

# CITY OF PEARL YOUTH FOOTBALL

## FLAG FOOTBALL RULES

Age requirements: Four (4), Five (5), and Six (6) year old as of August 1, 2019

1. The City of Pearl Parks & Recreation Football League shall have a broad supervision regarding this Youth League Program. This shall include but not limited to: registration, scheduling, rules, rules interpretations, officials, uniforms, maintenance and general management of the league.
2. The City of Pearl Parks & Recreation Football League will provide team jerseys, game equipment, officials and playing rules.
3. All players must wear their game jersey tucked into their uniform pants.
4. All players will wear a mouthpiece at all times.
5. All players must wear either rubber cleats or sneakers.
6. A team will consist of at least eight (8) players per team. (Six (6) on the field.)
7. Game length: Two (2) fifteen (15) minute halves with a running clock, except for the last two (2) minutes of each half. Intentional delays will result in a loss of down. Five (5) minute break for half time.
8. Each player is to play at least one half (1/2) of each game and must play in each half.
9. Game officials: The City of Pearl Parks & Recreation Football League shall appoint officials for each game. These officials are authorized to ask any unruly coaches or spectators to leave the area. Any such incident will be reported to The City of Pearl Parks & Recreation Football League.
10. The playing field will be forty (40) yards long. Play will start from the 5-yard line and a first down is earned by crossing the 15-yard line. The only exceptions to this rule are on interceptions and if a team goes for a first down or touchdown, the ball will be placed where play ends if outside the other team's 10-yard line. If the play is stopped between the 10 and the goal, the ball will be placed on the 10-yard line.
11. On fourth down the team with the ball will have the option to go for a first down, (touchdown) or punt. If the team decides to punt, the ball will be placed on the other team's 10-yard line.
12. Scoring: Touchdown = 6 points, Extra Points = 1 point (from the 2-yard line), 2 points (from the 5-yard line).
13. Object of the game: The object of the game is to pull the flag off the offensive player. **DO NOT TACKLE!** Tackling or other significant contact will result in a major penalty. This is a judgment call by the official.
14. The game begins with a toss of a coin. The winner of the toss may elect to receive or designate which goal it will defend. At the start of the second half, the choosing of the options is reversed.

15. All players must wear official RIP Flags. The league will furnish these flags. The jersey must be tucked in the pants. Each player must wear the flag belt at the waistline with at least two (2) flags attached. Each player will have one (1) flag on each side of his or her body.
16. One (1) coach is allowed on the field for offense and defense. Coaches should not delay the game. A delay of game penalty may result.
17. Each team is allowed three (3) 1-minute time outs per half. Only a coach or team captain may call a time out.
18. Coaches are to instruct their defensive players to hold a pulled flag in the air at the spot they pull it.
19. If at any time during a play the ball falls to the ground the play is immediately dead at that spot. As a result, there can be no fumble in flag football.
20. Each play is ended and the ball is dead when one flag has been removed from the ball carrier or when the ball touches the ground.
21. During a play, if a player with only one flag is running with the ball, the play will be dead when an opposing player touches him. As long as he is not touched, the play must continue.
22. Players on the offensive line must be within 5-yards of the ball laterally and all offensive players must be set for at least one (1) second prior to the center snap.
23. The defensive team must have three (3) players on the defensive line and three (3) players in the backfield. Players on the defensive line must line up in front of the offensive lineman who is playing in the same position. (Defensive Tackle in front of the Offensive Tackle, Guard in front Guard and Center in front of Center.)
24. All players are eligible to carry the ball.
25. The backfield may not use more than three (3) players and these players must be at least one (1) yard behind the line of scrimmage. A wide receiver will count as a Back and must be at least one (1) yard off the line.
26. Center plunges and stiff-arms are illegal. All running plays must start to the outside of the tackle. No running plays will start up in the middle.
27. Blockers may not leave their feet before, during, or after contact is made.
28. All offensive players are eligible to receive a forward pass.
29. Removing flags from any offensive player who does not have possession of the ball is illegal and will result in a penalty.
30. Defensive players may use their hands to force their way through the line, but may not hold or grasp the ball carrier while attempting to remove the flag.
31. Any conflicts, protests, etc. should be documented in writing by all parties involved and submitted to the Commissioner for review within 48 hours. The Commissioner will make a ruling. After which time, the decision can be appealed to the League in writing.