

Rules for the Westport Flag Football Program

All games will be played on a field that is approximately 50 yards by 26.7 yards.

Games will consist of four (4), ten (10) minute quarters. Each team will have 2 two minute timeouts per half. The referees will keep the game clock and will notify the coaches when there are 4 minutes left in the first half and in the game.

For 3-8 grade flag, only one coach from each team is allowed on the field at any time to coach either their offense or defense. Coaches will remain away from the field of play once they have called a play. 1-2 grade flag may have two coaches of the field from each team.

The number of players on the field will range from 8-10 players. In the case of 8 players, the center and two guards (linemen) are ineligible to run or catch the ball. In the case of 9-10 players, the center, two guards and two tackles (linemen) are ineligible to run or catch the ball. All other offensive players who are not linemen are eligible to run or catch the ball. Defensive line players (linemen) are to line up directly head up on the offensive lineman. There will be no lining up between gaps.

Coaches will make sure that each player on their team will receive equal playing time, each and every game. All players are to be considered starting players.

During the season, coaches will make sure that any player who wishes to play quarterback or run or catch the ball will have an opportunity to do so.

There will absolutely be no tackling or blocking. Failure to comply with this rule will result in a penalty. Offensive linemen will however be allowed to “screen” a rushing defensive player. A **screen** is made by an offensive lineman by standing in front of a defender and putting their hands up at chest level and extending their arms out. The offensive linemen are not allowed to push or grab the defensive player, that is considered blocking or holding and will result in a penalty.

- Home Team (1st team listed in the schedule) gets the first possession
- The offensive team takes possession of the ball at the 10-yard line and maintains possession as long as they can make a first down (10 yards) in a 4 down set. If the offense fails to score or make a first down, the ball changes possession and the new offensive team takes over on its own 10-yard line.
- All possession changes, except interceptions, start on the offense’s 10-yard line.

Running

- The quarterback may run with the ball.
- Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.
- Absolutely NO laterals or pitches of any kind.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush.

- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
- The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

Receiving

- All eligible players can receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- No motion is allowed at any time.
- A player must have at least one foot inbounds when making a reception.

Passing

- All passes must be forward and received beyond the line of scrimmage.
- Shovel passes are allowed but must be received beyond the line of scrimmage.
- The quarterback has a seven-second "pass clock." If a pass is not thrown within the seven seconds, the play is dead with a loss of down. Once the ball is handed off, the seven-second rule no longer is in effect.
- Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 10-yard line.

Dead Balls

- The ball can be snapped between the legs or off to one side, to start play.
- Substitutions may be made on any dead ball.
- Play is ruled "dead" when:
 - Ball carrier's flag is pulled.
 - Ball carrier steps out of bounds.
 - Touchdown or safety is scored.
 - At the point of an interception (**interception returns are not allowed**).
 - Ball carrier's knee hits the ground.
 - Ball carrier's flag falls out.

Note: There are no fumbles. The ball is spotted where the ball hits the ground.

Rushing the Quarterback

All players who rush the passer must be on the line of scrimmage when the ball is snapped and must count to three Mississippi before rushing. (It is best for the defensive coach on the field to count to three Mississippi out loud) Players not rushing the quarterback may defend on the line of scrimmage.

Once the ball is handed off, the three Mississippi rule no longer is in effect, and all defenders may go behind the line of scrimmage. Remember that no blocking or tackling is allowed.

Penalties

Un-sportsman like conduct by either a player or a coach will result in a 15 yard penalty and loss of down

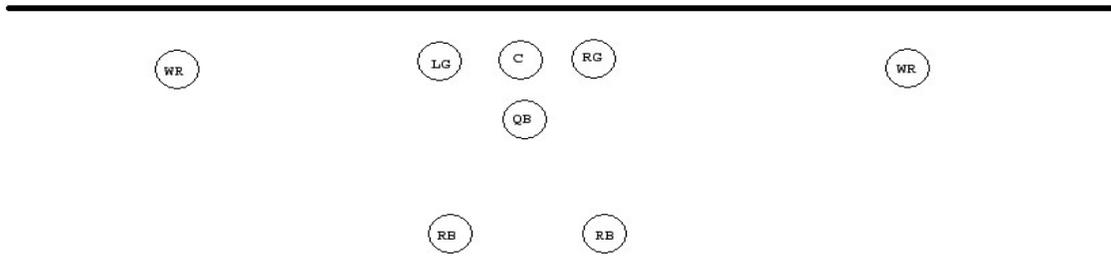
Defense:

Offside's	5 yards and automatic first down
Interference	10 yards and automatic first down
Illegal contact (<i>tackling, etc.</i>)	10 yards and automatic first down
Illegal flag pull (<i>before receiver has ball</i>)	10 yards and automatic first down
Illegal rushing (<i>starting rush before counting 3 Mississippi</i>)	10 yards and automatic first down

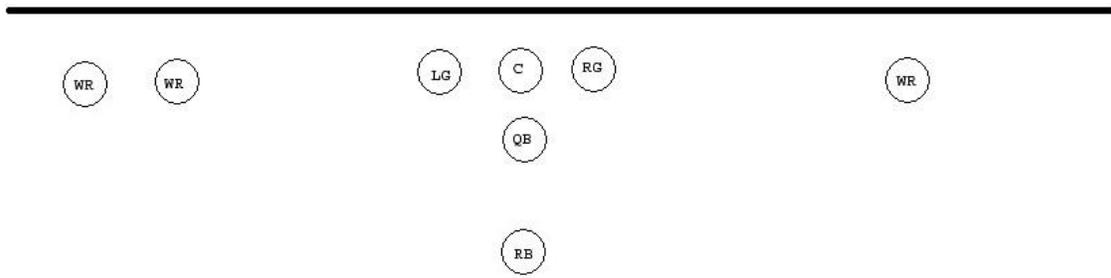
Offense:

Illegal motion (<i>man in motion, false start, etc.</i>)	5 yards and loss of down
Illegal contact (<i>Blocking, holding, etc.</i>)	10 yards and automatic first down
Offensive pass interference (<i>illegal pick play, pushing off/away defender</i>)	10 yards and loss of down
Flag guarding	10 yards (from line of scrimmage) and loss of down
Delay of game	Clock stops, 10 yards and loss of down

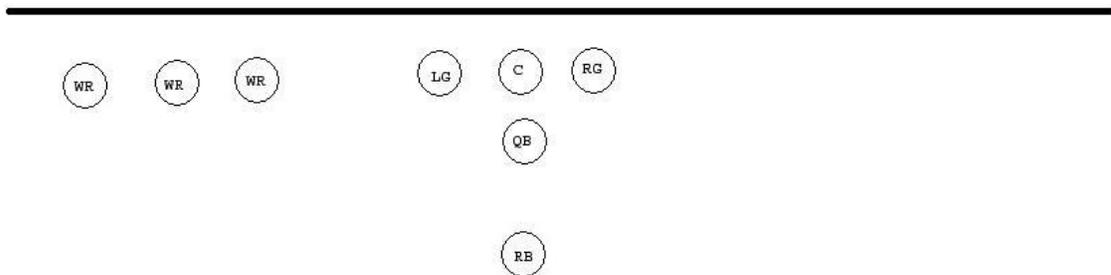
T SPLIT BACK



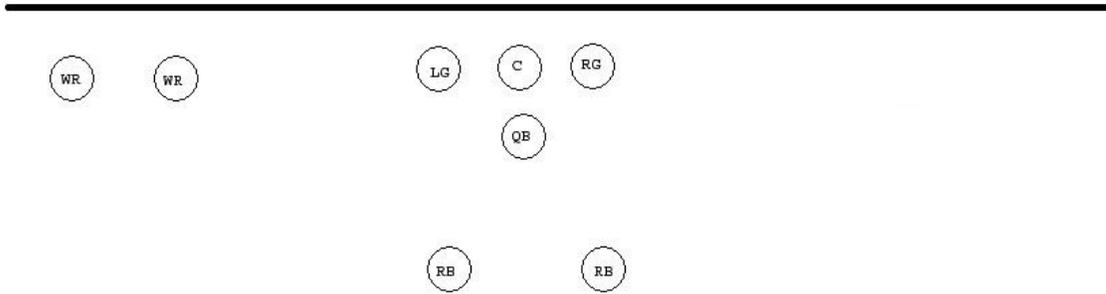
Twins left - single back



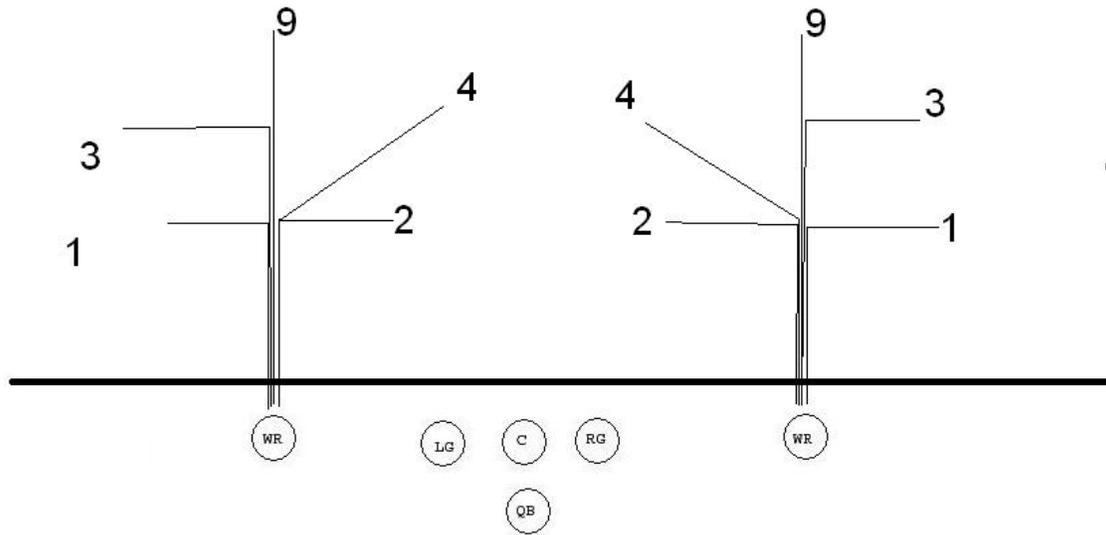
Trips left - single back



Twins left - Split backs



Receiver routes (SIMPLE)



RB receiving Routes

