

Flag Football Rules

Philosophy

It must be remembered at all times that the intent of the Bear Creek Flag Football program is instructional, to promote good SPORTSMANSHIP, ethics, self-respect, self-confidence and minimize the natural competitive nature of the game.

Coaches

Head Coaches will be selected by the Flag Football Director, and must perform by the by-laws of BCJSA .

One Coach on the field at a time for the older division, and two coaches on the field for the junior division.

Coaches,—players will need to have their registration and birth certificate turned into the Director before the first game

Coaches are responsible for the conduct of the players and the parents, no cussing will be allowed by the child, coach, parents. If the player is cussing, he or she will be ejected from the game and for the next game as well. If a parent is cussing, they will be asked by the coach or official to leave the playing area. If they refuse, the game will be forfeited.

Neither coaches nor spectators may touch the ball well the ball is in play.

Referees

*****ABUSE OF THE REFEREES WILL NOT BE TOLERATED!!!!!! This is to include coaches, players, and spectators.

Any ABUSE by the coach will result in a one year suspension.

Equipment

All players must have a mouth piece to play. Referee/s will check at the start of the game, and at the start of the second half. No player will not be able to play without one (NO EXCEPTIONS).

Players may wear tennis shoes; however, cleats are recommended.

Each player will be issued a game jersey.

Practices

Coaches are responsible to insure that all of their players are safely picked up by their parent or guardian after each practice or game. No player will be left alone for any reason.

Trash

All coaches, players and spectators are responsible for the removal of all trash from the game or practice field after the completion of their activity.

PLAYERS, METHOD OF PLAY

TEAMS

- 5 players make a legal team
- No more than 10 players on the field per side at any time
- All players must be ready to play at their scheduled game time
- Must finish w/5 players, 4 or less will end the game
- Each team will field the same number of players on each side of the ball
- Jerseys must be tucked in at all times

Flags must be positioned on side of hips

- Not in front or back
- Coaches are responsible for checking and keeping flags correctly in place
- NO FLAG GAURDING**
- NO STIFF ARMING**

ALL AGES WILL SNAP THE BALL BETWEEN THERE LEGS (NO SIDE SNAPPING)

Offensive

- No more then one man in motion
- Motion must be parallel to the line of scrimmage, not toward the line
- 30 seconds from the end of one play to run another play
- No limit of passes behind the line
 - Only one forward pass
- No fumbles, ball is dead where it hits the ground
 - Attempts must be made to pull the flag, not to knock the ball out of the player's hand.
- No diving for the end zone or to advance the ball
- No tackling, intentional grabbing of clothes to hold a player
- No pushing
- No aiding the runner/offensive player may not run in front of the ball carrier
- Offensive offside or illegal procedures will bring a penalty
- The Neutral Zone is a 5yd. radius
- On 4th down the offensive coach must inform the referee if they will punt or play
- If choosing to punt Young group (pass or punt) Older group (punt)
- The ball is dead where it is caught or touched.
 - if it rolls into the end zone it will be placed on the 10yd. line.
- When punting, only the punter and the return player will be on the field
- EVERY PLAYER WILL ROTATE (SO THAT EACH CHILD WILL HAVE THE CHANCE TO RUN THE BALL**

Blocking

- No pushing from behind
- No leaving one's feet to throw a block
- No hands in the face
- NO EXTENSION OF THE ARMS**
 - Hands must hold onto the jerseys

Play ends if

- Ball is fumbled**

Incomplete pass
Out of bounds
Pulled flag
Flag is knocked off or falls off (Ball carrier just has to be Touched)
Referee blows the whistle

Running Clock

Flip of coin will determine which team starts on offense/ Loser will pick direction
Ejection of a play

The opposing team does have to remove a player from the field for 6 plays
(Hockey -power play i.e -7 on 6 10 on 9 8 on 70)

He/she will not be eligible to play the next weeks game
Referee will record all incidents

Game times

1 hour
25 min. per half
2 time outs per half
10 minute half-times(shorter if both coaches agree)

Scoring

TD 6 points
Extra 1 point
Safety 2 points
Team scoring the safety will take possession of the ball on their own
5yd. line.

Penalties

Small 3 yards
Major 5 yards

Playing fields

60 yards
10 yard end zones

Having Fun

REMEMBER THAT WE ARE HERE FOR THE KIDS
LET THE GAME BE FOR THE KIDS TO EXCEL IN SPORTS, HAVE FUN AND GET
EXCITED ABOUT WATCHING YOUR CHILDREN.