



Coed Flag Football

The primary goal of the Eaton Area Park & Recreation District Coed Little Reds Flag Football program is to help each participant experience success as they develop their skills and abilities. An emphasis is placed, not only on the basic skills of flag football, but also upon the development of important qualities such as sportsmanship, teamwork, leadership, and self-discipline.

A 'winner' is someone who gives his or her best effort in practices and games.

General Information

FORMAT

- The game is played with five (5) players.
- A player may only appear on one roster per division.
- If a player is found playing on a team illegally, the coach, illegal player, and/or team may be removed from the event.

PLAYER ATTIRE

- Players must wear EAPRD red and white reversible jerseys. (Red=HOME, White=AWAY)
- Players are designated as home or away based on the schedule.
- Players are required to wear protective mouthpieces during game play.
- Shirts/jerseys must be tucked in always. If a shirt/jersey is hanging out, flag guarding maybe called.
- Molded and screw-in cleats are permitted. No metal cleats are allowed.
- No jewelry, or hand warmers are permitted during the games. Hats with a brim, may be worn backwards only.
- Officials will dry off a ball upon request. Towels are not permitted on the waist.

THE FIELD

FIELD SET UP

- The field is roughly 64 yards in total length by 25 yards in total width. Some field modifications may exist.
- Teams must choose opposite sides of the field to watch the game. Exceptions: Games that are played on the turf field may require parents to view the games from the end zones.
- Most possession changes will start at the offensive team's 5-yard line. Exception: Interceptions.
- A 5-yard (15feet) buffer zone is in place during all games. This buffer zone surrounds the playing field. This zone assists in maintaining the safety of our players and spectators during game play. Only coaches and players of the current game, as well as league personnel are allowed within this zone during the game. Coaches are asked to assist us with the enforcement of this rule. This may be enforced by a delay of game or too many men on the field penalty.

RULES

GENERAL OFFENSE

- NO INTENTIONAL CONTACT of any kind is permitted.
- Down field blocking is illegal. Any offensive player who continues running AND impedes the progress of a defensive player who is attempting to pull the ball carrier's flag will be called for illegal blocking. However, a player running down field on the opposite side of the field that has nothing to do with the play will not be called.
- All offensive players must start with their mouth pieces in, shirts/jerseys tucked in, flag belts on, and flags properly secured at the hips of each player.
- The ball can be snapped or on knee for handoff. Shotgun snaps are allowed.
- There is a 30-second huddle clock, which starts once the line of scrimmage is marked and the ball is spotted.
- Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted towards the line of scrimmage. A motion player does NOT need to stop, prior to the snap of the ball.
- No laterals of any kind once the football is past the line of scrimmage.
- Spinning is permitted.
- Jumping or diving to ADVANCE the ball is illegal. However, an offensive player may jump over a defensive player on the ground to avoid a collision.
 - The ball will be spotted at the location of where the flag was separated from the belt.

PASSING GAME

- QB has a seven (7) second "pass clock."
- If the pass is not thrown within seven seconds, the play is ruled dead, with a loss of down. The ball is placed at the original line of scrimmage.
- If the ball is handed off, the seven-second pass rule is no longer in effect.
- Passes must be thrown from behind the line of scrimmage, including feet. Failure to comply, results in a loss of a down.
 - Only one forward pass per down

RECEIVING GAME

- All players are eligible to receive passes, including the QB, but only if the ball has been handed off behind the line of scrimmage first.
- A receiver must have at least one foot in bounds when making a catch.
- A receiver is down where his or her flag belt is pulled. Exception: To achieve a first down, or a touchdown, the ball carrier's flag belt must cross the plane of the first down line and/or goal line.
- If a receiver's flag inadvertently falls off, even without contact from another player, that player is ruled down at the spot the flag fell off.
- If a receiver's flag inadvertently falls off prior to receiving the ball and later in the same play catches the ball without replacing the flag, the receiver will be down immediately at the point of reception.
- If a receiver and defender both catch the ball at the same time and both retain possession to the ground, then the tie would go to the receiver, with the receiver being down at the point of the tied reception.

RUNNING GAME

- Only direct handoffs and swing tosses behind the line of scrimmage are legal. Anyone behind the line of scrimmage can receive a handoff. A player must completely let go of the ball to be considered a legal handoff.
- There is no limit to the number of handoffs that can be performed by the offense in a single play, so long as the ball never crosses the line of scrimmage.
- The QB can run the ball only if he/she has first handed the ball off behind the line of scrimmage and then taken a “direct” handoff back from another player before the ball has ever crossed the line of scrimmage.
- The player who takes the handoff can throw the ball, if he or she does not pass the line of scrimmage first.
- It is the responsibility of the ball carrier to avoid colliding with defenders that lie in his/her path.

Unintentional contact will not be penalized, provided the ball carrier tries to avoid it. Failure to attempt to avoid contact with a defender (charging) maybe penalized. Intentional contact will not be tolerated and could result in an unsportsmanlike conduct penalty.

GENERAL DEFENSE

- NO INTENTIONAL CONTACT of any kind is permitted.
- Defensive players cannot pass the line of scrimmage, until the ball is handed off.
- Defenders must only attempt to grab an offensive players flags when trying to get them down.
- If a defender attempts to pull an offensive player’s flags and inadvertently grabs their jersey, the defender must immediately and completely release the jersey before they can reattempt to pull the flag. Failure to do so will result in a holding penalty.
- All defensive players must give the offense a one-yard cushion prior to the snap of the ball.

FLAG PULLING/GUARDING

- Flag Guarding is an attempt by the ball carrier to obstruct the defender’s access to the flags by stiff arming, dropping the head, hand, arm, or shoulder or covering the flags with the football jersey.
- A legal flag pull takes place when the ball carrier is in full possession of the ball.
- Defenders can dive to pull flags, but cannot tackle, hold or run through the ball carrier when pulling flags.
- It is illegal to attempt to strip or pull the ball from the ball carrier’s possession at any time.
- A defensive player may not intentionally pull the flags off a player who is not in possession of the ball.
- The flag belts (not the flags themselves) must be secured to ensure they do not hang appearing to be a flag. If the belt is hanging, flag guarding may be called.
- Shirts/jerseys must be tucked in always. If a shirt/jersey is hanging out, flag guarding may be called.

INTERCEPTIONS

- Interceptions are returnable but not on conversions after touchdowns.
- You cannot return an interception during overtime. The play will just result in a loss of possession.

NO RUN ZONES

- “No Run Zones” are only enforced in the 3rd-4th and 5th-6th Grades.
- “No Run Zones” are designed to avoid short-yardage situations.
- “No Run Zones” come into effect only when the offensive team is approaching a first down or the end zone. Exception: If the offensive team has already achieved a first down but has been pushed back into a “No Run Zone”, then the “No Run Zone” is no longer in effect.
- Whenever within the “No Run Zone” the offense must pass.

- If a run play occurs while inside the “No Run Zone”, the play is immediately dead with the consumption of a down.

RUSHING OF THE QUARTERBACK

- You may only rush the quarterback in the 3rd-4th and 5th-6th Grades.
- The rush marker will be designated by the referee seven yards from the line of scrimmage.
- Any number of players may rush the quarterback if they are beyond the rush marker at the time the ball is snapped.
- If the offense draws the rusher(s) to jump the seven-yard marker prior to the snap of the ball, that rusher(s) CANNOT rush during that play. However, any other defender that is seven yards back may rush instead. Jumping the rush is not a penalty until the rusher crosses the line of scrimmage prior to the hand off or passed ball.
- The rusher must take an angled path to the QB. If this path is crossed AND contact is made involving the rusher and any offensive player, then an offensive impeding penalty will be assessed.
- Once the rusher angle is set, he/she cannot change their path to the QB. If the path is changed, they will lose right of way privileges. This means that if any contact is made, it will be called against the initiating player.
- The rusher CANNOT run straight into the center. The center has the right away so long as the center remains in his/her original spot at the time the ball was snapped.
- If contact is made with the center by the rusher who has not taken an angle to the quarterback, a defensive impeding penalty will be assessed.
- Players not rushing the quarterback may defend the line of scrimmage.
- The rusher may attempt to block the pass, but it is a penalty to contact the quarterback's arm.

INADVERTENT WHISTLE

- If there is an inadvertent whistle during a play, the offense has the choice of either the result of the play at the point the whistle was blown or replaying the down.
- If there is an inadvertent whistle during a passing play and the ball is in light, the down is replayed.
- The half or game cannot end of an inadvertent whistle. This would be an untimed down.

DEAD BALLS

- A play is ruled dead when the ball carrier's flag is pulled, the ball carrier's flag inadvertently falls off, the ball carrier steps out of bounds, any part of the ball carrier's body other than hands touch the ground, the ball carrier lets the ball hit the ground, a penalty occurs, QB runs out of time or after a touchdown or extra point is scored.
- There are no fumbles. The ball is spotted where the ball hits the ground, unless the ball carrier loses control of the ball moving forward. It will be placed where the carrier's feet are when possession is lost.

SCORING

- A touchdown is equivalent to 6 points.

EXTRA POINTS

- Following a touchdown, the offensive team is given an opportunity to score an extra point.
- 1 Extra Point is attempted five yards out from the goal line. This is a “NO RUN” zone in the 3rd-4th and 5th-6th Grades.

- 2 Extra Points is attempted 12 yards out from the goal line.
- An interception on an extra point will result in a failed attempt.

SAFETIES

- A safety occurs when one of the following happens; the QB or ball carrier is downed in his/her end zone, the QB or ball carrier runs out of bounds inside his/her endzone, the quarter back or ball carrier fumbles the ball in his/her and or ball carrier runs out of bounds inside his/her endzone, a bad snap resulting in the ball landing in offensive endzone, and an offensive penalty occurring inside the offensive end zone.
- If a safety occurs, the team that scored the safety will be awarded 2 points and will receive the ball or their 5-yard line.

TIME SITUATIONS

- The referee may stop the clock at their own discretion.
- Each team is allowed one 60-second timeout per half.
- Timeouts do NOT carry over into the next half.
- Games are played with two 20-minute halves and a two-minute half-time.
- The clock will automatically stop at the one-minute warning of the second half only if the score of the game is within an 8-point differential.
- A Mercy is declared once a 35-point differential has been obtained. The game is officially declared over, a maximum of 35 points will be listed for the point's differential.

FORFEITS

- To keep games on time, teams arriving more than ten minutes later than their originally scheduled start time will forfeit the game unless coming directly from a different field at the tournament.
- Event Liaison not field official will make that determination.
- Teams are required to have a minimum of five players to play a game; if a team is unable to field at least four players the game will be forfeited.
- A forfeit will result in a 21-0 result.

OVERTIME

- There is no overtime in Round Robin Play.
- Coin toss determines possession. The team that did not call the opening coin toss will call the overtime coin toss.
- The team that wins the coin toss has the choice to take the ball first or defend first.
- Each team will have the option to go for a one or two-point conversion. Both teams will drive into the same endzone.
- If an interception occurs the play is dead, and a change of possession will occur.
- If both teams are forced to go into a second overtime, both teams must go for two.
- The games will be scored as the actual score of the game

CHALLENGE RULE

- A coach has the right to challenge one rule interpretation per game. The head coach MUST have a copy of the rules present and call a "Challenge Time Out". The challenge must take place before the next play is started. The official stops the clock and read the rule in question. If no agreeable solution is determined, then an event liaison may arbitrate and will have the final say. If a team protests a rule interpretation and is proven wrong, the team will be charged a timeout. If the team doesn't have a timeout then that team will be

penalized for delay of game. Note; you cannot protest a judgement call. A judgement call is at the official's discretion.

GENERAL PENALTY INFORMATION

- Only head coaches may approach the referee. Judgment calls cannot be argued.
- A game or half will not end on any accepted live ball defensive penalty or inadvertent whistle.
- Any offensive penalty in your own endzone results in a safety (2points).
- A second defensive penalty on an extra point, will equate to the number of points the offensive team was attempting and be rewarded.

WARNINGS

- At the official's discretion a warning may be given in place of a penalty to a player or coach for any of the stated rules. Coaches and players should not expect to receive more than one warning if any.

OFFENSIVE PENALTIES - 5 Yards from Line of Scrimmage and Loss of that Down

- False start
- Offsides
- Illegal motion
- Offensive impeding
- Delay of game
- Coach interference – (remaining on the field during a play, exception: Lombardi Division may have 1 coach
- Attempting to run from a “No Run Zone”
- Offensive pass interference
- Too many players on the field
- Improper equipment- (equipment tampering, lack of mouth guard, pants or shorts with pockets, jersey untucked, illegal cleats, missing or improperly placed lags)

OFFENSIVE PENALTIES – 5 Yards from the Spot of Infraction and Loss of that Down

- Flag guarding
- Illegal ball advancement– (jumping or diving to advance the ball, laterals)
- Intentional contact– (blocking, charging, tackling, tripping, pushing, holding, obstructing, stiff arming)

DEFENSIVE PENALTIES - 5 Yards from the Line of Scrimmage, Automatic First Down

- Roughing the passer
- Intentionally removing a receiver's lag belt before he/she contacts the ball
- Illegally rushing the quarterback
- Too many players on the field
- Coach interference – (remaining on the field during a play)
- Improper equipment- (equipment tampering, lack of mouth guard, pants or shorts with pockets, jersey untucked, illegal cleats, missing or improperly placed flags)

DEFENSIVE PENALTIES - 10 Yards from the line of scrimmage, Automatic First Down

- Defensive Pass Interference
- Intentional contact– (blocking, charging, tackling, tripping, pushing, holding, obstructing, stiff arming)

UNSPORTSMANLIKE CONDUCT –

- **FOUL PLAY WILL NOT BE TOLERATED!**

- If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking of any unsportsmanlike act, the game will be stopped, and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals will be considered.
- Offensive or confrontational language is not allowed. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
- Players may not physically or verbally abuse any opponent, coach or official.
- Ball-carriers MUST try to avoid defenders with an established position.
- Defenders are not allowed to run through the ball-carrier when pulling flags.
- Fans must also adhere to good sportsmanship as well.
- Yell to cheer on your players, not to harass officials or other teams.
- Keep comments clean and profanity free.
- Compliment ALL players, not just one child or team.

DEFENSIVE UNSPORTSMANLIKE CONDUCT- 15 Yards from End of Play, Automatic First Down

OFFENSIVE UNSPORTSMANLIKE CONDUCT- 15 Yards from Line of Scrimmage and Loss of Down

EJECTIONS

- Flagrant Unsportsmanlike Conduct or Personal Fouls (tackling, pass interference, and charging)
- Intentionally Tampering with Equipment
- Bad Sportsmanship
- At the official's discretion, a player, coach, or fan may be ejected from the field for unsportsmanlike conduct or a flagrant on of the rules. To eject a player, coach or a fan the referee will call an official's timeout and get an event liaison PRIOR to making this call.
- Any person ejected will be asked to leave the field before play resumes. If an ejected player/fan/parent does not leave the field, a delay of game penalty will be called and will continue to be called until the situation is addressed.
- Any person ejected may be put on probation with possible suspension, depending upon the severity of incident.
- National Flag Football will have full discretion when imposing penalties.
- Any person ejected

SPORTSMANSHIP

- Trash talking is not allowed. Trash talking is offensive language used against opposing coaches, players, officials league personnel or fans. Officials will give one and only one warning. If this trash talking continues, the offender may be ejected from the game.
- If any league personnel or official witness any act of rough housing, including but not limited to, tackling, elbowing, cheap shots, or any other unsportsmanlike act, the game will be stopped, and that player may be ejected. Further disciplinary action may follow including event expulsion.
- After the game, teams are expected to form a line at midfield and congratulate the opposing team regardless the outcome of the game.

NATIONAL FLAG FOOTBALL has and always will provide an atmosphere where players, friends and families can feel comfortable enjoying a day of football. Any players, team's family members that jeopardize that environment will be asked to leave. NATIONAL FLAG FOOTBALL operates under a ZERO NO TOLERANCE POLICY

