

North Summit Flag Rec Football Rules 2024

Game Rules

1. Coin toss to determine which team gets the ball first
2. Player numbers determined by coach's 7 on 7 max 4 on 4 possible
3. Players must rotate and strive for equal playing time
4. Mouth guards are recommended
5. Offensive team starts on 5 yard line 4 plays to cross mid field for a first down. Then get 4 more plays to score.
6. Interception ball will be placed where the player is down with flags pulled.
7. Quarterback can run the ball after the defense gets to the line of scrimmage
8. Defense will start 5 yards behind the offensive line. Spotted by the ref
9. Can not rush the quarterback until he runs or hands off. **See rush the QB rules below.**
10. No punting - ball will be turned over to the other team if no 1st down at the 5 yard line.

Equipment

1. Balls to be furnished according to age group
2. Jersey will be furnished
3. Pants or shorts with belt loops are discouraged.
4. Mouth guards are recommended- please ensure for safety
5. Players must wear shoes no steel cleats allowed
6. Gloves, elbow pads, knee pads are permitted
7. No watches jewelry permitted that is deemed hazardous
8. Jerseys must be tucked in and flags must be on the players

Regulation Play and Clock

1. Game Consists of 2 - 20 minute halves. Halftime will be 5 minutes. Teams change ends to begin the second half.
2. Games are played on a continuous clock Only stopped for time outs.
3. Each time the ball is spotted, strive for quick play calling. Coaches thru 4th grade will be on the field with their team. Would like 60 seconds between if possible please.
4. No overtime in 1st thru 4th grades. 5th 6th - 2 plays each team on the 10 yard line. Only 1 overtime.

Coaches

1. Coaches are volunteers whose role is to help our youth learn, play and enjoy football. Parents are encouraged to support their youth and coach at all the time.
2. Coaches 1st thru 4th are allowed on the field behind and out playing area trying not to get in the way of players

Conduct

- 1 .Any and all physical contact is limited to incidental .
2. Players are expected to behave in a good sportsmanship manner.
- 3.No taunting , trash talking or will be penalized .
4. Reckless play not allowed. (Takling, elbowing, cheap shots, roughing pushing etc.)
5. For safety spectators must be 5 yards from the playing field.

Dead ball

1. Substitutions may be made on a dead ball.
2. Play is ruled dead when:
 - a. Ball carrier flag is pulled or falls off
 - b. Ball touched ground anytime even on snaps no live fumbles**
 - c. Ball carrier steps out of bounds
 - d. Ball player knee, elbow hip or back side touches the ground
 - e. A Touchdown or extra point is made.

Spotting the ball

1. The ball will be spotted where the flag is pulled or falls off
2. Defensive player can start the play without a flag but if intercepts the ball it is down where the interception takes place

Hiking

1. The ball may be hiked between the center's legs or the center can turn and pitch the ball back to the quarterback. Recommended for younger grades
2. Center sneak plays not allowed
3. The ball can be hiked to anyone in the backfield.
4. The ball must hiked from where the ref places it.
5. Not shifting or movement on offense 1st thre 4th grades
6. Only 3 players in the backfield qb and 2 running backs
7. All others must be in the line of scrimmage.
8. Shifting allowed in older groups. 1 person in motion on snap.
9. The 1 person in motion must be moving parallel to the line of scrimmage

Running

1. All forward passes must be received beyond the line of scrimmage no screen plays (safety)
2. Once a legal pass is completed no other passes or laterals allowed.
3. Interceptions may be advanced team to get the ball at that spot
4. No spinning allowed and No Straight arm allowed! (safety)

Receiving

1. All players are eligible to receive forward pass
2. If the receiver catches the ball without flags the ball is dead at that point
3. Must have one foot in bounds to be legal
4. Out of bounds stops all plays
5. If offensive or defensive touching before catch -interference can be called
6. Receivers can not be held when going out for a pass

Rushing the quarterback

1. We will have the defensive line of scrimmage 3 yards back.
2. **No rushing QB unless he runs the ball in younger age groups 1 - 4th -(7 second max time for QB before he must pass) (we will ring bell)**
3. **Older 5 - 8th can rush from the 5 yard set back on defense after 5 sec. Time called out by ref. (We will ring bell)**
- 4.
5. Once the ball is handed off rushing is ok
6. Any number of players **can rush the QB in older group 5th - 8th**
7. Rushers may jump block a pass but not make contact with QB

8. Remember this is really a no contact sport please

Blocking

1. Blocking to a minimum
2. Line of scrimmage blocking with hands not extended and no HARD pushing is allowed
3. Down field blocking is not allowed but potential blocker can screen block (run interference without extending arms.)
4. WANT TO ENSURE ALL KIDS ARE SAFE AND ENJOYING FOOTBALL

Scoring

1. Touchdown - 6 points
2. Extra point - 1 point from the 5 yard line
3. Safety 2 points
4. Defense can return an interception for a touchdown.

Rule violations penalties

1. All penalties assessed at the end of play
2. Spinning not allowed
3. Diving or leaping not allowed
4. Minimum blocking allowed only on line of scrimmage
5. Players must go for flag no pushing out of bounds or pushing a player to the ground
6. Football can not be stripped from runners, must go for the flag
7. No flag guarding - when an offensive runner guards the flag with their hand or swipes defensive players hands away flag guarding can also be hiding flags under an untucked shirt.

General Penalties

1. Roughing unsportsmanlike conduct 10 yards **may be ejected**
2. Too many players on the field 5 yards
3. All others illegal block, spinning, off sides, etc 5 yards
4. Defensive interference Spot of infraction
5. Holding offensive player not going for flag 10 yards

Note 7th 8th will be playing 1 hand touch 50 yard field

1st thru 4th splitting fields across ways 4 fields used at a time

5th 6th will be splitting the full field 2 games on each half

Rules can be changed per problems. Thanks Coaches !

Score TD 6 points **PAT** 1 point 5 yards - 2 points 10 yards- 3 points
kicked (**5 -6 - 7-6th grade on kicks**) **NO score kept 1st thru 4th grade**