

**Winterville Parks & Recreation**  
**5/6 Flag Football Rules and Regulations**

1. Age Date: A player must be at least 5 before Sept. 1 of the current season and cannot be 7 before October 15 of the current season.
2. Players will be allowed to wear tennis shoes or soccer type shoes with molded rubber cleats.
3. Teams will be allowed to play 8 players at a time.
4. The game will consist of (2) 15 minute halves.
5. Two time outs will be allowed per half.
6. There will be 5 minutes between halves (half-time).
7. There will be no overtime procedure to resolve tie games.
8. Only one coach will be allowed on the field with the offensive and defensive teams.
9. A coach on the field will not be allowed to give instructions to players once a play is underway.
10. A coach on the field must be ten yards behind the line of scrimmage or behind his deepest back at the beginning of the play. At no time can a coach impede play in any way.
11. Shirts must be tucked in pants at all times.

**OFFENSE**

1. The playing field will be divided into three (3) 10 yard zones. The offensive team has four downs to advance the ball from one zone to the next.
2. Must have 5 players on the line of scrimmage.
3. The ball is placed on the 10 yard line to begin each half and after each score.
4. If a player inadvertently loses his belt play is blown dead. Re-play down.
5. No player will be allowed to score more than two offensive touchdowns per game. Distribute the ball evenly throughout the team. Don't rely on one player only. If a player does score a third offensive touchdown, there will be no penalty, but the ball will go back to the line of scrimmage and there will be a replay of the down.
6. A. Offensive Screen Blocking - The offensive screen block shall take place without contact. The screen blocker shall have his hands and arms at his side or behind his back. Any use of the arms, elbows or legs to initiate contact during an offensive player's screen block is illegal. A blocker may use his hand or arms to

break a fall or retain his balance. A player must be on his feet before, during and after screen blocking.

Penalty: Personal foul - 5 yards.

B. Screen Blocking Fundamentals - A player who screens shall not:

1. When he is behind a stationary opponent, take a position closer than a normal step from him.
2. When he assumes a position at the side or in front of a stationary opponent make contact with him.
3. Take a position so close to a moving opponent that his opponent cannot avoid contact by stopping or changing directions. The speed of the player to be screened will determine where the screener may take his stationary position. This position will vary and may be 1 to 2 normal steps or strides from the opponent.
4. After assuming his legal screening position move and maintain it, unless he moves in the same direction and path of his opponent. If the screener violates any of these provisions and contact results, he has committed a personal foul.

Penalty: 5 yards

7. All offensive players are eligible receivers.
8. A team must declare its intention to punt. Each team must put 5 players on the line of scrimmage. The punter can come up to the center to take the snap. No player can move until the ball is kicked.
9. A team is allowed **25 seconds** to put the ball in play after the ready for play signal. A team will be warned once about taking too much time. Next warning will result in a penalty.
10. Extra points will be attempted at the two yard line. Extra points will be one point if run and two points if passed.
11. Offensive Fumble: An offensive fumble results in dead ball. Ball returns to offensive team unless turnover on downs. Fumbled kicks that hit the ground belong to the receiving team.
12. A ball handed forward behind the line of scrimmage is a forward pass.
13. Motion-only one offensive player can be in motion at the snap. This player must be at least 5 yards behind the line of scrimmage.
14. A fumbled ball which first touches in the end zone is a touchback.
15. Teammates cannot assist or help the ball carrier.
18. Only one forward pass may be attempted per down.

**DEFENSE**

1. Players must be on their feet to de-flag a ball carrier.
2. The rush is instant; however, all defensive players must line up **3 yards** from the line of scrimmage.
3. All attempts at the ball carrier must be towards his flag.
4. Players on defense must grab the flag. Grabbing the flag belt or any article of clothing of the ball carrier will be a holding violation.
5. Defensive players must go around the offensive player's screen block. The arms and hands may not be used as a wedge to contact the opponent.

Personal foul – 5 yards

6. Safeties will result in two points. The ball will return to the offensive team who had the ball when the safety took place.

### **RUNNER**

1. **Guarding the Flag Belt**  
Runners shall not flag guard by using their hands, arms or the ball to deny the opportunity the opponent to pull or remove the flag belt. Flag guarding includes:
  1. Swing the hand or arm over the flag belt to prevent an opponent from de-flagging.
  2. Placing the ball in possession over the flag belt or prevent an opponent from de-flagging.
  3. Lower the shoulders in such a manner which places the arm over the flag belt to prevent an opponent from de-flagging.

Penalty - Flag guarding: 5 yards

2. **Stiff Arm**  
The runner shall be prohibited from contacting an opponent with extended hand or arm. This includes the use of a "Stiff Arm" extended to ward off an opponent attempting to De-flag/tag.

Penalty - Personal Foul: 5 yards

3. **Obstruction of Runner**  
The defensive player shall not hold, push, or obstruct the forward progress of a runner when in the act of removing the flag or making a legal tag.  
Penalty - Personal Foul: 5 yards

### **MANDATORY RULES**

1. **Each player must play a minimum of five (5) plays from scrimmage each half per game. (Does not include kick offs).**
2. **If a player does not get in the required five (5) plays, he will start the next game and**

**play every play in the first half of the game. He will then play a minimum of five (5) plays per quarter in the remainder of the game.**

- 3. If a player does not attend half of the practices of his team, the coach is not required to play him the minimum number of plays. However, the coach must first notify the league director before he/she is allowed to hold the player out of the minimum number of plays.**