

Flag Football League Rules – Pee Wee

****These rules can be changed at any time during the season by the league director. If a rule is changed, all coaches will be notified.****

NEW/UPDATED RULE

GAME SETUP/STRUCTURE

- Flag belts will be provided by Dakota Domination.
- Players need to have their jersey/t-shirts tucked inside the belt and shorts for safety purposes and so it does not affect the pulling of a flag. This will be penalized if not tucked in and it affects pulling of a flag.
- Standard 7 vs 7 game (Does not include QB Coach). If one team only has 6 players, each team will play 6 vs 6. Can play with other formats if approved by the director.
- Field – Length 60 yds, Width 45 yds
- Each team is allowed two coaches in the huddle for offense/defense. All other coaches must remain on the sideline.

START GAME/2ND HALF/POSSESSION

- Rock, Paper, Scissors determines 1st half first possession; Team that starts on defense in 1st half will get first possession in 2nd half. No kickoffs or punting.
- Possession Start - Offense will start every possession at the 5-yard line unless the result is a turnover.

GAME TIME

- Each half is 20 minutes long.
- Continuous Clock unless
 - Team or official's timeout.
 - Under 1 minute in the 2nd half and we have an incomplete pass, penalty, ball out of bounds, score, extra pt try, **change of possession**.
- If the offense commits a penalty under 1 minute of the 2nd half, 10 seconds will be run off the clock if they are behind.
- If a team has a 25 point lead or greater, the clock will continue to run under 1 minute in 2nd half.
- Timeouts – 60 Seconds
 - 1st Half – 1 timeout per team, No carry-over to 2nd half/OT
 - 2nd Half – 3 timeouts per team, No carry-over to OT
- Play Clock - Each team has 35 seconds to snap ball after ball is spotted. Officials will warn team at 10 seconds.

1ST DOWN

- 4 plays to reach 1st Down (Midfield); 4 plays to score Touchdown.
- If a penalty causes the offensive team to go behind the 1st Down marker after already getting a 1st Down, a 1st Down cannot be awarded again.

SCORING

- Touchdown: 6 pts
- Extra Point: 5-yd line = 1pt
- 2pt Conversion: 10-yd line = 2pts
- Safety: 2pts

TURNOVERS

- Interceptions can be returned for a score anytime during the game or an extra pt. On an extra pt., the score will be equivalent to the extra pt. tried.
- **Fumbles are DEAD. The down will count and the ball will be placed at the spot of the fumble.**
 - **Exception: QB/Center Exchange**
 - Any fumbles on QB/Center exchange are live for the QB Coach to pick up only. No offensive/defensive player can recover the QB Snap Fumble.
 - If any other player other than the QB touches the ball on a QB Snap Fumble it will be penalized as an Illegal touching.

OVERTIME

- Rock, Paper, Scissors determines possession
- Each team will have a chance to possess the ball.
- Each team will have 4 plays to score a Touchdown from Midfield. Extra pts. will follow TD.
- No Timeouts
- 2nd OT: Rock, Paper, Scissors determines first possession. First team that scores from midfield wins.

OFFENSIVE RULES

QB Coach

- Coaches play QB only
- QB Coach can only do the following in the offense:
 - Handoff/Fake the ball
 - No Flee-Flickers – QB cannot possess the ball again after giving possession to another player.
 - Fakes cannot exceed 2 seconds by the QB Coach.
 - Throw the ball – Needs to stay within the normal pocket area. No running sideline to sideline to gain an advantage to handoff or throw. This will be penalized.
 - Run/Pass Option – QB cannot be running when doing option plays.
- QB Coach is allowed 7 sec pass clock to throw ball or loss of down. If QB exceeds the 7 seconds, the play will be blown dead.
- QB Coach must take snap under center or in shotgun. Center cannot pitch the ball back to QB.

Offensive Players

- Player who takes the handoff can throw the ball from behind the line of scrimmage.
- Direct snaps are not permitted. QB Coach is the only player that can take a snap.
- All players are eligible to receive a pass including the center. QB Coach is not eligible.
- Pre-Snap Movement
 - Motion - Only one player can be in motion when the ball is snapped and cannot be moving forward.
 - Shifting - No Shifting of any players – This is players moving from one position and resetting in another position before the snap.
- Center cannot take a handoff.
- A player must maintain catch with one foot in bounds.
- No Charging, Stiff-Arming, Flag-Guarding
- If the ball carrier is missing any flags during the play, the play will be blown dead and will be penalized.
- If a player with possession of the ball falls to the ground without their flag pulled, the player is ruled down by contact. This includes if a player has one knee, forearm, shoulder, rear-end touching the ground. A hand on the ground is legal and is not ruled down.
- NO Blocking
 - Blocking is any forcible contact or any intention to block that allows a player to gain an advantage.
 - Forcible Contact - Pushing, holding, grabbing, charging, extending arms/legs, and blocking from the back is considered forcible contact.
 - Intent to Block – any purposeful attempt to block with no contact made, but allows the offensive team to gain an advantage. Blocker does not have to make contact to an opponent to enforce a blocking penalty. Example – Purposely running between a defender and the ball carrier to provide space to the ball carrier.
 - No lead blocking for a ball carrier.
- Charging
 - Offensive player that recklessly runs through a defensive player(s) without attempting a football move to prevent a collision.
 - Offensive player that displaces a player that has already gained defensive position before the offensive player.
- Hurry-Up Offense
 - Can only be used in 1st & 2nd half under 1 minute...any other time a huddle is required.
 - **7 Second Rule** - Once the ball is spotted on each play, the offense will have to give the defense 7 seconds to setup before they can snap the ball, even if the game clock runs out or the defense is ready before 7 seconds. The official spotting the ball will give the QB Coach a signal on when the ball can be snapped.
 - QB Coach is allowed to down the ball to stop the clock in the 2nd half only under 1 minute, but the 7 Second Rule still applies and all offensive players must be set.

DEFENSIVE RULES

- No Blitzing - Defensive players are not able to cross the line of scrimmage until the ball is handed-off.
- Man to Man defense Only.
 - No Zone
 - No switching on motion players. Defensive player must guard the motion player until the ball is handed off/thrown.
 - Once the ball is handed off or thrown, defensive players can play help defense and pull any offensive player's flag.
 - Each defensive player can be no further than 5 yards from the line of scrimmage and must be straight or within a couple feet to the side of the offensive player.
- Diving to grab a flag is allowed, but if you knockdown the offensive player without grabbing the flag it will be penalized.
- Intentional Open Field Foul – If a player intentionally commits a foul that prevents the ball carrier from scoring and it was determined by the official the ball carrier would have scored, the ball will be placed on the one 1 yard line of the opponent (Automatic 1st Down).
- A player may not intentionally rip, punch, or grab the ball from the offensive opponent to cause a fumble. This will be penalized.

PENALTIES

These are the most common penalties in flag football. Additional penalties can be called if deemed necessary or excessive.

Offense

- Illegal motion/False Start - 5 yds
- Delay of game - 5 yds
- Too many players on the field – 5 yds, Replay Down
- Illegal forward pass - 5 yds, Replay Down
- QB Coach Illegal Fake – 5 yds, Replay Down
- **Illegal Touching – 5 yds, Replay Down**
- QB Coach Out-of-Pocket – 5 yds, Replay Down
- Ball Carrier Missing flags – 5 yds, Replay Down
- Jersey-T-shirt Flag Guarding – 5 yds, Replay Down
- Flag Guarding – Intentional swipe or guard of their flags that prevents the defense from pulling their flag. 10 yds, Replay Down
- Blocking, Holding, Stiff Arming, Flag-Guarding, Charging prior to gaining the 1st Down marker - 10 yds, No Spot Foul, Replay Down
- Blocking, Holding, Stiff Arming, Flag-Guarding, Charging after gaining the 1st Down marker - 10 yds, Spot Foul, 1st Down.

Defense

- Offsides - 5 yds, Replay Down
- Blitzing (Coming across the line of scrimmage prior to ball being handed off) 5 yds (Auto 1st Down)
- Illegal Contact - 10 yds (Auto 1st Down)
- Illegal Flag Pull - 10 yds (Auto 1st Down)
 - Grab flag before player has ball
 - Grab body part, clothing to gain advantage to grab flag
- Illegal Zone Defense – 10 yds (Auto 1st Down)
- Diving to Pull Flag and knockdown offensive player without grabbing the flag – **10 yds from spot** (Auto 1st Down)
- Intentional Open Field Foul – Ball placed on 1-yard line (Auto 1st Down)
- Intentional Rip, Punch, or Grab of football to cause fumble – 10 yds (Auto 1st Down)

EXTRA

Coaching Interference – Once the offense breaks the huddle, both Offensive/Defensive coaches need to move back a minimum of 20 yards from the line of scrimmage. If there is a play in a coach's area of standing 20 yds from the line of scrimmage, the coach must make a valid attempt to move and not affect the play. If there is an opportunity for the coach to be out of bounds or out of the endzones, this is highly recommended. If a coach interferes with a play during the game whether intentional or not, it will be treated as an unsportsmanlike penalty. Coaches can also receive an interference penalty for not adhering to the rule after receiving a warning.

Intentional/Unsportsmanlike Penalty – 15 yds – (Automatic 1st Down) – These are deemed as any action by a player or coach that is unnecessary, intentional, harmful, or unsportsmanlike. If the severity of the foul is extremely high, the player or coach may be removed from the game/facility by the official or director with no warning. Any coach that receives 2 Intentional/Personal Fouls will be removed from the game and must leave the field/game area for the remaining of the game. If an Intentional/Unsportsmanlike foul occurs during an Extra Pt Play on the defense and the Extra Pt was good, the penalty will be enforced with the next possession starting on the 1 yd line.