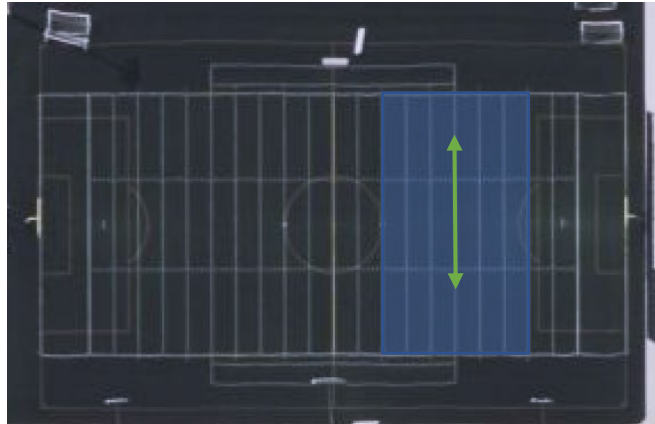


CCJFA PRE-K\KINDERGARTEN 5-MAN FLAG FOOTBALL RULES

The general intent of the Pre-K\K flag football league is to give players a general knowledge of the game and initiate a love of the game. The general flow of the game is intended to replicate the joy of playing at elementary recess.

1. Field

- a. **Direction** The direction of game play is across the width of the field instead of the length of the field.
- b. **Bounds** The side out of bounds is along the 10 and 40 yard lines, with goal lines at either normal side line.



2. Equipment

- a. **Shoes** Any flat soled or completely molded cleat shoes are acceptable. Removable cleats, baseball or track spike, or any shoes that have steel or metal tips are prohibited. All players must wear appropriate shoes.
- b. **Protective Equipment** Helmets, shoulder pads, thigh pads and any other padding is prohibited. Any question as to the legality of the equipment shall be decided by the referee. The use of any hard and unyielding substance cannot be used to protect any injury, no matter how well padded or covered.
- c. **Flags** Each player on the field (5 offensive and 5 defensive) must wear flags at the waist. The flags must be attached to a belt, and the belt will be worn snug around the waist. Illegal alteration, securing, or substitution of flags or belt swill result in the removal of the player or players from the game and a 10-yard penalty from the previous spot if by the offensive team. The penalty on the defensive team will be marked off from the succeeding spot or the previous spot, whichever is the most advantageous to the offended team. Teammates must wear the same-colored flags which will be provided for by CCJFA.

3. General Game Play

- a. **Coin Toss** Each game begins with a coin toss. The winner chooses to begin on offense or defense. The other team chooses the direction to defend. Direction of play and beginning offense switches after half time (direction of play only changes at half).
- b. **Players** Five players on the field at one time per team. There will be free substitution as long as players being substituted for are off the field prior to the next snap or are out of the area of play and are departing the field in haste.
- c. **Coaches** One coach is required to be on the field at all times for both teams. Additional parents\coaches can be on the field as well up to for as many players are on their team to assist pre-snap. Once the play is live, there can be no physical interference with the game play by adults.
- d. **Officials** One or more officials will be provided by CCJFA.
- e. **No Kickoffs or Punting** In any kickoff situation, the receiving team begins its offensive drive at the hash closest to it's defending goal line. The offense must try to gain a first down and\or score on every down without punting or kicking. The defense takes possession of the ball at the hash line closest to its defending goal on a turnover on downs.
- f. **Line to Gain** Each offensive drive begins at the offense's hash line closest to the goal line they are defending. The offense has four downs to reach the line to gain (the hash line furthest from the goal line they are defending) or otherwise score. The offense is awarded a new set of four downs upon crossing the line to gain.

4. Game Length

- a. **Periods** The game shall be played in four quarters. Each quarter is untimed and consists of each team completing a drive on offense.
- b. **Half Time** Half time will be five (5) minutes.
- c. **Time Outs** Each team shall have one (1) one minute time outs per half. Timeouts may be called by any player on the field or the coach.

5. Offensive Play

- a. **Play clock** After the official marks the ball ready for play, the offense will have 30 seconds to put the ball into play or be penalized for delay of game.
- b. **Line of Scrimmage** The offensive team must have at least three (3) people on the line of scrimmage at the snap. There is no offensive line and all players are eligible to receive a forward pass.
- c. **Motion** Up to one offensive player may be in motion prior to the snap as long as he is moving parallel or away from the line of scrimmage.
- d. **Stances** 2, 3, or 4 point stances are allowed.
- e. **Center Snap** The Center can snap the ball either between the legs or to the side while taking a knee. Regardless, the motion shall be one smooth movement.
- f. **Blocking** Only screen blocking is permitted that is defined as obstructing the rusher's path to the ball carrier. There can be no independent movement of the elbows.
 - i. Hands must be in front with elbows touching ribs, no pushing or shoving.
 - ii. A blocker may not leave his feet to block.
 - iii. Blocking below the waist is not allowed.
- g. **Running** All laterals or backward passes are allowed.
 - i. All players are allowed to carry the ball with no restrictions.
- h. **Passing** A forward pass must be initiated behind the line of scrimmage and the receiver must come down inbound with any part of their body with possession to be complete.
 - i. The offense has five (5) seconds to throw or cross the line of scrimmage after the snap of the ball or accept a loss of down.
 - ii. If a receiver comes down with one foot inbounds and one foot out of bounds simultaneously, the pass is incomplete.
 - iii. Only one forward pass is allowed per offensive play.
 - iv. A double reception always is awarded to the offensive player.
 - v. Interceptions may advance if the intercepting player has two flags legally attached to their belt, otherwise the interception will stand and the ball is declared dead at the point of interception.
- i. **Fumble** When the ball hits the ground from a lateral, backward pass, or fumble the play is dead and the line of scrimmage remains where the play started from with no advancement or change of possession.

6. Defensive Play

- a. **Line of Scrimmage** The defense has no minimums or maximum number of players that must be on the line of scrimmage. No defensive player may be on the line "heads up" with the Center.
- b. **Stances** 2, 3, or 4 point stances are allowed.
- c. **No Rushing Allowed** The defense is not allowed to cross the line of scrimmage during game play unless the ball is exchanged from the quarterback to another player.
- d. **Pulling the flags** The ball carrier is down and the ball is dead when the flag belt is detached from the player's body or when any part of the ball carrier's body (other than the hands or feet) touches the ground.
 - i. A defensive player may leave his feet to pull the flag, but not make contact with the ball carrier.

- ii. When the belt is pulled it must be held over the head to let the official know the play is over.

7. Penalties

- a. **Fighting** Results in the ejection of all players involved.
- b. **Illegal Blocking** See 5f.
 - i. The penalty is ten (10) yards from the line of scrimmage.
- c. **Tackling** Tackling is grasping or encircling the body of the ball carrier with the hand or arm, thus impeding his progress.
 - i. Grabbing the ball carrier's clothing shall be penalized as tackling.
 - ii. The penalty is ten (10) yards from the end of the run.
- d. **Charging** No ball carrier may run through or charge a defensive player.
 - i. The penalty is ten (10) yards from the end of the run.
- e. **Offsides** A player crossing the line of scrimmage prior to the snap of the ball.
 - i. The penalty is five (5) yards from the line of scrimmage.
- f. **Irregular Cadence** Drawing the defense offside by an irregular cadence is considered illegal procedure.
 - i. A silent count is considered an irregular cadence.
 - ii. The penalty is five (5) yards from the line of scrimmage.
- g. **Hands to the Face** Stiff arms to the face are not allowed.
 - i. Stiff arms to the chest, shoulders, etc. are acceptable
 - ii. The penalty is ten (10) yards from infraction.
- h. **Flag Guarding** The ball carrier may not hold the flag or clip in any way.
 - i. Play is blown dead where infraction occurred.
 - ii. Securing the flag is penalized per 2c.
- i. **Down Field Contact** Tripping and clipping of any kind downfield will result in automatic penalties without warnings.
 - i. The penalty is fifteen (15) yards from the line of scrimmage.
- j. **Unsportsmanlike Conduct**
 - i. Slugging, kicking, kneeing, or any flagrant act which could cause injury.
 - ii. Abusive language or actions towards opponents or officials.
 - iii. The penalty is fifteen (15) yards from the line of scrimmage and possible ejection.