

**2011 WUSD Flag Football Rules
(REVISION September 15, 2011)**

No students 5th Grade or lower shall be permitted to play for the Washington Unified 6th-8th Grade sports program.

Attire:

1. Shirts must be tucked in their shorts or pants at all times.
2. Any cleats worn must have rubber soles
3. **Mouthpieces must be worn at all times. Any player found not wearing a mouthpiece will be removed for the remainder of the game.**
4. **Any player found deceiving an official with a false mouthpiece is subject to ejection.**

Getting Started:

1. The Visiting team calls the coin toss to determine first possession.
2. The winner of the coin toss can choose either to kick or receive, or choose the direction they want to play.
3. **All players must show the officials their legal mouthpieces.**
4. Game length is 2- 20 minute running time halves.
5. The clock will stop during the last 2 minutes of the 2nd. Half.
6. If there is more than a 20 point lead the clock will continue to run in the last 2 minutes of the game.
7. The game is played with 8 players on the field on both offense and defense.
8. Teams must field at least 6 players to start the games.
9. If they can't field the 6 players to start the game the game will be a forfeit.
10. League to provide game ball
11. Coaches and Captains must be present for Captains meeting and coin toss
12. Home team must provide a person who keeps the downs maker on the sidelines.
13. **All coaches must submit a game time roster with players numbers and names to the scorekeeper**

Time Outs:

1. Each team is allowed 4 timeouts per game (2-1 minute timeouts per half)
2. There must be an official timeout to assist an injured player at the discretion of the referee.
3. The official can stop the clock at their discretion.

Kickoff:

1. A team has to kick the ball from the 20 yard line.
2. If a kickoff goes out of bounds *beyond* the 40 yard line, the receiving team will get the ball on the 40 yard line.
3. If the ball goes out of bounds *before* the 40 yard line the receiving team will take possession of the ball at the spot in which the ball traveled out of bounds.

1. During the kickoff the ball is live until it touches a player on the receiving team and then touches the ground.
2. If the ball hits the ground on a kickoff it is a “live ball” until the receiving team touches/possesses it, or the kickoff team touches/possesses it.
3. The receiving team can run the ball back or down the ball by placing one knee on the ground.
4. On a kickoff if the kickoff team touches the ball before the receiving team the ball will be dead and placed where the ball is 1st. touched by the kickoff team.

Punt:

1. During a punt the ball is live until it touches a player on the receiving team and then touches the ground.
2. If the ball hits the ground on a punt it is a “live ball” until the receiving team touches/possesses it, or the kickoff team touches/possesses it. ;
3. During the 4th down the offensive team has the option of punting or going for the 1st down. If the team does not make the 1st down, the changes possession on the line of scrimmage.
4. During the punt the offensive team can run down field.
5. During the punt the defensive team can't attempt a punt block, if they try to block the punt it will be considered an illegal rush.

During the game:

1. Interception can be run back.
2. Prior to the start of the 2nd half, teams change sides with possession of the ball going to the team that started the game on defense.
3. Half time is 4 minutes.
4. Each time the ball is spotted a team has 30 seconds to snap the ball.
5. Teams will receive one warning each before a delay-of-game penalty is enforced.
6. No stripping is allowed.
7. Players should concentrate on pulling the flag.
8. The field will be marked with 3- 1st. down markers each 20 yards.
9. A 1st. down is achieved by the offensive team moving the ball on or beyond a 20 yard 1st down marker moving forward from the original line of scrimmage.
10. A second 1st. down cannot be achieved by passing the same 20 yard 1st down marker in the same 4 down series.

Scoring:

1. Touchdown: 6 points
 Extra Points: 1 point (from 5-yard line),
 2 point (from 10 yard line)
 Safety: 2 points

Running:

1. The quarterback can not run the ball.
2. Direct hand-offs behind the line of scrimmage are permitted.
3. The offense may use multiple hand offs.
4. Pitch outs are allowed, but the quarterback must be stationary (QB takes the snap, and then pivots to pitch out).
5. No more than three players in the backfield at a time.
6. No laterals are allowed while running down the field.
7. The player who takes the hand-off or pitch can throw the ball from behind the line of scrimmage.
8. Once the ball has been handed off, all players are eligible to rush.
9. Spinning is allowed, but players cannot leave their feet to avoid a defensive player
10. The ball is spotted at the ball carrier's feet not where the ball is, when the flag is pulled.
11. A running back or receiver can go in motion but they must travel horizontal to the line and can not move forward until the ball is snapped.

Receiving:

1. All players are eligible to receive passes (including the quarterback if the ball has been handed-off behind the line of scrimmage).
2. As in the NFL only one player is allowed in motion at a time.
3. Players must have at least one foot in-bounds when making a catch.
4. **Any receiver's flag falling out prior to catching a pass will result in the play being ruled. If the catch is made the ball will be ruled dead at the spot of the catch and no forward progress will be allowed.**

Passing:

1. All passes must be forward.
2. A player must be behind the line of scrimmage when passing the ball.
3. Interceptions can be run back.
4. Unlike fumbles if a player intercepts a pass he or she can run it back until their flag is pulled or they step out of bounds or player reaches the end zone for a touchdown or a safety.

Dead Balls:

Play is ruled dead when:

1. Substitutions can be made on any dead ball.
2. ball carrier's flag is pulled
3. **When the ball carriers flag falls off, the play will be ruled dead at the point in which the flag is discovered to have fallen off by the official. The ball will be marked down at the nearest point in which the flag fell off.**
4. ball carrier step out of bounds
5. ball carrier's knee hits the ground
6. touchdown or safety is scored
7. When the receiver's flag falls off
8. receivers flag is pulled,
9. Receiver steps out of bounds.

Fumbles:

1. The ball is considered a fumble when it touches the ground after it has been in the possession and control of the offensive player.
2. Fumbles are ruled a dead ball with the offense keeping possession, unless it is 4th down and the fumble occurs short of a 1st down.

3. A fumble is also dead if the ball is fumbled during the snap between the quarterback and the center. This will result in loss of a down.
4. If a ball is fumbled after an interception the team that intercepted the ball retains possession at the point of the fumble
5. No recovery of a fumble is necessary or should be attempted.

Rushing the Quarterback:

1. The offense can impede the rusher.
2. The only way legally a player may impede the rusher is by blocking with their arms crossed over their chest and elbows facing down to the ground.
3. All players should not extend their elbows up and/or out, and they are not allowed to push at any time if their elbows are extended.
4. All players cannot Shoulder Block, Elbow Block, Body Check, Dive Block, or Extend Arms while rushing or defending the quarterback, or for that matter anytime during the game.
5. This impediment rules can and will be changed at the leagues discretion if rough play begins.
6. The defense may attempt to block a pass provided they do not strike the passer.
7. All players who rush the quarterback must be a minimum of 7 yards from the line of scrimmage when the ball is snapped (the referee will designate the spot).
8. Any number of players may rush the quarterback but they must be 7 yards from the line of scrimmage.
9. Once the ball is handed off the 7 yard rule is no longer in effect and all defenders are eligible to rush

Sportsmanship

1. If a referee witnesses any act of tackling, elbowing, cheap shots, pushing illegally, illegal blocking movements, or any unsportsmanlike act the game will be stopped, the referee will assess a penalty for unsportsmanlike conduct and that player may have to sit out at referee's discretion.
2. If the conduct is severe a player may be ejected from the game.
3. If a player is ejected from a game they the player will not be eligible for the next game the next game.

1. If there is any rough play by any player at the referee's discretion, that player will be ejected from the game and will have to sit out the following game.
2. Trash talking is illegal.
3. Officials have the right to determine inappropriate language.
4. If trash talking occurs the referee will assess a penalty for unsportsmanlike conduct and warn the offending player. If it continues, the player/s will be either "Sat Out" or "Ejected" from the game, the administrating referee will determine if they "Sit Out" or if they're "Ejected".
5. If a coach is inciting rough play or any unsporting act, the referee may eject that coach without a warning.
6. If a coach is ejected from a game, the coach may not participate in the next game.
7. **Any defensive player caught intentionally pulling the flag of a receiver prior to the receiver catching the ball can be ruled an unsporting act and the offensive team has a right to accept or decline the penalty.**

Blocking

1. All players may block by placing their arms crossed over their chests with elbows facing down to the ground.
2. All players should not place their elbows out and are not allowed to push while elbows extended.
3. No Shoulder Blocks, Elbowing, Body Checking, Diving blocks, or Extended Arm will be allowed during the game at any time including kick offs and punts.

Covering the receiver

1. While covering a receiver there is no bumping (no bump and run), pushing, or holding.
2. A defender may guard up close but may not make contact with the receiver.

Lineman

1. You must have a minimum of **4** down lineman (center and **3** guys next to him) on the line when playing offense.
2. All of the players are eligible to receive the ball and go out for a pass.
3. The linemen need to be one foot away or foot to foot when lining up.

Overtime

1. If the teams are tied after regulation time has expired they will go to over time.
2. During over time each team will get the ball on the **15** yard line.
3. Each team will have **4** downs to score.
4. The **1st.** team who scores and denies their opponent a touchdown will win the game.

Penalties Defense:

Offside: 5 Yard Penalty
Illegal Rush: 5 Yards Penalty
Pass Interference: 10 Yard Penalty
(Automatic 1st. down)
Illegal Contact: 10 Yard Penalty
(Holding, tripping, etc)
Roughing the Passer: 10 Yard Penalty
(Automatic 1st.down)
Illegal Blocking: 15 Yards Penalty
(Automatic 1st down)
(Shoulder, Body Checking, Elbowing, or Diving Blocks or extended Arms)
Illegal Flag Pull: **15 Yard Penalty**
(Before receiver has ball)
Illegal Rush during a punt attempt: 10 Yard Penalty
(Automatic 1st. down)
(Starting rush from inside 7 yard marker & attempting to block a Punt)

I

Penalties Offense:

Offside: 5 Yard Penalty
2nd. Delay of game: 5 Yard Penalty
Illegal Motion: 5 Yard Penalty
(Loss of down)
(More than 1 person moving, false start, etc)
Illegal Forward Pass: 5 Yard Penalty
(Loss of Down)
(Pass thrown beyond line of scrimmage)
Offensive Pass Interference: 10 Yard Penalty
(Loss of Down)
(Illegal Pick play, pushing off/away defender)
Flag Guarding: 10 Yard Penalty
(Loss of Down)
(From line of scrimmage)
Illegal Pitch/Handoff: 5 yard penalty from the line of scrimmage and loss of down

Illegal Blocking: 15 Yard Penalty

(Loss of Down)

(Shoulder, Body Checking, Elbowing, or Diving Blocks or extended Arms)

Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.

Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.

Games cannot end on a defensive penalty, unless the offense declines it.

Eligible Players:

1. 6th, 7th, and 8th graders can play on the Varsity Team and will be each coach's discretion.
2. Once a player plays on a Varsity Team they can not move down to J.V. No 8th graders can move down to J.V.
3. Players can only participate on one team during the season.
4. Each team is to provide a current roster with name, grade and team player is participating on.