**Columbus Youth Football**

***Flag Football Rules***

***(Please keep these rules on- hand during all games and practices)***

**The Basics:**

* The HOME team has the first possession
* The offensive team takes possession of the ball at its start-line and has three plays to cross mid-field. Once the team has crossed mid-field, the team has an additional three plays to score a touchdown. If the offense fails to score, the ball changes possession and the opposing team starts the ball on the start-line.
* If the team on the offensive fails to cross mid-field at the end of the 3 plays (4 plays for k5 - 1st grade), possession of the ball changes to the opposing team and the ball starts again on the start-line.

\*\*\* All possessions start at the start line.

**Players:**

* Each team must have a minimum of five (6) players on the field at all times. If a team is short play number of players they have or borrow them a player or two, coaches need to work it out for the kids
* The coach will be on the field as quarterback ( K5 & 1st ) as the sixth player but cannot run
* Every child must play equal amount of time.
* Every child must have the opportunity to play quarterback if they are interested in trying, 2nd thru 5th.

**Timing/ Overtime:**

* Games will last 45 minutes
* Warmups will take place 15 minutes prior to the games
* There is no overtime.
* The home coach on field 1 is responsible for timekeeping for all games.
* At the end of the game, one play is allowed after the whistle is blown (end of the game has been called)
* Each time the ball is spotted, the team with the ball has 45 seconds to snap the ball. If more than 45 seconds is used, the team with the ball loses a down.

**Scoring:**

* No scores will be kept during regular season
* Scores will be keep during the end of the season tournaments only
* Touchdown = 6 points, extra point(s): 1 point if ball is played from the NO-RUN line and 2 points if ball is played from the 12-YARD line.

**Running:**

* The quarterback cannot run the ball
* Only direct handoffs behind the line of scrimmage are permitted
* Offense may use multiple handoffs (AKA: reverses) behind the line or on the line of scrimmage.
* “No Running- Zone” is considered the 5 yards from the end zone: this is designed to avoid short- yardage and power running situations.
* The player who takes the direct handoff can throw the ball behind the line of scrimmage, this is considered a run play.
* 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.
* Running plays that begin between the start-line and midfield are not allowed to advance past the midfield line. Once the runner crosses the midfield line the play is over and the ball is placed on the midfield line to start a new play.
* Running plays that begin between the field line and the no-run line are not allowed to advance past the no-run line. If the runner crosses the no-run line the play is over and the ball is placed on the no-run line to start a new play.
* 2 run plays are allowed anywhere before the no-run line.

**Receiving:**

* All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage: reminder, this play will be considered a run)
* A player must have at least one foot inbounds when making a reception.

**Passing**:

* All passes must be forward passes.
* Only one pass per play allowed
* Shovel passes are allowed.
* The quarterback has a 6 second “pass clock” ( 5 seconds for 4th & 5th ). If a pass is not thrown within the time frame, the play is dead and there is a loss of a down. Once the ball is handed off, the time rule is no longer in effect. (The QB-Stand has a timer on it to be used on all plays)

**Dead Balls (Plays):**

* The ball must be snapped on the QB-stand to start a play.
* Substitutions may be made on any dead ball

*\*\*\* Plays are ruled dead when:*

* Ball carrier’s flag is pulled
* Ball carrier steps out of bounds
* Touchdown is scored
* At the point of an interception (interception returns are not allowed)
* Ball Carrier’s knees hit the ground
* Ball Carrier’s flag falls out

*NOTE*: There are no fumbles. The ball is spotted where the ball hits the ground. The ONLY exception is fumbled snaps.

**Sportsmanship/ Roughing/ defense:**

* **There is NO RUSHING the quarterback**
* The defensive coach will be the official
* **NO BLOCKING ALLOWED**
* INTENTIONAL CONTACT IS NOT ALLOWED
* **There will be a penalty for FLAG GUARDING/ THERE IS NO FLAG GUARDING: this will be a spot foul**
* Interference/ holding spot foul are automatic first downs

**Offense:**

* Offensive Pass interference is a loss of a down, back to the original line of scrimmage (illegal pick play, pushing off/ away the defender)
* There is no kick-offs
* Coaches determine incidental contact that may result from normal run of play
* Games cannot end on a defensive penalty unless the offense declines it.

**Attire:**

* **FLAG BELTS ARE TO BE WORN OVER THE JERSEY AND VISIBLE DURING THE ENTIRE GAME**
* Cleats are allowed, except for metal cleats
* Players are encouraged to wear a protective mouthpiece
* First team listed wears the white side of the jersey, the opposing team is the colored side.

***\*\*\*\* Players, Coaches, and Parents participating in CFO Flag Football are representing your community, your school, and yourselves…. Please act accordingly. \*\*\*\****