

WHITE BEAR LAKE COMMUNITY EDUCATION & RECREATION

- FLAG FOOTBALL RULE BOOK -



WHITE BEAR
FLAG FOOTBALL

Where passion for the game begins

WHITE BEAR LAKE COMMUNITY SERVICES & RECREATION

- FLAG FOOTBALL RULES -

	<u>K/1</u>	<u>2/3</u>	<u>4/5</u>
Field Size	25 X 53	25 X 53	25 X 53
Game Location & Times	Mariner Middle School 5:30 pm- 7:30 pm	Mariner Middle School 5:30 pm- 7:30 pm	Mariner Middle School 5:30 pm- 7:30 pm
Ball Size	Pewee	Pewee	Pewee
Substitutions	Allowed	Allowed	Allowed
Keep Score & Standings	No	No	Yes
Game Length	40 Minutes (Two 20 minute halves)	40 Minutes (Two 20 minute halves)	40 Minutes (Two 20 minute halves)
Game Format	5 x 5	5 x 5	5 x 5
Referees/ Coaches	Coaches will act as Referee	Coaches will act as Referee	Coaches will act as Referee
Penalties	No	Yes - replay down	Yes - 10 yards, keep down
1st Downs	No- Go till you score	Yes - midfield cone	Yes - midfield cone
Extra Point	No	Must pass from 5 yards out	Must pass from 5 yards out
Defense	5 yards off the ball (use cones)	7 yards off the ball (use cones)	7 yards off the ball (use cones)
Rush QB during pass	No	No	No
Rush RB at hand off	Yes (When hand off is completed)	Yes (When hand off is completed)	Yes (When hand off is completed)

Last Updated: 8/7/2025



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League Breakdown and Information

- This league is open to boys and girls entering grades K- 5
- Registration will run from June 1 to July 31
- League will start Mid August and run into late September. Sessions will be every Mon/Wed or Tues/Thurs. The season will include 8 total games along with practices
- All equipment will be provided to all head coaches
- Each team can have one coach on the field at a time

Playing Time

- All players should receive equal playing time for both offense and defense in each game they participate in
- All coaches will help monitor each other for equal playing time during game play

Game Format

- Games will be played 5 v 5 for K/1, 2/3, 4/5
- A minimum of 4 players will be needed to start the game and be on the field at all times
- Games will consist of two 20-minute halves
- Total game length will be 40 minutes
- Halftime will be 3-5 minutes

Basic Play Guidelines

- Each team is expected to call and run plays in a timely fashion (maximum 1 minute huddle time).
- We want as many plays as possible during game play
- No keeping score for grades K/1 and 2/3
- Score kept for grades 4/5 (Coaches will update website via email)
- Non-contact
- Each team has four downs to make a first down or score
- The mid-field cone will be the first down marker
- K/1 league will not use first downs and will continue until the team has scored
- Play will start play at 5 yard line (no kick offs)
- Play will always start back at 5 yard line on change of downs or interception
- Coaches will act as referees and should have a coaches meeting prior to the start of each game
- Water breaks every 10-15 minutes or while waiting on sideline
- **Mouth guards are mandatory for all players**
- There is no overtime
- There are no safeties
- 7 yard buffer (cone placed in front of the ball) will act as the line of scrimmage
- The defense can not set up on the goal line when the offense is on the goal line as well. The defense must be 5 yards back of the goal line.
- Before the game, put cones at end zones and mid field- Have a coaches meeting between both teams (see field diagram)

Rules

- All players eligible to run the ball except quarterback
- Quarterbacks cannot pass the line of scrimmage and scramble during a pass play
- Quarterbacks have 10 seconds to throw the ball- A dead ball and loss of down will occur when the 10 second mark is exceeded (Give one or two warnings prior) The opposite team is not allowed to enforce the rule. The offensive coach is in charge of this rule.
- All players eligible to receive a pass except quarterback
- Half Back passes are allowed
- Laterals or pitches are **not** allowed
- Reverses are allowed
- Screening with no contact is allowed
- Blocking is hands off with no contact
- Tackling is **not** allowed
- All players **MUST** have shirts tucked in at all times
- Play stops when flag belt is pulled (encourage sportsmanship and have the other team help pick up the flag belt)
- The ball carrier is not allowed to flag guard (stiff arm or slapping hands away from belt)
- Interceptions are allowed to be returned and are a change of possession
- Fumbles are immediate dead balls and loss of down with **no** change of possession
- Rushing the Quarterback while passing is **not** allowed-- defense must remain behind the 7 yard marker
- Rushing during handoffs can only occur when the transfer of a handoff is **complete** and the runner has the ball

Penalties

- If contact happens during a block or screening it will be a dead ball at the spot of contact and loss of down
- Flag guarding will result in dead ball at the spot of the foul with a loss of down
- Warnings can be given in place of a penalty if needed-- Do not exceed more than one warning per player
- All penalties will need to be a judgment call from the coaches (coaches work together)

Scoring

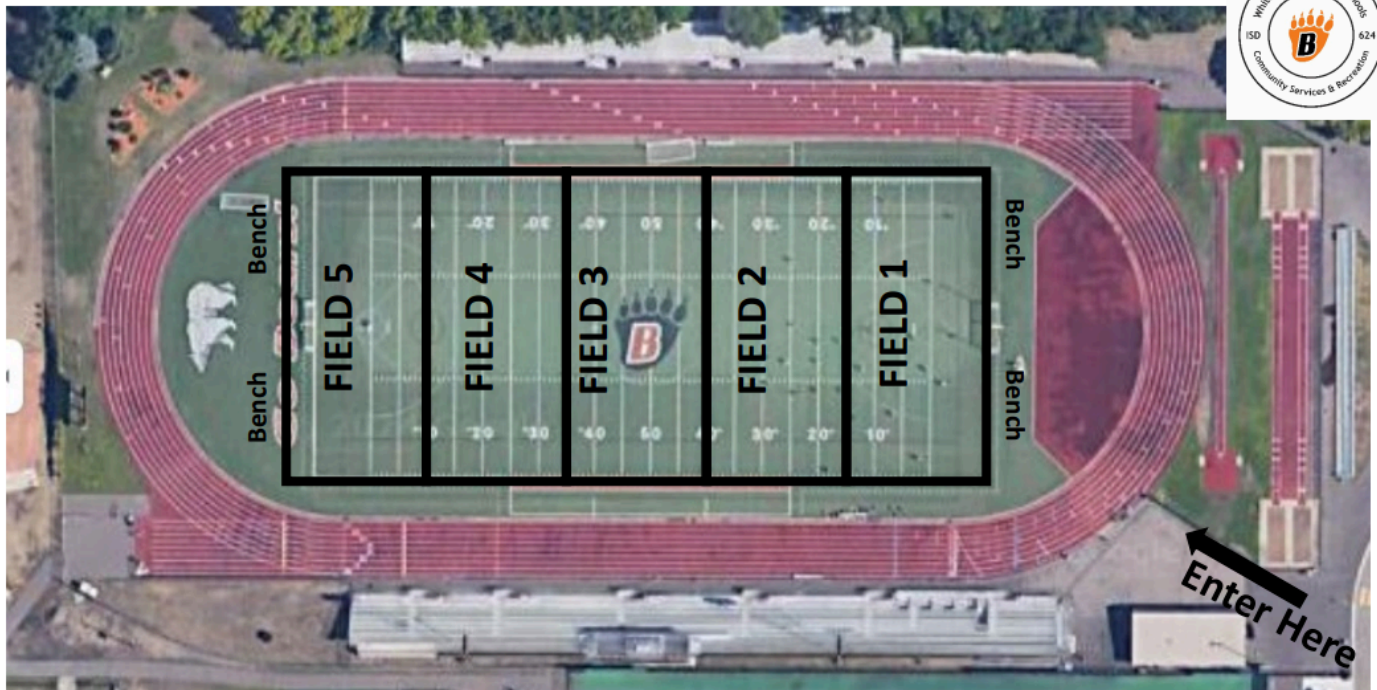
- A touchdown is 6 points
- Extra points are worth 1 point-- Must be a passing play from the 5 yard line. (No handoffs)

Dead balls

- Interception during the extra point conversion
- Player is down when knee or elbow touches the ground
- Player is down when flag belt is pulled off at anytime
- Fumbles are dead balls and the ball will be spotted where the player loses control
- Flag guarding will result in dead ball at the spot of the foul with a loss of down
- When the quarterback exceeds the 10 second mark when passing the ball (dead ball and loss of down)
- Blow your whistle when a player loses his flag, steps out of bounds, or when the play is dead

For schedules, scores, and standings please visit-- White Bear Team Sideline

(www.teamsideline.com/sites/whitebear/home)



White Bear Lake Community Services & Recreation Department
Parent Commitment & Code of Conduct

1. *I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other youth sports event.*
2. *I will place the emotional and physical well being of my child ahead of my personal desire to win.*
3. *I will insist my child play in a safe and healthy environment.*
4. *I will support volunteer coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.*
5. *I will demand a sports environment for my child that is free from drugs, tobacco and alcohol and will refrain from their use at all youth sports events.*
6. *I will remember that the game is for youth- not adults.*
7. *I will do my very best to make youth sports fun for my child.*
8. *I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.*

Any violation of the WBL Community Services & Recreation Parent Commitment may result in temporary or permanent banishment from current or future youth recreational programs.

PLEASE REMEMBER THAT THIS IS A RECREATIONAL LEAGUE. IT IS A LEAGUE WHERE THE TOTAL PARTICIPATION IS MORE IMPORTANT THAN WINNING A PARTICULAR GAME. KEEP EVERYTHING IN PERSPECTIVE AND HAVE FUN!



Defense – where to line up

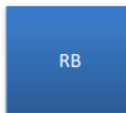
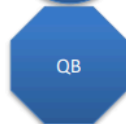
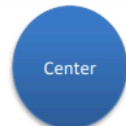


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Rush line – all defense must be 7 yards off ball

Line of Scrimmage (where players line up)



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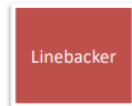


Defense – Pursuit



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Pursuit – the best way to get to a ball carrier/receiver is to run to where they are going, not where they are – this is done by running at an angle versus following the carrier or a teammate



Rush line – all defense must be 7 yards off ball

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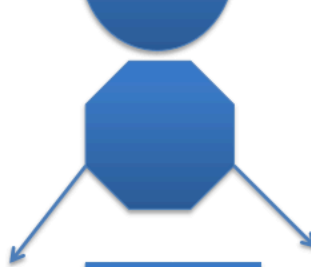
Offense – basic plays



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Cut Left –
QB hands off
to RB, who
runs left, but
then cuts
back right



Cut Right –
QB hands off to
RB, who runs
right, but then
cuts back left



Offense – basic plays



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Button Hook
Pass –
All players on line
run about five
yards and turn for
a pass