



## 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 seven (7) 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.
- VI. **Any protective equipment (including braces and casts) must be fully padded with dense foam or an equivalent material, and wrapped to ensure it is not a danger to any player's safety. Referee/supervisor will need to inspect and approve all such equipment prior to allowing it on the field.**

**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 7 players on the field (Ages 6-14).
- II. There are no requirements to adhere to any type of lineup other than described below
  - A. Each team must place someone on the ball to snap the ball each play
  - B. The defensive backfield must be 3 yards behind the line of scrimmage.
- III. Rules can be adapted on the field if less than 7 players are present on one of the teams.
  - A. If one team shows up with less than 7 players, they may borrow players from opposing team or members of another team in the same age division.
  - B. If one team has only 6 players and chooses not to borrow from another team, the opposing team will also play with 6 players.

### **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 5 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.
- III. The offensive team takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, it has (4) plays to score a touchdown.
- IV. If the offense fails to cross midfield or fails to score, the ball changes possession, and the new offensive team takes over on its own 5-yard line.
- V. All possession changes except interceptions start on the offense's 5-yard line.
- VI. Teams will play 7 on 7. Exceptions may be made if teams are short players for a week.
- VII. Hiking the ball can be done in one of two ways:
  1. Traditional – Center hikes the ball through his or her legs
  2. Hand-off Style – Center turns and hands the ball to the QB

### **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.

### **Passing:**

- Shovel passes are allowed but must be received behind the LOS.
- The Quarterback has ten (10) seconds to throw the ball (can run after 5 seconds)
- If a pass has not been thrown or the QB has not run the ball within 10 seconds, the play will be whistled dead, and it's a loss of a down. (Treat it like an incomplete pass)
- Once the ball is advanced the remaining player / players CANNOT impede the defense from attempting to pull flags
- Once the ball is handed off, there is no 5 seconds rule.
- If the QB's flag is pulled before the ball leaves his or her hand, the play is ruled dead and the ball is spotted where the QB's feet are.
- Interceptions will result in the opposing team taking over at the spot of the turnover.
- If a pass is tipped / blocked by the defender and the QB catches the ball, the play is whistled dead and considered an incomplete pass.
- The QB may throw the ball to avoid a sack. Pass must go beyond the LOS

### **Receiving:**

- All players are eligible to receive a pass (including the QB if the ball has been handed off behind the LOS)
- Only one (1) player is allowed in motion at a time
- A player must have at least one foot in bounds when making a reception
- Once the ball is advanced beyond the LOS, the remaining players CANNOT impede the defense from attempting to pull the offensive player's flag. (No screening or blocking; No running next to the ball carrier)
- The ball carrier may not hurdle defenders.
- Once the ball is advanced the remaining player / players CANNOT impede the defense from attempting to pull flags

### **Running:**

- **The QB can run beyond the LOS with the after the play has been live for 5 seconds**
- Teams can use pitch plays or direct handoffs
- Teams may use multiple handoffs as long as they are behind the LOS
- The player who receives the pitch or handoff can pass the ball as long as they remain behind the LOS
- The ball will be spotted where the runner's feet are when the flag is pulled. NOT where the ball is
- Center sneak play is NOT allowed. The QB may not hand off the ball to the center.
- The ball carrier may not hurdle defenders.
- Once the ball is advanced the remaining player / players CANNOT impede the defense from attempting to pull flags

### **Rushing the Passer:**

- The rusher must wait 5 seconds before rushing the passer (will be done by the official)
- The rusher has a clear path to the passer and any intentional interference by the offence to impede his or her path will be considered screening / blocking.
- If the rusher leaves the rush line early (before 5 seconds) the rusher may return to the rush line, reset and then legally rush the passer.
- Players not rushing the passer may defend on the LOS but may not enter the backfield unless the ball is handed off.
- Players rushing the passer may attempt to block the pass, however NO contact can be made with the QB in any way.
- A legal flag pull takes place when the ball carrier is in full possession of the ball. A defensive player may not pull the flags off a player who does not have possession of the ball.
- Defenders can dive to pull a ball carriers flag, but CANNOT hold, tackle or run through the ball carrier when attempting to pull their flags.
- It is illegal to attempt to strip or pull the ball from the ball carrier.

### **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 opponent's 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.

**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 5 yard line.

## **DEFINITIONS**

### **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. **Whether intentional or not**, Defensive players may not have any physical contact with the passer. (9 yard penalty and an automatic first down)

**Unnecessary Roughness:** When a player uses physical force in a manner that the referee believes is in excess of what can normally be expected in regular game play. Depending on the severity of the offense, the referee will give a warning or has the right to eject the player. (9 yard penalty plus warning or ejection).

**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.