



Town of Parker Youth Flag Football Rules: Ages 6 to 14

The Town of Parker Rules are intended to create a balance of play in an atmosphere that fosters sportsmanship and fair play in a fun, safe and educational environment.

The field staff will have complete authority to administer the program and make decisions and adjustments as they see fit for this recreational setting. His or her decisions are final.

Teams:

Each team will be allowed eight players on the field at one time. All participants must be registered with the Town of Parker Parks and Recreation Department in order to participate.

Playing Time:

- I. Each game will consist of two 24 minute halves with a 3 minute halftime.
- II. Each participant **must** play a minimum of 24 minutes per game.
- III. The game officials will be responsible for the official time.
- IV. There will be a (1) one minute time allotment from the time the ball is placed to the snap of the ball for ages 6-8, and (40) forty seconds for ages 8-14. (Penalty 3 yards for delay of game).
- V. **Tie Games:** No overtime will be played.
- VI. **Time-outs:**
 - A. Each team shall be allowed two time-outs per half. Each time-out will consist of one minute each.
 - B. Only one time-out will be allowed during any dead ball.

Field Size: The playing field will be a 60 yard field with 2, ten yard end zones.

Equipment:

- I. Footballs will be provided by recreation department.
 - A. Pee wee size for ages 6-10
 - B. Junior size for ages 10-14
- II. No padding under any part of the uniform.
- III. Tennis shoes or all-turf shoe are recommended. Shoes must be a one piece molded bottom, and no hard plastic or removable cleats may be worn.
- IV. Each player must wear the department issued belt and flags while on the field of play.
- V. A player's equipment may not include headgear except a soft stocking cap or ear band.

Officials: Referee, head linesman.

Coaches:

Only one coach, from each team, will be allowed on the field and in the huddle. Only the coach on



the field may talk to the officials or make any decisions. A coach's first choice of any option shall be final.

Players:

- I. Each team will have 8 players on the field (Ages 6-12).
- II. There must be 5 players on the line of scrimmage and 3 players in the backfield on both offense and defense.
 - A. No defensive lineman can be directly over the offensive center. They must line up on either side.
 - B. The defensive backfield must be 3 yards behind the line of scrimmage.
- III. Rules can be adapted on the field if less than 8 players are present on one of the teams.
 - A. If one team shows up with less than 8 players, they may borrow players from opposing team or members of another team in the same age division.
 - B. If one team has only 7 players and chooses not to borrow from another team, the opposing team will also play with 7 players. In this case (5) five on the line and (2) two in the backfield.
- IV. Ages (12-14) will play with (7) seven players; (4) four on the line and (3) three in the backfield. The above rules will still apply with the exception of number of participants/formation allowed on field.

Beginning of Play:

- I. A coin toss will determine which team takes possession of the ball at the beginning of the game. The ball will start at the 15 yard line. There will be no Kick-Offs.
- II. The team that wins the coin toss will determine if they want possession or defensive position for the start of the first half. The team that did not have possession of the ball for the first half will have it the second half.

End of Play:

The play ends when a defensive player has removed the flag of the ball carrier. The "tackler" should stop at the point where he/she removed the flag, and extend his/her arm upward with the flag. The referee will then spot the ball at the front foot of the ball carrier for the start of the next play.

The play also ends if a player's knee touches the ground while in possession of the ball.

Fumbles:

The ball becomes dead in the following situations:

- I. The ball hits the ground from a snap from center.
 - A. Exception: Snap from center that hits the ground on a punt, the ball remains alive.
- II. Anytime the ball carrier drops the ball and it hits the ground.
- III. Once the ball hits the ground after it touches a punt receiver. (On a punt, the receiver may return a punt that has touched the ground prior to it touching the receiver.)



IV. If the offensive team fumbles the ball into the opponents end zone, prior to crossing the line, this constitutes a touch back, and the defense gains control at the 15 yard line.

Tackle:

- I. When flag/belt is clearly taken from the ball carrier, the ball is declared dead.
- II. In all situations when **Play Is in Progress**, and a ball carrier loses his/her flag for any reason, the de-flagging, or tackle, reverts to a tag of the ball carrier.
- III. A tag is when a defensive player places one or both hands anywhere between the shoulders and feet of an opponent with the ball. The feet of the tagger may leave the ground to make a tag. Pushing, striking, slapping, and holding are not permitted.
- IV. A player is also considered tackled if his knee hits the ground, however, his hand hitting the ground is not in and of itself considered a tackle.

Spinning: Spinning to avoid de-flagging is allowed.

Punts/Kicks:

- I. No Kickoffs; start with a coin flip to determine possession.
- II. The offensive team must announce to the referee that they want to punt.
 - A. Once declared, the team must attempt to kick the ball.
 - B. The punt must come within 10 seconds of the snap, and be made at least 3 yards behind the line of scrimmage.
 - C. The ball is not dead if it hits the ground on a snap from the center on a punt only.
- III. The defense may not rush the punter, and must remain still on the line of scrimmage until the punt occurs.
 - A. The defense may have 2 players back to receive the kick. All other players must be on the line of scrimmage.
- IV. The punting team must have all players on the line of scrimmage prior to the snap, with the exception of the punter, whom must be at least 3 yards behind the line of scrimmage.
- V. A ball kicked into the end zone is an automatic touchback.

Eligible Receivers: All players are eligible to receive passes.

Legal Catch: One foot must be in bounds for a legal catch.

Lateral: Unlimited number of passes can be thrown, overhand or underhand, parallel or behind the ball carrier.

Forward Pass: Only one forward pass can occur. There is no limit for lateral passes.

Fair Catch: The punt returner must signal a fair catch by extending one arm overhead and waving. Kicking team can come no closer than 5 yards from the kick returner if fair catch is signaled for.



First Down:

- I. To keep possession of the ball and/or gain a first down, the offensive team must advance from one zone into the next zone in four downs.
 - A. Each zone is 15 yards.
- II. Loss of yardage from one zone into another will not change the zone the offensive team must cross into to achieve a first down.

Boundaries: Players and coaches on the sidelines, will not be allowed inside the 15 yard line while the game is in progress. We request spectators observe the same rule.

Safety: If a safety occurs on the offensive team, the opposing team will take possession at their own 15 yard line.

DEFINITIONS

Blocking: Blocking is obstructing an opponent by contacting him/her with any part of the blockers body. In blocking, a player may contact opponents with the arms or hands provided the technique is legal.

- I. Closed or cupped hand technique:
 - A. The elbows may be inside or outside the shoulders.
 - B. The hands must be closed or cupped.
 - C. The forearms are extended no more than 45 degrees.
- II. Open hand technique: The hands shall be:
 - A. In advance of the elbows (no more than 45 degrees)
 - B. Inside the frame of the blocker's body.
 - C. Inside the frame of the opponent's body.
 1. Exception-When the opponent turns his back to the blocker.
 - D. At or below the shoulders of the blocker and the opponent.
 1. Exception-when the opponent squats or ducks.
- III. The hands and arms shall not be used to grasp, pull or encircle, hook, lock or clamp in any way that illegally impedes or obstructs an opponent.
- IV. Blockers may not leave their feet while attempting a block.
- V. Downfield blocking is legal as long as the block is not made in the back of the defender.

Tackling:

- I. An attempt to encircle the body of an opponent with hands or arms, thus impeding his/her progress. (9 yard penalty)
- II. Tackling or pushing a ball carrier who is running near a sideline for the purpose of knocking him/her out of bounds. (9 yard penalty)
 - A. Ball carrier's progress can be stopped only by de-flagging.
- III. Tackling or knocking a runner out of bounds, or any other flagrant means to prevent an obvious score within the 15 yard line will result in a touchdown.



Charging: The ball carrier may not run through or over a defensive player. The object is for the ball carrier to evade the defensive player. A defensive player must run around and not through an offensive blocker. (9 yard penalty).

Clipping: Running or driving into the back of an opponent. (9 yard penalty)

Protecting the Flag: The ball carrier shall not protect his/her flags by blocking with arms or hands or hurdling to stop an opponent from pulling or removing flags. (9 yard penalty)

Motion: One offensive player may be in motion, but not in motion toward the opponent's goal line, prior to the snap. All other players must be without movement of any part of the body or its extremities. (3 yard penalty)

Shifting: Shifting is only allowed with the (3) three offensive players in the backfield. However, the shift must be verbally communicated by the offensive team, and only one shift can occur between downs.

Roughing the Passer: When the defensive players rush the passer trying to defray or block the pass, let their momentum carry them into the passer. Defensive players may not have any physical contact with the passer. (9 yard penalty and an automatic first down)

Hurdling: An attempt by the runner to jump over the upper body of a defensive player who is upright. (Standing, sitting and kneeling is defined as upright) Runners may hurdle a player in the prone position to avoid injury. (9 yard penalty)

Straight Arm: Extended to ward off an opponent. (9 yard penalty)

Stance: Both teams must use an upright stance; no 3 or 4 point stances are allowed. (3 yard penalty)

Defensive Pass Interference: Penalty will be first down at the spot of the foul.

Illegal or Misuse of Flags: Flags must be worn as intended. Any looping, tying, cutting, or flag alteration of any kind will be an unsportsmanlike penalty. (9 yard penalty, 2nd offense will be ejection from game)

Stickum: Player or ball is ineligible to play in game until the substance has been removed. (9 yard penalty)

Illegal Formation: Eight players on the field at one time. The offense must have five players on the line of scrimmage and the defense must have 5 on the line of scrimmage at the time of the snap. (3 yard penalty from the line of scrimmage)



Intentional Grounding: A deliberate attempt to throw the ball away in order to avoid a tackle. (3 yard penalty and loss of down)

Illegal Forward Pass or Lateral: Throwing the ball, over hand or under hand, to a team member who is in front of the ball carrier, once the ball has crossed the line of scrimmage. (3 yard penalty)

Offensive Pass Interference: 3 yard penalty plus loss of down.

Sleeper Play: No offensive player may be closer than 5 yards from the sidelines prior to the snap. (3 yard penalty)

Center Sneak Play: The quarterback may not hand the ball back to the center following the snap. (3 yard penalty and loss of down) The center may become a ball carrier, as a receiver on a legal forward pass only.

Extra Point Mark: 3 yard line.

Scoring:

- I. Touchdown - 6 points
- II. Safety - 2 points
- III. Successful extra point
 - A. Running - 1 point
 - B. Passing - 2 points (the ball must be caught in the end zone to be 2 points)

Enforcement of penalties:

During running plays, the penalty is enforced against the offensive team from either the spot of the foul or the end of the run, whichever hurts the team more. The down is played over, unless after the penalty has been administered, a first down occurred.

All fouls against the offensive team on a passing play, will be administered at the line of scrimmage, unless the foul occurred behind the line of scrimmage.

Cancellation/Rescheduled Games:

In case of inclement weather call the **weather-line at 303.805.3288**. We will update that line when we make a decision on games. Make-up games will be played during open times available throughout the week, including Saturdays and possibly on Sundays.

ELASTIC POWER:

The Parker Sport staff reserves the right to establish guidelines for any and all rules or infractions not covered in the league rules and to refuse participation to any individual or coach if they do not obey the rules and regulations and keep within the spirit of sportsmanship.