

Wheatland Athletic Association



2026 FLAG FOOTBALL RULES

GENERAL

- Games: Wednesdays
- Practices: Coaches discretion - outdoors
- Field Size: WAA Sports Center Soccer Field
- Dates: Practice April 08, Games April 15-May 20.
- Game times are: 4:30, 5:20, 6:10, 7:00, 7:50, 8:40pm
- Football size: 1st-4th Grade (Pee Wee), 5th-6th Grade (Junior)
- QB Tee used as center: 1st-4th Grade (6 seconds), 5th-6th Grade (5 seconds)



ROSTERS

- 4 teams, 7-10 players per team. It is important that all players attend every week.
- Players will rotate positions on both offense & defense.
- Poor attendance will result in less offensive playing time.
- Players and coaches were allowed to make requests to be on the same team. As WAA has respected those requests, coaches, players, and parents are expected to be respectful of each other and the potential disparity between teams.

CONDUCT

- This is a non-contact league; come prepared to have fun.
- Intentional tackling, fighting, swearing, inappropriate gestures, taunting, and unsportsmanlike conduct will be penalized and in severe cases dealt with on an individual basis according to the situation.
- Players will be subject to one or more of the following for conduct violations: team penalized 15-yards, offending player(s) not allowed to participate for half of the game, ejected from the game, suspended from participating in multiple games, or ejected from the league.
- All players, coaches and fans must follow the WAA Code of Conduct.

EQUIPMENT

- Gym shoes ONLY on the field turf. Spikes/cleats are NOT allowed on the surface.
- Mouthpiece, knee pads and elbow pads are optional. They can be purchased at any sporting goods store.

GAME RULES

- This is a passing league with NO BLOCKING allowed. Running plays/handoffs are not allowed.
- Games will start at their scheduled time.
- Games will consist of two 21-minute halves with a running clock. 3-minute intermission between halves.
- There are no timeouts.
- Substitutions: Players will be in constant rotation throughout the game. Offensive subs shall be behind the offensive formation, on a knee, by the coach. This will facilitate faster subs.
- One coach is allowed on the field for defense and must stand behind the deepest player on defense.
 - NO coaching once the offense is lined up and ready to run their play
 - Coach CANNOT call out plays or switch coverages.
- **Visiting team will start every game on Offense. Home team will start every 2nd half on Offense. Teams change direction at the half.**
- Scoring
 - Touchdown: 6 points
 - 1 point PAT: No Play – automatic point
 - 2 points PAT: taken from the 5-yard line
 - 2 points for a Defensive Stop
 - 3 points for an Interception
- A game is considered over after completion of 2 halves.
- A game cannot end on a defensive penalty. The offense will be awarded the proper yardage and another play.
- Fumbles: Ball is dead at the spot of the fumble and the team that was in possession retains possession. If fumbled backwards, it is spotted where the ball hits the ground. If it is fumbled forward, it is spotted at the spot of the fumble.
- **Offense**
 - **6 Offensive Players for 1st-4th Grade / 5 Offensive Players for 5th/6th Grade and up to 2 Coaches on the field**
 - **6 offensive players, a QB and one player on the line of scrimmage on each side of the formation, remaining 3 players need to line up off the line of scrimmage.**
 - **5 Offensive Players, a QB and one player on the line of scrimmage on each side of the formation, other 2 Players off line of scrimmage.**
 - The offensive team is required to provide a player (or coach/parent) to act as the center. They are responsible for moving the QB Tee up to the new spot after a completed pass, retrieving the ball and setting it on the QB Tee.
 - Offense will have 40 seconds between plays for 1st/2nd Grade and 30 seconds for 3rd-6th Grade.
 - Every time the offense crosses a “coned” 20-yard line, they are awarded a first down.
 - Teams have 4 downs to gain the first down line or score.
 - **Motion is allowed.** One player only and must be a player off the line of scrimmage.

- Forward passing **ONLY**. No hand-offs or lateral passes. Forward pass can be thrown behind the line of scrimmage (i.e. Screen Pass). **Laterals ARE allowed AFTER a forward pass is completed.**
- **Quarterbacks:**
 - Quarterback must have shoulders square to the line of scrimmage and 2 hands on the ball before the snap
 - No silent count, the Snap count must be loud enough for all players to hear.
- **Defense:**
 - **1st-4th Grade (6 Players on Defense), 5th/6th Grade (5 players)**
 - **NO RUSHING THE PASSER.** Timer goes off before QB throws the ball it is a dead play.
 - **Interceptions:** the defense can intercept a pass but the ball is dead at the point of the turnover. Start possession on 20-yard line.
 - **Fumbles:** DEAD BALL at spot of the fumble
- **Kickoffs: NO** Kick-offs. The offense begins possession on the 20-yard line at the start of each half and after each score.
- **NO Punting:** If offense does not gain a 1st down or score on 4th down the opponent starts on their 20-yard line.
- **De-flagging / "Tackling"**
 - A player in possession of the ball is "tackled" when the flag belt is pulled from their waist.
 - Flag belt must be on the outside of the uniform and worn as the product is intended to be worn. Any alteration is considered unsportsmanlike conduct.
 - Offensive players cannot block a defensive player's attempt to pull their flag or cover their flag with anything.
 - Defensive players must only grab the flag in an attempt to remove the player's belt. If a defensive player grabs an article of clothing instead of the flag, they must release the offensive player immediately.
 - Defensive players cannot wrap-up the ball carrier and then pull the flag (penalty of 5-yards or half-the-distance added to end of play).
 - If the offensive player's flag falls off without a defensive player pulling the flag off, the defensive team must touch the player in possession of the ball with one hand anywhere on the player's body. Players should continue to play until the whistle is blown.
- **Turnovers:** There are three key rules to turnovers:
 - **Fumbles:** Dead ball
 - **Forced Fumble:** If a player attempts to force a fumble by punching, slapping, slashing or otherwise, defensive team will be penalized and the team in possession of the ball will retain possession. These actions are considered initiating contact and are not allowed. 15 yard penalty and automatic FIRST DOWN.
 - **Interceptions:** the defense can intercept a pass, but the ball is dead at the point of the turnover. **THREE POINTS for every INT.**

PENALTIES

- **Offside (either team):** 5 yards from the line of scrimmage.
- **Delay of Game:** 5 yards from the line of scrimmage
- **Illegal Formation (offense):** 5 yards from the line of scrimmage.
- **Illegal Procedure/false start (offense):** 5-yards from the line of scrimmage. Play whistled dead.
- **Blocking by the Offense:** 5 yards from the point of the foul, loss of down
- **Stiff Arming:** Ball carrier is whistled down. Unsportsmanlike conduct foul may also be called.
- **Holding (either team):** 5 yards from the line of scrimmage.
- **Pass Interference (either team):** 10-yards from the line of scrimmage. Automatic loss of down.
- **Pass Interference (defense):** Ball spotted at the point of the foul and is an automatic first down. If this penalty occurs in the end zone, the ball is spotted at the 3-yard line and a 1st down is awarded.
- **Unsportsmanlike Conduct (either team):** 15-yards from the point of the foul and automatic 1st down.
- **Diving into a ball carrier/ Contact tackling (defense):** Unsportsmanlike conduct (see above).
- **Forward dive by a ball carrier to prevent tackling (offense):** Down at the point of foul.
- **Rules Changes:** These rules may change before the start of the season. All players will be notified of changes.