

Wheatland Athletic Association

FLAG FOOTBALL RULES, 1st/2nd Grade

GENERAL

- Games: Saturdays.
- Practices: One weeknight per week
- Field Size: 40 yards with two 10-yard end zones
- Scrimmages are scheduled for August 15. Games will start on Saturday, August 22.
- Pee-Wee size footballs will be used.



ROSTERS

- 8-10 players per team. It is important that all players attend every week. Poor attendance
- Players will rotate positions on both offense & defense.
- The director of the league and the coaching staff has the responsibility to keep the teams as fair and equal as possible. If changes in team rosters are necessary, the director and staff will do so by the third game of the season.

CONDUCT

- This is a minimal contact league; come prepared to have fun.
- Intentional tackling, fighting, swearing, inappropriate gestures, taunting, and unsportsmanlike conduct will be penalized.
- Players will be subject to one or more of the following for conduct violations: team penalized 15-yards; the offending player(s) may not be allowed to participate for half of the game, ejected from participating in 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

- All players should wear plastic/rubber spikes. No metal spikes are allowed.
- Mouthpiece, knee pads and elbow pads are optional. Baseball hats and sunglasses are not allowed to be worn on the field.

GAME RULES

- Games will be played 5 vs. 5.
- Coin Flip: Coaches and captains must be prepared for the coin flip 10-minutes before the scheduled start of the game. Team can choose to start on offense or defense only and cannot defer their choice. Teams switch direction at halftime.
- Player "Bench" areas: Each team must stay between their own 5-yard line and midfield. Coaches and reserve players are not allowed to stand inside the 5-yard line. For safety reasons players must be at least 5 yards back from the sideline if they are going to be sitting or kneeling.
- Players can only wear league issued flag belts.
- Games consist of two 24 minutes timed halves with a 5-minute intermission between halves. The clock will only stop for timeouts, 2 per team each half.
- Play clock is 40 seconds. Delay of game penalties will not start until Week #3.
- Substitutions: Players will be in constant rotation throughout the game.
- Two coaches are allowed on the field to call offensive plays in the huddle and help organize the players.
 - The coaches on the field cannot talk once the players line-up and the QB starts the cadence. 1st Violation will be a warning, 2nd and subsequent violations will be a 5-yard penalty from the previous spot, replay the down.
- One coach is allowed on the field for defense.
 - The coach must be deeper than the deepest player on defense.
 - Once the offense lines-up, the coach on the field may only help his players identify their "cover"
 - The coach on the field cannot talk once the players line-up and the QB starts the cadence. 1st Violation will be a warning, 2nd and subsequent violations will be a 5-yard penalty from the previous spot, replay the down or 5 yards added on to end of the play.
 - Sideline coaches can call out changes and instructions.
- Scoring
 - Touchdown: 7 points. There will be no extra points (except for Playoffs).
 - A game cannot end on a defensive penalty. The offense will be awarded the proper yardage and another play.
 - Safety – 2 points and Defensive team gets ball at their 5 yard line – like a normal possession.
 - Playoff Overtime:
 - A coin toss will determine alternating possession. Each team will have a possession in each OT period.
 - Each team will have a four-play possession beginning at their opponent's 10-yard line.
 - If a team scores, they can take one or attempt the two-point conversion from the 5-yard line.
 - The team with the most points at the end of the OT period wins the game.
 - Starting with the 3rd OT period, each team must attempt a 2-point conversion if they score a touchdown on their possession.

OFFENSE

- **Offensive Formation-** 1 quarterback, 4 receivers/running backs (2 players on each side of the formation – no trips formation)
 - 1 receiver on each side of formation must be on the line of scrimmage, 2nd receiver/running back on each side of formation must be off the line of scrimmage.
 - Receivers/Running Backs must line up outside the tackle box – 2 yards outside the QB Tee.
- Each Offensive Possession will start on the team's own 5-yard line. **Exception:** After an interception the ball will be spotted where the play ends.
 - Offense gets 4 plays to cross the Center line for a 1st down or score.
 - Failure to gain a 1st down or score will result in the other team taking possession at the 5-yard line (except for an interception)
- **Blocking:** - There is no contact blocking allowed.
 - An offensive player may only screen a defensive player by standing in front of them with their hands tight to their body.
- **Motion** - No motion by a receiver is allowed. All players must remain set.
- Handoffs, receiver sweeps and reverses are allowed.
 - Ball carrier must go outside tackle box on all runs up the middle (at least 2 yards outside the QB Tee).
 - The Quarterback is eligible to receive the ball on a reverse and advance the ball across the line of scrimmage.

- **Quarterbacks**
 - Coaches have the option of playing quarterback for the first 2 weeks of the season. Starting with week #3 the players will play quarterback.
 - Silent counts are not allowed.
 - The quarterback will take the ball off of the QB Stand. If there is no QB Stand they will start at the line of scrimmage.
 - Quarterback must have 2-hands on the ball, shoulders square to the line of scrimmage before the snap and cannot rock back before the snap.
 - QB has 5 seconds to release ball (QB stand has a 5 second timer). If there is no QB Stand the official will be responsible for the 5 second count.
 - If the ball is not released (pass or handoff) in 5 seconds, it will be blown dead and ruled an incomplete pass.
 - Quarterback cannot run the ball across the line of scrimmage. EXCEPTION: QB can handoff the ball to another player and then get the ball back and run across the line of scrimmage.

DEFENSE

- **Defensive Formation:** 1 safety, 4 cornerbacks
 - Cornerbacks – two on each side of the formation and must be lined up within 5 yards of the line of scrimmage. **NEW – requirement for lining up across from a player and playing man-to-man defense has been removed.**
 - The Safety can line up anywhere on the field.
 - Defensive players cannot rush the quarterback.
 - Defensive players must go around an Offensive player that is attempting to screen block them. They cannot use their hands to push the blocker out of the way or run through them. Overly physical or unnecessary contact by a defensive player on a blocker will result in a 10-yard penalty enforced from the L.O.S. if play ends behind the L.O.S. or from the end of the play if play ends beyond the L.O.S. If the contact is ruled to be flagrant it will result in a 15 yard unsportsmanlike penalty. A second offense by the same player will result in an ejection from the game. The object of the defender is to get around the offensive blocker and pull the flag, it is not to run over the blocker.
 - Defensive players cannot cross the L.O.S. until the ball is either thrown or handed off. Penalty is 5 yards and replay the down.

TURNOVERS

- ALL FUMBLES are dead at the spot of the fumble (where the ball was fumbled and not where the ball hits the ground). The play will be whistled dead and the team in possession of the ball when it was fumbled will retain possession.
- **Forced Fumble:** If a player attempts to force a fumble by punching, slapping, slashing, or otherwise hitting the ball, it will be penalized and the team in possession of the ball will retain possession. Please have your players pull the flag.
- Backwards lateral
 - Defense can advance if they recover the ball in the air.
 - The ball is dead if it hits the ground – considered a fumble.
- Interceptions: An intercepted ball on a forward pass can be advanced by the defending team.

DEFLAGGING / “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 unsportsmanlike conduct.
 - Offensive players cannot block a defensive players attempt to pull their flag or cover their flag with anything.
 - Defensive players must only grab the flag in an attempt to remove the players' 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. (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 players in possession of the ball with one hand anywhere on the players' body. Players should continue to play until the whistle is blown.

LAST MAN BACK

- A touchdown or extra point will be awarded if in an official's judgment, an offensive or defensive player who has obviously broken loose and has an apparent touchdown made is tackled, held, or deliberately pushed out of bounds.

COURTESY RULE

- These rules apply when the point spread is 21 points or more
 - Losing team adds 1 player when on Defense and will play with 6 defenders

PENALTIES

- **Offside (dead ball foul)**, either team: 5 yards from the line of scrimmage.
- **Illegal Formation (live ball foul), Offense:** 5 yards from the line of scrimmage.
- **Illegal Shift & Motion (live ball foul), Offense:** 5 yards from the line of scrimmage.
- **Illegal Forward pass, Offense:** 5 yards from the spot of the illegal forward pass.
- **Illegal Procedure/false start (dead ball foul), Offense:** 5-yards from the line of scrimmage. Play whistled dead.
- **Illegal Contact, Defense:** Illegal contact with blocker, 10-yards from end of play OR 10 yards from the L.O.S. if the play ends behind the L.O.S.
- **Illegal Contact, Offense,** Illegal contact during blocking, 10-yards from spot of the foul OR 10-yards from L.O.S. if the play ends behind the L.O.S.
- **Stiff Arming, Flag Guarding or Blocking the Flag, Offense:** Ball carrier is whistled down where a defensive player attempted to pull flag. Unsportsmanlike conduct foul may also be called.
- **Block in the Back, Offense:** 5 yards from the point of the foul.
- **Pass Interference, Offense:** 10-yards from the line of scrimmage and loss of down.
- **Pass Interference, Defense:** Ball spotted at the point of the foul and is an automatic 1st down. If this penalty occurs in the end zone, the ball is spotted at the 1-yard line and a 1st down is awarded.
- **Unsportsmanlike Conduct,** By Defensive player results in an automatic 1st down AND 15 yards enforced from the L.O.S. if the play ends behind L.O.S. or 15 yards from the end of the play if the play ends beyond L.O.S. By Offensive player results in loss of down AND 15 yards from the L.O.S.
- **Diving into a ball carrier/ Contact tackling, Defense:** Unsportsmanlike conduct (see above).
- **Holding a ball carrier in the act of tackling, Defense:** 5-yards added on the end of the play.
- **Forward dive by a ball carrier, Offense:** Down at the point of foul/dive
- **Defensive Player crossing LOS early =** 5 yards from LOS and replay down
- **Live Ball Coaching by any coach on the field.** 1st Offense is a warning, all subsequent penalties will be 5 yards and replay down if on the Offensive Coach and if on the Defensive Coach either 5 yards added on to end of play or 5 yards from LOS and replay down. Repeated violations by the same coach may result in the coach being removed from his role as an “On Field Coach” and being restricted to the sideline.