

Catoosa-North Georgia 5 and Under Flag Football Rules

The purpose of 5 and under flag football is to have fun while learning the basic fundamentals of football. This includes learning the rules, positions, stances, running back holes and the difference between offense and defense. These rules have been set forth to provide a framework for coaches to use as a guide in teaching the game of football. The kids participating must receive a positive and successful experience in their first year of football in order to sustain their interest in the game.

It is not about winning or losing; it's all about the kids having fun while learning!!!!

ORGANIZATIONAL GUIDELINES FOR THE 2009 SEASON:

1. Parents ARE NOT ALLOWED on the sidelines or field of play (ONLY Coaches and chain crews) during the game, except to check on an injured child.
2. Coaches of each team are responsible for the actions of their respective parents and spectators and should communicate to them that “the League” will not tolerate disrespectful or disparaging comments or conduct.
3. Admission to League games will be:

Adults:	\$3.00
Students & Senior Citizens:	\$1.00
Children 5 yrs. & under:	Free

Participation Guidelines

1. Age Control Date: Age *prior* to AUGUST 1st of the current year.
2. A maximum of **8 players** can be on the field for each team. Games shall not be played if one team has less than 7 players.
3. A maximum of **5 players** are allowed on the **line of scrimmage** when the ball is snapped for offense and defense.
4. Each team is allowed to have a maximum of four (4) coaches per team. Each coach will receive a pass to the game. It is recommended that each team have two (2) coaches on the field to assist with play calling and two (2) coaches on the sidelines to assist with players on the bench. The Offensive team can have two (2), and defensive team can have two (2). Once the offense is set, all coaches on the field (both offense and defense) must retreat to a position 5 yards behind their deepest player. Coaches must remain 5 yards behind the deepest player until the whistle blows the play dead.
5. Each team is allowed to have a cheerleading squad. Two (2) cheerleading coaches passes will be given to each team.
6. Each player will play a minimum of **half the game** unless a child is sick or under disciplinary action.

Rules pertaining to the game

1. Two Officials shall be assigned by Ralph Jay (Tackle Football Assigner) to each game. **The decisions of the referees are final. No protests will be allowed.**
2. **The field** is 50 yards long and has a width equal to the distance from one sideline to the far hash marks of a regulation football field or 40 yds.
3. **Home team** is determined by the location of the game. **Neutral site games:** The team listed first on the schedule will go to the “HOME” side of the field.
4. **Each game** will begin with a coin toss. The team that wins the toss will have the choice to **1)** go on offense or **2)** go on defense. There is no deferring to the 2nd half. The team losing the coin toss has the choice of defending a goal. A team winning the coin toss and selecting offense the 1st half will be on defense the 2nd half and vice versa.
5. **The neutral zone** is defined as a one yard margin between the ball and the defensive front line. No defender may line up inside this zone prior to the snap of the ball. The referee will assist in establishing the zone by marking the line prior to each play.
6. The game will consist of two 20-minute ‘running clock’ halves with a five (5) minute halftime. The clock will run the entire time except for team timeouts or injury timeouts. During the last five (5) minutes of each half, the offense has 45 seconds to run a play. Failure to do so is a loss of down. There are **NO** Overtime Periods in 4-5 Flag Games! If games are tied at the end of regulation, the game will be declared a tie for both teams.
7. Each team is permitted two (2) **timeouts** per half. Length of team timeouts is one (1) minute.
8. The play is over and the ball declared dead when the flag is cleanly removed from the ball carrier’s belt. The de-flagger must immediately hold up the flag. No holding or pulling of clothing to aid with flag removal is allowed. Defenders may not leave their feet or dive to make a tackle. Players on the field must wear two regulation flags. **Each flag must be at least twelve (12) inches long and at least two (2) inches wide.** The flags must hang down from each side of the waist. No flags may be rolled, tied, pinned or sewn to the belt. Flags must be worn on the outside of the shirt or jersey. Flags must be a different color than the shirt and pants. Should the ball carrier lose a flag, the ball is declared dead at the point the flag was dropped. A maximum of 4 players can wear flags on each team at one time. The offensive Center and Guards CAN NOT wear flags.
9. **Colored Mouthpieces** must be worn by each player. NO White or Clear Mouthpieces.
10. All players must wear a **jersey** consistent in color with the rest of the players on the team.
11. There are no live **fumbles**. The ball is considered dead when it makes contact with the ground.

Rules pertaining to the game - (continued)

12. The defense must line up one yard off the ball. No defensive rushing, blitzing, or shooting the gaps is allowed in the area between the offensive center and the offensive guards.
13. The ball carrier must not use his arms to ward off the defensive player.
14. The ball carrier cannot use his hands to protect his flag from the defensive player.
15. **Tackling** a ball carrier is not allowed. Blocking or pushing a ball carrier in an effort to knock out of bounds is a personal foul. Blocking or tripping a ball carrier for the purpose of slowing down the ball carrier is a personal foul.
16. **Charging** is defined as deliberately running into another player and causing him or her to fall to the ground. Charging by any player is not allowed including, but not limited to:
 - A - to avoid being tackled (on offense)
 - B - to make a tackle (on defense)
 - C - Lead Blockers **ARE ALLOWED** to “Shield” or “Block” a defender from the ball carrier, but **CAN NOT** deliberately Charge a defensive player and knock them to the ground.
17. If a **safety** is recorded by the defense, the ball is placed at the 25 yard line.
18. There are no **kickoffs**. Instead, the ball is placed on the 15 yard line of the receiving team.
19. **Punts** are 20 yards. If the ball lies within the 25-yard line, and a team elects to punt, the ball is placed on the 10-yard line. When fourth down is announced, the referee will ask the team in possession of the ball whether they wish to play or punt.
20. **Man in motion** is not permitted.
21. Offensive Alignment: Five players **MUST BE** on the line of scrimmage Offensively. The splits between the offensive center and the offensive guards must be no wider than 24 inches or 2 feet. The Offensive Center and Guards **CAN NOT** wear flags.

OFFENSE

1. Blocking:
 - A. May not use extended arms/hands. Also, players may not swing their elbows while blocking.
 - B. The blocker may put his body between the ball carrier and the defense. Lead Blockers **ARE ALLOWED** to “Shield” or “Block” a defender from the ball carrier, but **CAN NOT** deliberately Charge a defensive player and knock them to the ground.
 - C. Blocking below the waist is not permitted.
 - D. No pushing.

2. Scoring:
 - A. Six points for touchdown.
 - B. Two points for extra point passing or running.
 - C. Two points for extra point interception run back.
 - D. Two points for safety.

3. Only players wearing a flag are eligible to run the ball or receive a pass. ALL Players on Offense and Defense ARE permitted to wear the belt (to save time), but a Maximum of four (4) players, offensively and defensively, can wear the belt with flags attached at one time.

4. Players may enter the game at any time.

5. The Center may snap the ball either between his legs or may turn to either side in order to snap the ball. The play is live once the ball leaves the ground.

DEFENSE

1. Only 4 Defensive Players can wear flags at any given time on Defense. Defensive player must be at least one yard off the line of scrimmage.
2. Blitzing or stunting through the gaps between the offensive center and guards is not allowed.
3. Interceptions may be advanced providing the player has two flags legally attached to his belt. If not, the interception will stand and the ball will be placed at the spot of the interception.
4. The ball is declared dead when:
 - A - The ball carrier is down when the flag is pulled.
 - B - The ball is fumbled and hits the ground.
 - C - The center does not get the ball to the quarterback.
 - D - The ball carrier's knee hits the ground.
 - E - The ball carrier's flag falls off.
5. The game **CAN NOT** end on a Defensive Penalty.

PENALTIES

1. Penalties are described as either major, minor, or spot. A major penalty will be 10 yards. A minor penalty will be 5 yards. The penalty yardage for a spot foul (major or minor) shall be marked off from the spot of the foul. Spot fouls are listed below with an * (Spot) notation.

Minor infractions - 5 yard penalties

- A - Illegal procedure – Offensive
- B - Encroachment
- C - Incorrect flag display
- D - Violation 5 yd. rule by coaches
- E - Delay of game
- F - Flag – guarding * (Spot)
- G - Spiking ball after touchdown or run
- H - Offensive pass interference
- I - Defensive holding
- J - Offensive holding
- K - Shooting gap between guards
- L - Pushing * (Spot)
- M - No mouthpiece

Major Infractions – 10 yard penalties

- A - Charging (non-flagrant) * (Spot)
- B - Tackling * (Spot)
- C - Clipping * (Spot)
- D - Un-sportsmanlike conduct
- E - Blocking or pushing ball carrier out of bounds * (Spot)
- F - ** Flagrant contact either offensive or defensive * (Spot)
** Flagrant contact intended to injure is an automatic ejection and solely a judgment call by the game officials.
- G - Defensive pass interference * (Spot)
- H - Profanity (immediate ejection from game)

* Un-sportsmanlike conduct from coaches/players/parents may result in ejection from game.

* Coaches, parents, and players using profanity will result in an automatic ejection.