



#### Fall Flag Football Rules 2023 Kindergarten league

Carrollton Website [www.carrolltonboosters.org](http://www.carrolltonboosters.org)

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Carrollton Boosters

We are a volunteer youth sports organization. Our goal is for Carrollton Flag Football to be a rewarding experience for our players and their families. It is important to remember that having fun and learning the skills of the sport are both important parts of a quality youth sports experience. We encourage the spirit of competition but we demand good sportsmanship from all who participate in our program. Sometimes coaches and fans get frustrated or carried away in the excitement of a game. These emotions are never an excuse for anyone to lose sight of our goal to provide a safe environment where

children can have fun, learn to play better football, and develop into responsible young men and women. It is our responsibility as players, coaches, and fans to make sure that we always act in the best interest of the kids. Winning a championship is an important goal, but our greatest aspiration should be that playing Flag Football at Carrollton will be remembered fondly by every player.

### **1.0 Format**

1. 7 on 7. If one team has less than 7 players, they can still play without forfeiting but will play shorthanded. A team must have at least 5 players for a 5 on 7 game. 4 players is a forfeit.
2. Games have 2 - 25 minute halves with a 5 minute halftime. The referee will signal the start of a half, 2 minute warning, and end of the half. It is a running clock.
3. Practices are allowed at the coach's discretion.
4. No score is kept. No playoffs in the kindergarten league.

### **2.0 Age Groups**

1. Age group is based on the child's age as of April 30, 2023

### **3.0 Draft Rules**

1. There is no grading

### **4.0 General Rules**

1. This is co-ed football and all are welcome to play in this league. There are no male/ female restrictions
2. All players MUST wear team shirt or be ineligible to play. All players shorts must be a different color than the flags given. Shorts without pockets are preferred.
3. Late arriving players may enter at any time
4. ALL DEFENSIVE PLAYERS HAVE TO START 7 YARDS OFF OF THE LINE and can rush at anytime.
5. Two timeouts per half is allowed per team. These are 30 second timeouts. Timeouts do NOT roll over to the second half. If a child is injured, the time stop. Any coach thought to be manipulating this can be removed from the game. This is about child safety.
6. First down at 15 yards which will only allow for maximum of 2 first downs per possession. The 1st down should be marked with a blue bean bag.
7. The coach can be the quarterback to help facilitate the offense with handoffs and short passes. This is not a requirement. A child on the team can and should be a QB at some point in the game and especially as the season progresses. The coach QB can't run outside the pocket and has to throw the ball shorter than 10 yards. The coach QB doesn't have to wear flags, but will be called down if touched with one hand by a defensive player. This new rule has been installed to solely help the younger kids understand how an offense operates.

8. Center snap starts the play and must be to the side in an overhand or underhand motion (not required but allowed to be between the legs). The snap must travel at least two yards to the quarterback. The player receiving the snap is considered the quarterback. If the snap is fumbled, the player the fumbled the snap can pick the ball up and continue with the play.

The snap need to be visible to the defense.

9. Ball is spotted at the spot the ball is when the player goes out of bounds, knee down, or flag pulled.

10. The referee will pull the flags of any player that scores a touchdown. If the flags are tied or unable to be removed, the play will result in loss of down, 10 yard penalty and no touchdown.

11. All offensive series will begin from the 5 yard line.

12. If a player's flag is pulled in the end zone, there is no safety, but the ball will be placed at the goal line.

13. A player is down only when a flag is pulled, knee down or is ruled out of bounds. If the flag falls off, the player then needs to only be touched to be called down.

14. There are no extra points after a score. All scores are worth 7 points.

15. On 4th down a team may elect to go for the first down or surrender the ball to the opposing team who will start at the 5 yard line.

16. There are no fumbles. Any ball on the ground signifies the end of the play unless it occurs during the snap. See # 8 above.

17. A huddle may last no more than 30 seconds. Umpire will start the 30 second clock once the ball is set. He will yell 10 seconds left. At 5 seconds, he will count down. There will be 1 warning and after that, the penalty will result in a loss of down.

18. Blocking is allowed with offensive player holding his/her hands behind the back only. Illegal blocking or holding results in a stoppage of play and the ball carrier is down where he or she was at the time of the penalty. No penalty yardage and no loss of down. Moving and blocking is allowed but the blocker cannot initiate any contact (Think basketball).

19. If the QB is past the line of scrimmage and throws the ball, the play is over and on to the next down. No penalty yardage and the ball comes back to the original line of scrimmage. This would not count as a QB run.

20. Defense is responsible for being set - offense may run plays at their speed and do not need to wait for defensive positioning. The ref may abandon this rule if in his opinion the defense is delaying play.

21. Players may not wear any hard padding, helmets, or gear that is deemed harmful to other players. Hard casts are not allowed. Soft casts MAY be allowed. The determination of a cast is at the discretion of either the ref or league coordinator.

22. No intentional grounding will be called.

23. Ball is spotted where the ball is when the flag is pulled. Only the ball needs to cross the goal line for a touchdown.
24. 2 coaches are allowed on the field per team for both offense and defense to assist with player assignments prior to the play and remain on the field outside the action. At the referee's discretion any coach obstructing the play will allow for the opposing coach to have the option of a replay of the down. A coach making contact with a player (his own or an opposing player) or ball will be called for obstruction.
25. Substitutions may be made at any time in accordance with participation rules provided they do not delay the game.
26. All offensive players are eligible receivers.
27. All other football rules at the referee's discretion - referee calls are final.
28. A referee may eject player or coach at his discretion.
29. Coin flip to determine kickoff with winning team having the choice to receive in either half.
30. Any composite football may be used in the 5/6 league.
31. Snap counts or QB cadence can't be called by a coach. Must be called by the quarterback

## **5.0 Penalties**

1. All offensive penalties are 5 yards and re-play down unless noted above or below. All defensive penalties are 5 yards and re-play down unless noted above or below.
2. Offsides / false start is a 5 yard penalty – replay the down.
  - a. No offsides called unless there are multiple repeat offenses at the referee's discretion.
3. No flag guarding or untucked shirts. Infractions involving the ball handler that impact the play will result in the play being over where the penalty occurs. No penalty yardage.
4. The referee will pull the flags of any player that scores a touchdown. If the flags are tied or unable to be removed, the play will result in loss of down, 10 yard penalty and no touchdown.
5. Pass interference may be called by the referee. Pass interference results in a first down and a 10 yard penalty from the original line of scrimmage.
6. Defensive Holding is defined as a defensive player that is not attempting to pull the flag of a player but impeding the progress of an offensive player. Tugging on offensive players' shorts is not necessarily holding. 5 yard penalty. Replay the down.
7. The opposing team may decline any penalty.
8. Taunting of other players or play excessively rough will be deemed unsportsmanlike. A ref will issue a warning after the first offense and a penalty of 5 yards after the second. If the ref feels the player

needs to be removed from the game at any time, he may eject the player on grounds of unsportsmanlike conduct.

9. If a defensive player tackles the offensive player, the game clock is stopped. The coach is brought onto the field and talks to the player. The player is to be removed for one play.

10. Unnecessary roughness – automatic 1st down, 10 yard penalty. Player may be ejected if play is deemed intentional

11. The 1st down line will be marked with a blue beanbag. A red bean bag will mark the rush line.

### **6.0 Rushing the Quarterback**

1. ALL DEFENSIVE PLAYERS HAVE TO START 7 YARDS OFF OF THE LINE and can rush at anytime.

2. A red beanbag will be placed 7 yards from the line of scrimmage which determines the rush line. This includes plays near the goal line. For example: If the ball is spotted at the 1 yard line, the rush line is 6 yards deep into the end zone.

3. Multiple players may rush the QB. Zone or man-to-man defense is allowed.

### **7.0 Participation/Sportsmanship**

1. All players must carry the ball on offense at least once a game.

2. All players MUST play at least half of the game. Not following this rule can result in forfeit at the discretion of the referee and commissioner.

3. Taunting of other players or play excessively rough will be deemed unsportsmanlike. A ref will issue a warning after the first offense and a penalty of 5 yards after the second. If the ref feels the player needs to be removed from the game at any time, he may eject the player on grounds of unsportsmanlike conduct.

4. A ref will call a penalty and explain the penalty to both head coaches only. Referee decisions are final. Coaches shall not argue with referees to ensure good sportsmanship.

\*\*\*\*\*Avenger Field layout below

We will have home and away sides for the teams.

