

GAC Flag Football Rules

Please be early so we may begin games on time, as we will have limited daylight hours.

A coin toss determines first possession. The team that loses the toss gets the ball to start the 2nd half.

The offensive team takes possession of the ball at its 5-yard line and has 3 plays to cross midfield. Once a team crosses midfield, it has 3 plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.

If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.

All possession changes, except interceptions, start on the offense's 5-yard line.

All Games will be played at Grant Jr High Practice Field this season

PLAYERS/GAME SCHEDULES:

K& 1st grades will play 8

2nd & 3rd grades will play 8

4th -6th grades will play 8

However if one team can't field the set number of players they coaches may agree on the number of players to play. A team may borrow players from another team if opposing team has enough players themselves, but first must get this approved by opposing coach and GAC director. If missing player becomes available then that player must play and borrowed player must return to original team.

Everyone plays: GAC games were designed specifically to make it easier for every player to have a role in the team success. While size and skill certainly will come into play when the games start; give every child equal time on the field. Every child should play with their playing time divided between offensive and defensive sides of the ball.

TIMING/OVERTIME:

Games are played with a running clock. Games times will be:

K-1st grade games are 30 minutes, 2-15 min halves, 5 min half time

2nd-3rd games are 40 minutes, 2- 20 min halves, 5 min half time

4th -6th games are 40 minutes, 2- 20 min halves, 5 min half time

Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced. HUDDLE: To speed up huddles and to assist the coaches in helping teams make play calls; coaches will be allowed in the offensive huddle. After the huddle, coach may remain on the field, but must move back away from the field of play. **IF COACHES INTERFERE WITH PLAY OF PLAYERS, COACH MAY BE ASKED BY REFEREE TO STAY OFF OF FIELD.**

Each team has (2) 30 second time outs per half

Officials can stop clock at their discretion

Game ball will be provided for each division

If the score is tied at the end of game time, teams move directly into overtime. A coin toss will determine order of possession and each team will be given one set of 3 down beginning at mid-field to score. If both or neither team scores, the teams will alternate order and overtime will continue in same format until winner is decided or the game surpasses the one hour time limit.

SCORING

Touchdown: 6 point
Extra Point: 1 point; when played from the 5 yard line
2 points; when played from the 10 yard line
Safety: 2 points

RUNNING:

The quarterback may run with the ball one time per down series or downs. (Once on the negative side of midfield, and once on the plus side of midfield)

Laterals or pitches are only allowed **BEHIND** the line of scrimmage. A dropped lateral is dead at the spot where it hits the ground.

CENTER SNEAKS WILL NOT BE ALLOWED.

No Running Zones: Located 5 yards from each end zone and are designed to avoid short-yardage, power running situations. Runs from inside the 5-yard line are only allowed on extra points. Plays within the “No running zone will be passing plays”

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 or hurdling)

The ball is spotted where the ball carrier's FEET are when the flag is pulled, not where the ball is.

Ball carriers are not allowed to put their head down to run through players

RECEIVING:

All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).

Only one player is allowed in motion at a time prior to the snap

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.

The quarterback has a seven second “pass clock.” If a pass is not thrown within the seven seconds, play is dead, loss of down. Once the ball is handed off, the seven- second rule no longer is in effect.

RUSHING THE QUARTERBACK:

A maximum of two players can rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. Players not rushing the quarterback must defend on the line of scrimmage. No rushing on any extra points.

Once the ball is handed off, the seven yard rule no longer is in effect, all defenders may rush the ball carrier. A special marker or the referee will designate seven yards from the line of scrimmage. Remember, no blocking or tackling is allowed.

INTERCEPTIONS MAY BE RETURNED

DEAD BALLS:

The ball must be snapped between the legs, not 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
- Ball carrier's knee hits the ground
- Ball carrier's flag falls off

THERE ARE NO FUMBLES. BALL IS SPOTTED WHERE THE BALL HITS THE GROUND.

SPORTSMANSHIP/ROUGHING:

If the referee witnesses any acts of tackling, elbowing, cheap shots, blocking, flag guarding, trash talking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED**

Flag guarding: (or stiff arming) will be called as a penalty, jersey's cannot cover flags and runner may not fend off the defensive runner by holding arm out. Please make sure belts are worn over the shirt with the shirt tucked in to the player's pants or folded under and that flags are not wrapped around the belt. On the 1st offense referee will call the ball dead where defensive players could have pulled the flag. If offense continues to flag guard a 10 yard penalty will be called from the line of scrimmage, plus loss of down.

BLOCKING:

Will not be allowed including shadow blocking. Shadow blocking is defined as one or more offensive players running between the ball carrier and defensive players, preventing direct access to the flag. Since flag football is to be a non-contact sport we cannot permit blocking of any kind since the only way for a defensive player to get to the flag is over or through the offensive blocker, creating intentional contact.

TACKLING: WILL NOT BE TOLERATED!!! Coaches, parents, spectators or players who encourage tackling will be asked to leave the premises. **PLEASE COACHES DO NOT ALLOW TACKLING**, during practices, before games.

TRASH TALKING:

Is not allowed, officials have the right to determine offensive language. Trash talking is talk that may be offensive to officials, opposing players, teams or spectators. If trash occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.

ATTIRE:

Cleats are allowed, except for metal spikes. Players are encouraged to wear a protective mouth piece. GAC Flag Football shirts must be worn during play. Please tuck in shirts, this will help with pulling of flags and make flags more visible.

PENALTIES: All penalties will be called by the referee there will be no arguing the calls.

DEFENSIVE PENALTIES (LOS=line of scrimmage)

Off sides	5 yds from LOS & Automatic 1 st down
Interference	10 yds from LOS & Automatic 1 st down
Illegal Contact (holding, tackling)	10 yds from end of play & Auto 1 st down
Illegal Flag Pull (before receiver/runner has ball)	10 yds from LOS & Auto 1 st down
Illegal Rushing (starting rush from inside 7 yd marker)	10 yds from LOS & Auto 1 st down

illegal Tackling	Ball spotted at opponents 5-yard line & Automatic 1 st down (unless already Within the 5-yd line.) Penalty may also Result in possible ejection of player
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OFFENSIVE PENALTIES:

Illegal Motion (more then 1 person moving, false start)	5 yds from LOS & replay down
Illegal forward pass (pass received behind line of scrimmage)	5 yds from LOS & loss of down
Offensive pass interference (illegal pick play, pushing off/away defender)	10 yds from LOS & loss of down
Flag Guarding	10 yds from infraction & loss of down
Delay of game	Clock stops, 10 yds & loss of down

Referees discretion is used on incidental contact that may result from normal run of play. Games cannot end on a defensive penalty, unless the offense declines it. All decisions of the referee are final. Unsportsmanlike conduct will not be tolerated and may result in removal from game or forfeiture of game.

Best of Luck with your season! Have Fun!