowed if all players are re-set before the snap.
- Teams have (4) four downs to cross mid-field. Crossing mid-field will result in a first down. Teams then have (4) four downs passed the mid-field line to score a touchdown. (Failure to get a first down or score will result in a turnover).
- Once a team crosses mid-field or gains possession past mid-field, the "No Run" rule will not be enforced if a penalty or a negative play pushes them behind mid-field into the "No Run Zone".
- The offensive team may punt. A punt will result in a change of possession and the ball placed on the other team's 5-yard line.
- "Trucking" or a ball carrier running into/over a defensive player is not allowed. A ball carrier must make an attempt to avoid contact with any defensive player in an established position. Trucking will result in a verbal warning for the entire team. If an official deems the "trucking" to be intentional, that player may be subject to ejection from the game.
- **Blocking is not allowed.** Offensive players may use their body to screen a defender with their arms directly at their sides. Offensive players, with any part of their body, cannot initiate contact with a defensive player or it will be considered blocking and result in a penalty.
- In the "No Run Zone" a backwards pass is a lateral and scored as a running play. If a team laterals the ball, they must throw it forward before advancing beyond the line of scrimmage. Once the ball is lateraled the defense is free to cross the line also.

## Rules of the Game – Defense

- The defense cannot rush the Quarterback. Defensive players can cross the LOS once the ball has been handed off or a pass is thrown by the Quarterback.
- Defenders must only attempt to pull an offensive player's flag in order to get them down.
- If a defender grabs an offensive player's jersey or shorts, they must release prior to pulling the flag. Failure to do so will result in defensive holding.

- Attempting to strip or pull the ball out of a ball carrier's possession is illegal. This will be flagged as illegal contact.
- Jamming a receiver at the LOS is not allowed.
- Tackling is not allowed. Tackling will result in a verbal warning for the entire team. If an official deems a tackle was made intentionally, that player may be subject to ejection from the game.

## Scoring

- Touchdowns will result in 6 points.
- After a score, teams will have the opportunity to attempt a 1 or 2-point conversion. The 1-point conversion will take place from the 5-yard line and the 2-point conversion will take place at the 7-yard line.
- Interceptions by the defense can be returned for the point amount the offense was attempting to score. Points will be rewarded to the defense if the offense commits a penalty that hinders the return of an interception during an extra point play.
- Safeties will result in 2 points for the defensive team along with possession of the ball on their own 5-yard line
- Following a touchdown there will be no kickoffs. The ball will be placed on the opposing team's 5-yard line.

## Penalties

### Offensive Penalties – 5 Yards from Line of Scrimmage

- False Start
- Offsides
- Delay of Game
- Too many players on the Field
- Illegal Formation (Less than 3 players on the LOS)

### Offensive Penalties – 5 Yards from Line of Scrimmage & Loss of Down

- Run play in designated No-Run Zone
- Offensive Pass Interference
- Unsportsmanlike Conduct
- Quarterback Crossing Line of Scrimmage

### Offensive Penalties - 5 Yards from Spot of Foul & Loss of Down

- Flag Guarding
- Illegal Contact (Blocking, Trucking, Stiff Arm)

### Defensive Penalties – 5 Yards from Line of Scrimmage

- Too Many Players on the Field
- Offsides

### Defensive Penalties – 5 Yards from Line of Scrimmage & Automatic 1<sup>st</sup> Down

- Rushing the Quarterback
- Defensive Pass Interference
- Unsportsmanlike Conduct

### Defensive Penalties – 5 Yards from Spot of Foul & Automatic 1<sup>st</sup> Down

- Illegal Contact (Tackling, Tripping, Holding)