

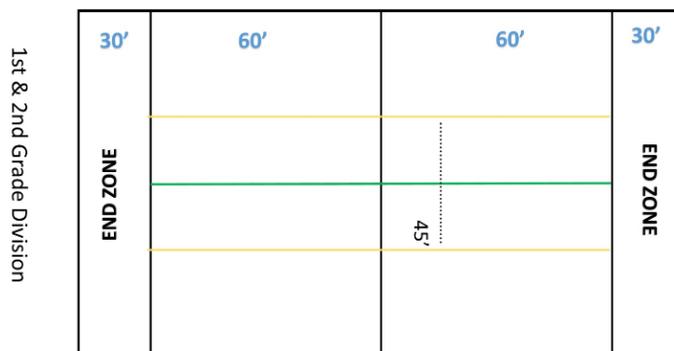


Flag Football Coach Packet

The field

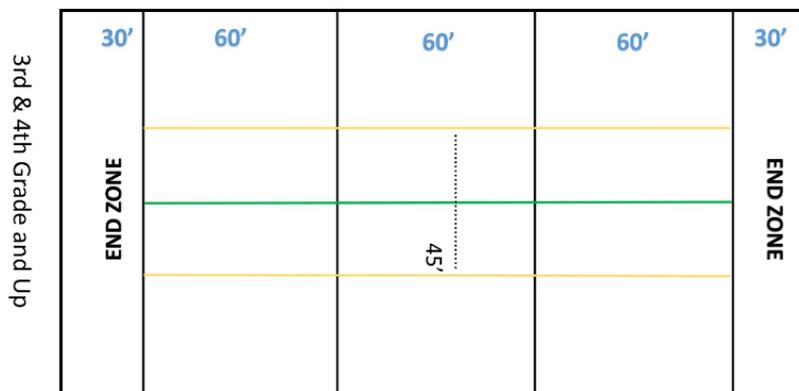
1st and 2nd Grade Division:

60 yards long and 40 yards wide. Each end zone is 10 yards wide. There is only one first down line at midfield.



3rd through 8th Grade Divisions:

80 yards long and 40 yards wide. Each end zone is 10 yards wide. There are two first down lines, 20 yards apart.



Ball Line

The ball line runs from goal line to goal line down the center of the field and is shown above in green. The ball line indicates where the ball is placed to start every play.

No-Running Zone

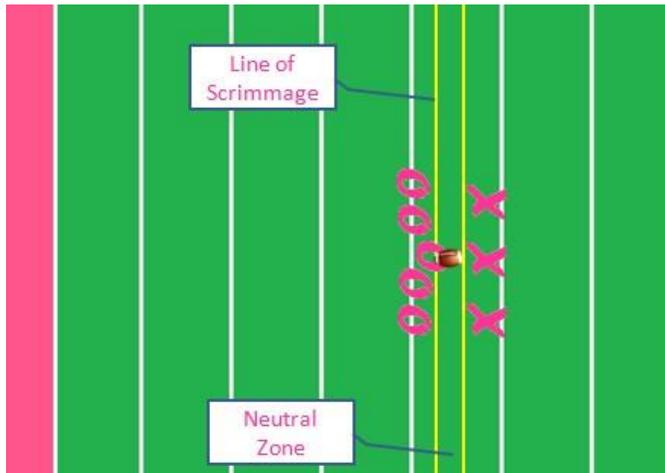
Two lines outside the ball line indicate the no-running zone and are marked in yellow above. The no-running zone is 15 yards wide. Runners must be outside of the no-running zone before heading up the field. Passing is allowed in the no-running zone, handoffs are not. If the quarterback intends to hand the ball of, he must move to the outside of the no-running zone before doing so.

Neutral Zone

The neutral zone is a 15x5-yard area in which no player can be to begin a play. It is marked by placing a cone at the line of scrimmage and a cone 5-yards forward from the line of scrimmage.

The no-running zone marks the outside of the neutral zone. (See above image for no-running zone)

EXAMPLE NEUTRAL ZONE



Ball Sizes

1st grade-4th grade - Pee Wee Size 5

5th-8th grade- Junior Size 6

Cleats

Soccer or football cleats are recommended but not required. Baseball cleats are not allowed for safety reasons. Athletic shoes may be worn in lieu of cleats, but will have the disadvantage of having less traction.

Coaches

- **Coaches on the Field**
 - **1st and 2nd grade division:** One coach per team is allowed on the field.
 - **3rd through 8th grade divisions:** Coaches are allowed on the field to direct players if needed but must leave the field by the time the play starts. After the referee spots the ball and blows the whistle to begin the next play, coaches have 30 seconds to leave the field.
- Coaches are expected to help their team understand and adhere to the established rules, as well as helping them understand why penalties have been enforced.
- Coaches may be asked to help keep time or referee in the absence of a CHRC employed referee.



Basics of Gameplay

1. **Length of Game:** Games are played in two, 20-minute halves. Halftime will last no longer than five minutes. The referee is responsible for signaling the beginning and end of halves and halftime.
2. **Players on the field:** 7 on 7 is standard for gameplay, but if teams have less than seven players available, 6 on 6 is acceptable. Teams must have a minimum of five players to play in a game.
3. **Ball Possession & Plays:** Possession begins at the 5-yard line on every new possession. Every play begins in the very middle of the field on the ball line. On subsequent plays, the ball is spotted on the ball line according to location of when the play was considered dead by the referee.
4. **Downs:** The offensive team has 4 downs (attempts) to score or make it to the first-down line. If no score or first down is made, possession of the ball changes hands, and every new drive starts on the offensive team's own 5-yard line (on the ball line), regardless of where the previous turnover occurred.
5. **Clock:** The clock only stops for injury (at the referee's discretion) or in the last minute of each half. In the last minute of each half, the clock will stop on out of bound run plays, incomplete passes, change of possession, and scores.
6. **Snap:** The center has 30-seconds to snap the ball from when it is spotted by the referee. There is a 5-yard penalty for delay of game if the ball is not snapped within 30 seconds. Coaches are encouraged to exit the field promptly after the referee has spotted the ball and blown their whistle, indicating the start of the next play.
7. **Live Ball/Dead Ball:** Ball is live at the snap of each play and dead at the referee's whistle. After the QB has received the ball, any fumble is considered a dead ball and the play is over; if the ball is fumbled in the exchange process between center and QB, the ball may be picked up, and play proceed from there.
 - Play is dead when:
 - Ball hits the ground on a pass or the ball is fumbled (after the quarterback receives it from the center).
 - In the event that a snap from center to QB is fumbled, and the defensive team recovers the ball, possession does NOT change; the offense loses a down and starts again from the previous spot.
 - Ball carrier's flag is pulled.
 - Ball carrier steps out of bounds.
 - TD, PAT (Point after touchdown), or Safety is scored.
 - Ball carrier's knee or arm hits the ground.
8. **Tie goes to the runner:** If a defender pulls the ball carrier's flag as he/she passes the first down marker or goal line, the tie will go to the runner, and the first down or touchdown will be awarded.

Scoring

- **Touchdown:** 6 points
 - Option for 1-point conversion: ball placed from the 5-yard line
 - Option for 2-point conversion: ball placed on the 10-yard line
- **Safety:** 2 points
- **Mercy Rule:**
 - If one team is winning by 28 points or more, the losing team gets one offensive series of downs (attempts) to continue regulation play. If they do not score, the game goes into scrimmage mode. Scrimmage mode:
 - Losing team gets the ball for up to three possessions.
 - Each possession lasts until the team scores or fails to gain a first down or touchdown.
 - Points do not count toward final score. After three possessions, the game is over.
 - Once the mercy rule has been declared, teams will continue on as mentioned above for no more than 15 minutes, three offensive possessions, or the ending of the game time, whichever comes first.
- **In the event of a tie:**
 - Team that won the initial coin toss decides to play offense or defense first. Possession starts at the closest first down marker to the end zone.
 - All regulation rules and penalties are in effect.
 - Each team is allowed one possession to score.
 - No timeouts or first downs.
 - Team that is winning at the end of the overtime period wins the game.
 - If teams are tied at the end of the overtime period, a 2nd overtime period takes place. If the teams are still tied at the end of the 2nd overtime, the game will be called as a tie.

Player Movement Basics & Prohibited Actions

Formations

- For offense, there must be a minimum of one player on the line of scrimmage (the center at minimum).
- Players may not advance forward from positions until the ball is snapped.
- Ball must completely leave the center's hands for a play to properly start.
- **FUMBLEROOSKIS ARE NOT ALLOWED**; a fumblerooski is where the center has the quarterback quickly touch the ball, but keeps the ball and runs right up the middle.

Passing

- All passes must be from behind the line of scrimmage, thrown forward and beyond the line of scrimmage.
- Ball may be passed after being handed off if that player is still behind the line of scrimmage (i.e., a flea-flicker).

Handoffs & Running

- Handoffs must take place behind the line of scrimmage; no down-field laterals are permitted.
- **No-Run Zone**
 - **There is absolutely no running straight up the field after a hand-off.** Ball carriers, including QB's, must be outside the "no-run zone" (marked on the field) prior to heading up field.
- **Flag Guarding**
 - Ball carriers **may not** flag-guard at any point of the game. Flag guarding is an attempt to obstruct the defender's attempt to pull flags by stiff arming, dropping the head, hand, arm, swiping defensive players arms/hands away, or intentionally covering the flags with the football jersey.

Receiving

- All players are eligible to receive passes.
- Player must have at least one foot in-bounds to make a catch.
- In the case of a simultaneous catch by both an offensive and defensive player, the catch is awarded to the offense.
- A receiver can receive a pass and run within the "no-run zone", as long as they are beyond the line of scrimmage before catching the ball.

Interceptions

- Interceptions change the possession of the ball at the point where the intercepting player has his flag pulled.
- All interceptions are returnable, including PAT (Point after touchdown), however if the intercepting team does not score off the interception, they begin the ensuing offensive drive from their own five-yard line.

Blocking

- Screen blocking is allowed and requires the athlete's hands down at their side or back. No other blocking is allowed.



Rushing the Passer

- Designated rusher (no more than one) must lineup behind the neutral zone on the ball line. All other defensive players are not eligible to rush, unless and until the quarterback hands the ball off to another player or attempts to advance the ball themselves.
- As offensive players are restricted on blocking, defensive players are not allowed to use swim moves or spinning.
- **Simulating the snap**
 - A defensive player **may not** attempt to deceive or confuse offensive players, by saying “Hike”, “go”, or whatever word or phrase the offense uses to start a play.

Flag Pulling

- Legal flag pulling happens when the ball carrier has full possession of the ball.
- Defenders can dive to pull flags, but cannot tackle, hold offensive players or their clothing, or “run through” the ball carrier when pulling flags.
- If a player’s flag inadvertently falls off during a play, the player is down once touched or tagged by an opposing player. The ball is then considered dead.
- **Rough Flag Pulling**
 - Tackling, shoving, or tripping is not allowed under any circumstances.
- **Stripping the Ball**
 - Stripping or attempting to strip the ball from the ballcarrier is not permitted.

For suggested plays, visit the Coach Corner at UAflag.com and select UA Flag Playbook.

Penalties

- The referee calls all penalties. Coaches and parents are encouraged to help participants understand and accept penalty calls.
- Penalties will be assessed from the line of scrimmage or from the spot of the foul, as specified below.
- Games may not end on a defensive penalty unless the offense declines it.
- When the penalty yardage is more than half the distance to the goal, penalty will be assessed half the distance to the goal.



Quick Reference of Penalties

Spot Fouls

| | |
|---|---------------------------------|
| Defensive Pass Interference | Automatic First Down |
| Holding | +5 yards + Automatic First Down |
| ** Defensive Unnecessary Roughness or Unsportsmanlike Conduct (includes tackling and shoving) | +5 yards + Automatic First Down |
| Illegal Screening or Blocking | -5 yards + Loss of Down |
| Flag Guarding | -5 yards + Loss of Down |
| ** Offensive Unnecessary Roughness | -5 yards + Loss of Down |

Defensive Penalties

(LOS = Line of Scrimmage)

| | |
|--|--|
| Off-sides | + 5 yards from LOS |
| Illegal Rush (not from 5 to 7 yards away) | +5 yards from LOS |
| Roughing the Passer or Rough Flag Pulling | +5 yards from LOS + Auto First Down |
| ** Taunting | +5 yards from LOS + Auto First Down |
| Defensive Pass Interferences | Auto First Down |
| Holding | +5 yards from the spot + Auto First Down |
| ** Snap Simulation | |
| ** Defensive Unnecessary Roughness (includes tackling and shoving) | +5 yards from the spot + Auto First Down |

Offensive Penalties

| | |
|---|------------------------|
| Offside / False Start | -5 yards from LOS |
| Illegal Forward Pass (beyond LOS) | -5 yards from LOS |
| Offensive Pass Interference | -5 yards from LOS |
| Delay of Game | -5 yards from LOS |
| Impeding the Rusher/Illegal Screening/Blocking | -5 yards from the spot |
| Flag Guarding | -5 yards |
| ** Offensive Unnecessary Roughness | -5 yards |
| Illegal Running (running the ball in the no-run zone) | -5 yards |
| Fumblerooski | -5 yards |

If a player is called **twice for any combination of the specified penalties, he/she must sit out the rest of that half. If player is called **three times** for any combination of the same, he/she is ejected from the game.

If a coach, parent, or spectator exhibits unsportsmanlike conduct they will receive only one verbal warning from the league site supervisor. Upon the second offense, the coach, parent and/or spectator will be ejected from the game and premises.

CHPRSA reserves the right to change rules and league guidelines at any point in the season, if necessary. Coaches and participants would be notified in detail as to the changes and reasoning behind them.