



**BOYS & GIRLS CLUB
OF SALEM
MARION AND POLK COUNTIES**

Flag Football League Rules

Players

1. All players must have a mouth guard or they won't be allowed on the field.
2. All players will wear a flag belt provided by BGC.
3. All players will tuck in their shirts during competition.
4. Players need to wear athletic shoes, shorts/athletic sweats, BGC team shirt for games.
5. All players will receive relatively equal playing time. Coaches will provide each kid with an opportunity to be successful and contribute to the team.
6. Metal Cleats will not be allowed.

Games

1. Games will be played 5v5 @ 1st/2nd grade
2. **Games will be played 6v6 @ 3rd-6th grade**
3. 1/2nd grade will use a pee wee size ball. 3-6th grade will use junior size ball if agreed upon by coaches. Teams have the option to use their own ball during the game.
4. Games will start with rock, paper, scissors to decide which team gets the ball first.
5. Teams will start their possession at the 45yd line.
6. Players need to show up to games no less than 15min. before scheduled start time.
7. No Fumbles. Any ball that hits the ground will be considered dead.
8. **Point of Emphasis:** Players need to attend practices regularly as missing practice may affect playing time during games.

Offense

1. 3 downs to make first down. **First down occurs when team reaches center of the field.** (25yd Line)
2. After entering a zone the offense must follow those rules the entire set of downs.
Example: once a team enters a "No Run" zone then they must pass the ball until they get a first down. ****NEW: spot of ball will remain the same on any loss of yards on downs**
3. Failing to make a first down within the 3 downs provided will result in a turnover and the other team will get the ball starting at the 45yd line.
4. Once the ball has been spotted, team has 30 seconds to snap the ball. (this will be called if team isn't moving fast enough for pace of the game)
5. Quarterback CANNOT run the ball. Even if they are being rushed.

GREAT FUTURES START HERE.

6. Pitching the ball is legal only by the QB. The ball still must be thrown if inside the no run zone.
7. Once the ball has been handed off, all defensive players are eligible to rush.
8. Ball will be spotted where the players feet are when flag is pulled off.
9. No laterals or pitches will be allowed. QB's are able to make the only pitch
10. **"No Run" Zones will be clearly marked – the team must throw the ball in these zones. (5yds before mid field line & 5yds going into endzones).**
11. All players are eligible to receive a pass
12. Only one player may be in motion at a time
13. **No Blocking**, impeding the rusher or physical contact is not allowed. *May result in penalty.
14. **No Screening will be allowed.** Offensive players may not "screen" the player with the ball to prevent defenders from pulling the flag. Offensive players must stop their motion once the ball has crossed the line of scrimmage
15. Spin moves will not be allowed at the 1st-2nd grade level. Player will be called down if spin move occurs. ****NEW: allowing players at the 3rd-6th grade level to make spin moves**
16. A runner is down when their flag is pulled. The spot of the ball is placed where the runners feet are.
17. **No PAT's – switch of possession after touchdowns**

Defense

1. **Any player rushing the quarterback must start 7yds from the line of scrimmage and be within 5 feet of the referee.** All other players can defend the line of scrimmage.
2. Referee will indicate the 7yd line. Rusher must start next to the referee.
3. No tackling or physical contact is allowed. *May result in penalty.
4. Defense is allowed to run back interceptions. If defense scores on the interception then the other team will receive the ball. 2-interception run backs for scores will result in a switch of possession.
5. No PAT's on interceptions.

Dead Balls

1. Any ball that hits the ground.
2. Any time a player with the ball steps out of bounds
3. When the ball carrier's flag is pulled off – ball will be spotted where the runner's feet are at during the time of flag being pulled
4. When the ball carrier's knee or elbow hits the ground
5. When a touchdown or safety occurs
6. When physical contact occurs. Referee will enforce appropriate penalties.
7. If a players flag falls off inadvertently then the play is dead, UNLESS the runner is clearly on a break away from the defenders. (Judgement call made by officials).

GREAT FUTURES START HERE.

Penalties

1. Offsides: Referee blows play dead and restarts the play
2. Physical Contact: Dead ball situation
 - a. Offense: Loss of down, 5yd penalty,
 - b. Defense: 5yd penalty from point of contact
3. Illegal Motion: Referee blows play dead and restarts the play
4. Illegal Flag Pull (before receiver has ball): spot foul – ball is spotted there
5. Illegal Rushing (inside the 7yd line): free play for the offense, replay the down
6. Illegal Forward Pass: Referee blows play dead, ball is spotted at point of pass
7. Flag Guarding (holding onto flag, slapping or pushing away defenders hand): loss of down, 10yd penalty from point of penalty
8. Delay of Game: loss of down

Scoring

1. Official score will not be kept, recorded, or shown during games. This league is about developing fundamentals related to the sport of Football.
2. After a team scores a touchdown the opposing team will start with the ball on the 45yd.

Substitutions

1. Coaches will control the substitution pattern, focusing on equal playing time for all players.

Time Factors

1. Games will run 2-20minute running clock halves.
2. Halftime will be 5 minutes
3. Official will announce “Last Play” at the end of each half indicating the time has run out, giving the offense a last play opportunity.
4. Official(s) will keep time with a stop watch

Time Outs

1. Each team is allowed one time out per half.

Officiating/Score Keeping

1. Score will not officially be kept or shown during games.
2. The official(s) on the field will be in charge of time
3. Any arguing with officials, use of profanity, or abusive behavior toward the other team, coach(es), or spectator(s) will result in a one game suspension of the player(s), coach(es) involved. *Further review from Athletic Director will take place upon suspension.
4. Coaches/players cannot question judgment calls.

GREAT FUTURES START HERE.