

# 2018 WEST GA. FLAG FOOTBALL RULES

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(PLAYERS MUST TURN 5 YEARS OF AGE BEFORE SEPTEMBER 1, 2018)

(COACHES-PLEASE READ ALL RULES)

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1. It is recommended that all coaches be at least 18 years of age and know the game of football.
2. All coaches must pass a background check and attend a coaches certification program before coaching.
3. There will not be more than 4 coaches per team. The head coach is responsible for keeping all Moms, Dads and spectators off the sidelines. The more people on the sidelines the more problems can occur.
4. All coaches must know the rules and play by the league rules only.
5. All players must play in every game and must play as much as possible.
6. Coaching passes--All 4 coaches plus the cheerleading coaches (3) will be given a coaching pass that must be worn around the neck when entering the stadium and the entire time while on the sidelines. Anyone without a pass will be asked to leave the sidelines. Note--The pass must be worn around the neck.
7. Teams may have 2 coaches on the field during offense and defense to make sure the players are lined up correctly. When the offense breaks the huddle all coaches must back up 10 yards from the ball and cannot touch or move any player. There is a 10 yard penalty for touching or moving a player after the huddle breaks.
8. Note--All coaches should remember these are 5 & 6 year olds and should never run the score up. Show good sportsmanship and let them play and have fun.
9. Coaches must always have their teams warmed up and ready to play at game time.
10. Recreation Departments may use the officials association or use high

school coaches to officiate games. Make sure whoever is used know the flag rules and have knowledge football.

### GAME INFORMATION

1. The season will open on Saturday,. Teams will either play 5 or 6 games, depending on the byes.
2. Games will consist of four 10 minute quarters with a running clock that will stop only for timeouts and injuries. Halftime will last 7 minutes.
3. The change of end of the field will only happen at halftime
4. There will be a 10 minute grace period for the first game of the day only.
5. Games will be played with 9 players.
6. Offense--There must be 5 players on the line and 4 in the backfield.

Teams may play with 8 players if only 8 show up, there must 5 on the line and 3 in the backfield.

### Defense--

1. There must always be at least 3 players on the line.
2. Teams cannot play with a nose man.
3. Anyone lined up in front of the center must be back 10 yards from the center.
4. Coaches cannot line players up in the gaps between the center and the guards. Defensive players must be lined up head on the guards.
7. Playing Field will be 60 yards long and regulation football wide.
8. Teams will get 3 timeouts per half.
9. All players must have matching color jerseys or t-shirts with a number on the back.
- 10.. The game ball must be the Wilson K-2. (nothing any smaller or larger)
11. All rosters must be filled out with all information. Note-It is a good idea if each coach would take a roster to all games in case the PA Announcer does not have one.
12. Coaches should have a first aid kit. Host teams must have a cooler of water for players on their bench. On very hot days, give plenty of water breaks.

### FLAG INFORMATION

1. On offense all players that will run or catch the ball must wear a flag. If a player intercepts a pass he must be wearing a flag in order to advance the ball. If the player is not wearing a flag and intercepts the ball, the play will be dead at that spot.
2. Only one (1) flag has to be removed from the ball carrier. The play will be dead at that spot.
3. Players must keep their shirt tails tucked in their pants. The shirts cannot interfere with the flags.
4. Velcro Flags are the only type flags that maybe used. Coaches cannot alter the flags in any manner. (If altered the coach is suspended)

### GAME RULES

1. Players cannot wear helmets or shoulder pads. Players are allowed to wear a mouth piece, elbow pads or knee pads.
2. All blocking must be above the waist and no blocking in the back or face. 10 yard penalty for blocking above the waist, back or face.
3. No kick offs--A coin toss will be held to see who gets the ball first. One coach from each team may attend the coin toss and a coach may call the flip. The ball will be placed on the 30 yard line to start play.
4. Free Punts--If a coach wants to punt on 4th down, he must tell the game officials and the ball will be moved 25 yards down field unless the ball is on or inside the opposing teams 30 yard line, then the ball will be moved only half distance to the goal line.
5. Minor penalties 5 yards and major penalties 10 yards.
6. No tackling--First offense will be a warning to the coach and the 2nd time a 10 yard penalty.
7. There will not be any 2 point conversion. 1 point for any extra point.
8. Games ending in a tie will remain a tie. No tie breakers.
9. If either team gets a 26 point lead, the leading team cannot call a time out or throw a forward pass with 2 minutes or less left in the game.
10. The center sneak play is not legal.
11. Players cannot play with any type of cast on any part of the body.

### BAD WEATHER

Games may be cancelled due to bad weather or if the weather may be a danger to players, officials and spectators. This decision will be to the discretion of the host before the game gets underway and the host and officials if the game has started. Called games may be made up. If games are called at halftime or anytime in the 2nd half it will be a completed game.

#### COACH OR FAN EJECTION

If a coach or a fan gets ejected they must leave the stadium at that time. The coach will be suspended 2 game and during that time he cannot attend any practices or the suspended games.

The fan will also be suspended for one game or the fan's recreation department *may take further action.*

\*Note- Games may start at 9:00am this season followed by 12's, then 10's and the 8's will play the last game of the day.(If anyone wants their games to play later in the day, let me know)