

Patterson Recreation Flag Football Rules

Players

- 1) Both Teams are to have 6 players for Grades K-2, and 5 players for Grades 3-8 on the field at all times.
- 2) Substitutions can be made at any time as long as the play is not in progress
- 3) Players may NOT WEAR any bottoms with pockets.
- 4) Shirts must be tucked in at all times.
- 5) No Jewelry at all! (earrings, necklace, etc – only medical)
- 6) Use League provided footballs only! (They will be here for practices and games)

Playing and Timing

- 1) The ball will start on the “10 yard line.”
- 2) Teams will get a maximum of 4 plays from scrimmage to try to get a 1st down at midfield.
- 3) Once a first down is obtained, the team will have a maximum of 4 more plays to get a touchdown.
- 4) There will be 2 eighteen (18) minute halves with a 2 minute halftime.
- 5) Each team is allowed 2 time-outs per half and they DO NOT carry over.
(Time-outs are 1 minute)
- 6) The clock will stop on a conversion within the last minute of each half, all time-outs, and under the last minute of the 2nd Half on any dead ball.
- 7) Games will start ON TIME so be here 15 minutes early
- 8) There will be a 30 second play clock from the time the ball is set.

Running

- 1) Quarterbacks can run with the ball ONLY when the defense crosses the line of scrimmage
- 2) You may hand off or pitch the ball to a running back for a running play behind the line.
- 3) Any player who takes a hand-off or pitch can throw a forward pass as long as they are behind the line
- 4) The ball is spotted where the flag is pulled off or falls off.
- 5) Ball carrier may not DIVE. Ball is dead where he/she leaves their feet.

Receiving

- 1) Any player is eligible to receive a pass.

Shielding (No contact blocking)

- 1) They may not block with their hands and must keep them either at their sides or across their chest.
- 2) Penalty for illegal contact will be 10 yds.
- 3) Repeat offenders will be removed from the game.

Defense

- 1) Players may rush the quarterback after the 3 second timer goes off.
- 2) Rushers cannot use their hands against the blockers.
- 3) Interceptions are played live.
- 4) THERE ARE NO FUMBLES – ball is dead when it hits the ground.

Dead Balls – The play is ruled dead when:

- 1) The ball carriers flag is pulled
- 2) The ball carrier steps out of bounds
- 3) Touchdown or safety is scored
- 4) The ball carriers knee hits the ground
- 5) The ball carriers flag falls off.
- 6) The ball is thrown into the dividers (accidental or otherwise). This may only occur once per half. Any additional incidents will result in a loss of down.

Scoring

- 1) Touchdowns are worth 6 points.
- 2) There are 3 different extra points to go for:
 - 1 point from the 10 yd. line
 - 2 points from the 20 yd. line
 - 3 points from the 30 yd. line
- 3) Safety is worth 2 points and the ball
- 4) An interception run back on an extra point attempt is worth 3 points and the ball.
- 5) No field goals

Turnovers

- 1) A team may throw an interception.
- 2) A team may lose the ball on downs.
- 3) A team may elect to punt, giving the opponent the ball on the 10 yd. line

Sportsmanship

- 1) Foul play will not be tolerated
- 2) ABSOLUTELY NO:
 - Cheap shots
 - Elbowing
 - Tackling
 - Unsportsmanlike Conduct
 - Foul Language
 - Verbal Abuse
 - Abusing Referees
 - Abusing other coaches

WE ARE HERE FOR THE KIDS!!!! Coaches: This is not the NFL. All children deserve an opportunity to play offense and defense. We are here to help them, not humiliate them.

Penalties

- 1) 5 yd. penalty – offside (repeat down),
- 2) 10 yd penalty – flag guarding (repeat down)
- 3) 15 yd. penalty – Unnecessary roughness
 - (Ejection is possible based on referee's discretion)
 - Suspension may follow based on Director's decision

Overtime - ONLY PLAYOFFS

Overtime will consist of each team getting a possession and will choose to go for "1, 2 or 3." The other team will have a chance to match. If both teams score the same points, we will repeat the procedure in the second overtime with the opposite team getting choice of ball first or second. If the score remains tied after 2 Overtime periods, the game ends in a tie.

MOUTHGUARDS ARE MANDATORY AND MUST BE WORN WHEN ON THE FIELD

Coaches please call Rec Center if practices are cancelled!!!

**Rec Center Hotline – 878-7200 ext. 17 or
Website: www.pattersonrec.org**