

**Blissfield Recreation League**  
**1<sup>st</sup>/2<sup>nd</sup> Grade Flag Football Rules**  
**2012**

**REFEREES:**

1. The league will continue to utilize varsity and junior varsity players for referees.
2. These volunteers are paid a small fee for their time and they are valuable assets to the program. Please set the example for your team by encouraging good sportsmanship and respect for the referee's decisions.
3. Support the referee's calls.

**PRACTICE:**

1. Teams can practice as much as the coach deems necessary to prepare the team prior to the first game. After the first game, all teams are limited to two practices per week. It is recommended that 1<sup>st</sup> and 2<sup>nd</sup> graders are limited to 1 – 1 ½ hours per practice.
2. All practices will take place on the fields west of the tennis courts.

**Equipment Rules:**

1. Mouth guards will be worn at all times.
2. Tennis shoes or plastic molded cleats are allowed. Metal cleats or shoes with replaceable cleats are not allowed.
3. All team members will wear the same color jersey.
4. All jerseys MUST be tucked in at all times.
5. Each player must wear a flag belt with 2 flags attached.
6. Flags must be on players sides and visible.
7. Flags cannot be double wrapped or doctored in any way. This will result in the coach's removal.

**Coaching Rules:**

1. No changing schedule!!
2. Only 3 coaches per team.
3. Only 2 coaches on field at a time.
4. All coaches must pass a background check.
5. All coaches will sign and adhere to a code of conduct.
6. The "home" team will be responsible each week for finding volunteers to man the chains and down markers.

**General Game Rules:**

1. Have Fun!
2. Free substitutions during dead ball situations.

3. There will be 2 halves consisting of a 25 minute running clock. Half time will be 5 minutes or less.
4. Each team will be allowed 2 time outs per half. The clock restarts on the snap of the ball following a time out.
5. Coaches are encouraged not to run up the score.
6. Coaches are encouraged to let every child (who wants to) run the ball at least once every game.
7. All players will play as equally as possible. All coaches are strongly encouraged to teach each player in every position throughout the season.
8. Offense will have 45 seconds to start the next play.
9. There will be 9 players per team on the field during play.
10. Substitutes will wait on side line during plays. Subs cannot be on playing field.
11. The head coach and 1 assistant coach will be allowed on the field during the game.
12. All players on line must be in a 3 – point stance.
13. There will be NO movement toward the line of scrimmage. (Offense or Defense)
14. Offense may motion one (1) player at a time laterally.
15. Only offensive linemen may rush. There will be NO Blitzing!
16. The offense will have 2 players in the back field (minimum) lined up between the tackles in all formations.
17. The defensive line will give 1 yard at the start of plays. I.e. line up 1 yard off the ball.

**Blocking:**

1. Block with open hands from shoulders to waist. Do not block with shoulders or forearms.
2. There is no free blocking zone.
3. Any contact below the waist is prohibited. Cross body, chop, diving and roll blocks are examples of below the waist blocking.
4. Blocking in the back is not allowed.
5. All blocks should end with both players on their feet. Driving to the ground will not be allowed.
6. No open field lay-outs will be allowed. Offense will lose any yards gained beyond the point of contact.
7. There will be no contact allowed with the head when blocking. First offense: warning. Second offense: 5 yards from end of play. Third offense: removal from game.

**Ball Carrier:**

1. The ball carrier cannot use their head to block or protect flags in any manner.
2. Ball carrier cannot use a stiff arm to ward off a defender.
3. Ball carriers cannot lower their heads to run over a defender.
4. Spinning and cutbacks are the ONLY form of evasion allowed by the ball carrier.

**Passing/Receiving:**

1. Backs, tight-ends, wingers and wide-outs are eligible to receive the ball.
2. All passes must be made from behind the line of scrimmage.
3. A receiver must have 1 foot in bounds to have a completed catch.
4. If a defender and receiver come down with the ball together, the offensive is awarded the ball.
5. Pass interference is called only if the ball was catchable and the ball will be advanced only 5 yards from previous line of scrimmage.

**De-Flagging:**

1. The defender must go for the flag.
2. The ball carrier is down when their flag is removed or lost.
3. The defender shall stop and hold up the flag.
4. There shall be no intentional tackling! (Coaches and referees will be the judges). There is an understanding that contact is a possibility when a runner tries to change direction. The key is if the defender is going for the flag.

**Dead Ball/Stopped Play:**

1. The referee blows the whistle.
2. All balls touching the ground are dead on contact.
  - A. bad snap to the quarterback
  - B. fumble
  - C. lateral
3. The offensive team keeps the ball and it is played back at the line of scrimmage with a loss of down. **DO NOT TEACH PLAYERS TO DIVE ON LOST BALLS.**
4. Play is stopped when:
  - A. The ball carrier touches the ground with a knee.
  - B. The ball carrier's flag is removed/lost.
  - C. The ball carrier has only 1 flag when the ball is received.

**1<sup>st</sup> / 2<sup>nd</sup> Grade:**

1. There is no score kept.
2. Teams will have 4 downs to advance the ball 10 yards for a first down. Failing a first down results in loss of possession.
3. At the start of the game and at each change of possession, the ball is placed at the 40 yard line. Any loss of yardage on the starting drive will be disregarded as the ball will be returned to the line of scrimmage on each occasion.
4. Pass interceptions can be returned! If the defending player scores, the ball is returned to the offense; if he/she doesn't score the intercepting team is awarded the ball at the forty yard line.

**Playing Surface:**

1<sup>st</sup>/2<sup>nd</sup> Grade league will use a 40 yard field located on the practice football field directly behind the Elementary school.

## Injuries:

1. Each head coach will have a first aid kit in their possession at all practices and games.
2. If an injury requires more than a simple bandage, ice pack, etc., contact the player's guardian immediately or contact local emergency services.
3. If any materials are used from the first aid kit, please let the Flag Football Coordinator know as soon as practical so that the kit can be restocked and an injury report filled out.

## **WEATHER CANCELLATIONS:**

When lightening is present all games/practices shall be immediately stopped. It shall be understood that when foul weather appears to be in the near future, coaches are to contact each other and decide collectively whether or not to proceed with their scheduled game. If the decision is made to cancel the game, the coaches should then contact their players as well as the Recreation Director to ensure that referees are notified.

## **PENALTIES**

The offended team has the option of accepting or declining penalties.

### **1<sup>st</sup>/2<sup>nd</sup> Grade League**

All penalties are 5 yards. If the play has started the penalty will be assessed from the spot of the penalty. If the play has not started, the penalty will be marked off from the line of scrimmage. The ball will never go behind the 40 yard line. Off-sides penalty will not be marked off until the last 3 games. If either team jumps off-sides during week 1-3, the referees or coaches will stop the play and re-start it again.

Email any questions or concerns to [blissfieldrec@hotmail.com](mailto:blissfieldrec@hotmail.com).