

Green River Parks and Recreation Little Howler Flag Football Guidelines and Rules

Overview

1. Divisions of Play: All divisions are Co-ed. Preschool/Kindergarten (must be 4 years of age by program start date), 1st/2nd Grades, and 3rd/4th Grades. Grades are based upon the upcoming school year.
2. The goals of the league are to stress sportsmanship, to teach players fundamental skills of the game, participation, having fun, lifelong skills (respect, teamwork, responsibility, etc.)
3. There are no league standings or a championship game. Wins and losses are not recorded.
4. Participation Rule and Position Play: Coaches must play each player on the team as equal amount of playing time as possible no matter skill level. Coaches must have players rotate playing positions on offense throughout the game so that each player gets an opportunity to play at running back, quarterback, and receivers.
5. All games and practices will be conducted Monday-Thursday evenings. Game fields are located on the baseball fields of Stratton Myers Park and will have lighting available. Coaches will schedule available practice times. Practices are limited to one hour. Teams may practice two times during the first week of the season. A maximum of seven practices can be scheduled for the entire season.

Players and Equipment

1. Rosters are limited to 9 players. Each team will have a maximum of 6 players on the field during live ball play. Teams may play with less than 6 players if there are not enough players available.
2. Player Equipment: Reversible game jersey, shorts or sweat pants of any color, and tennis shoes or rubber cleats. Metal cleats are not allowed. Jewelry and hats are not permitted. Each player will wear a flag belt with two flags.
3. The field of play for 1st/2nd Grades and 3rd/4th Grades will be 50 yards with an end zone area on each end of the field. (see field diagram) The Preschool/Kindergarten games will be on a smaller field.
4. Footballs: Preschool/Kindergarten and 1st/2nd Grades use a pee wee size football. The 3rd/4th Grade division uses a junior size football.

Game Procedures

1. Games for Preschool/Kindergarten shall consist of four 8-minute quarters. Games for 1st/2nd and 3rd/4th Grades shall consist of four 10-minute quarters using a running clock. Officials may stop the clock as needed at their discretion. Each team is allowed two one-minute timeouts per half. Games will begin with the Home team (black jersey team) taking possession at their own 10-yard line. The visiting team (silver jersey) is on defense. Teams change sides after the first half. To begin the second half (3rd Quarter), possession changes and the Visiting team (silver jersey) begins on offense at their own 10-yard line.
2. The offensive team has 3 downs to cross the midfield line. Once a team crosses the midfield line, they have 3 plays to score a touchdown.
3. The ball will be put into play from the line of scrimmage with the center having the ball at the line of scrimmage and snapping the ball to the quarterback. The snap must be between the center's legs. Shotgun snaps are allowed.
4. The Quarterback can hand the ball off behind the line of scrimmage to another offensive player or pass the ball forward. No pitches or laterals are allowed on offense. Only direct hand offs are allowed. The offense may use multiple handoffs. Handoffs may be in front, behind, or to the side of the offensive player, but must be behind the line of scrimmage.

5. The ball placement for the point after touchdown will be the 3-yard line hash mark. The scoring team will have one chance to either pass or to run the ball in following each touchdown.
6. Change of Possession: When a team fails to cross the midfield line or score a touchdown, the opposing team gets possession at their 10-yard line marker. There are no punts. The opposing team gains possession of the football on their 10-yard line marker following the successful or unsuccessful extra point attempt by the offensive team. There are no kickoffs.
7. Two point Safeties are scored by the defense. The team awarded the safety gains possession of the ball at their own 10-yard line marker.
8. Substitutions may be made during any dead ball period.

Offensive Play

1. The Quarterback can hand the ball off behind the line of scrimmage to another offensive player or pass the ball forward. No pitches or laterals are allowed on offense. Only direct hand offs are allowed. The offense may use multiple handoffs. Handoffs may be in front, behind, or to the side of the offensive player, but must be behind the line of scrimmage.
2. Only passes beyond the line of scrimmage are allowed. Passes to players behind the line of scrimmage are not allowed.
3. The quarterback cannot run the ball forward for yardage. The quarterback may run behind the line of scrimmage to hand the ball off on a running play or run behind the line of scrimmage on a pass play.
4. All offensive players are eligible pass receivers (including the quarterback, if the ball has been handed off behind the line of scrimmage).
5. No blocking is allowed.
6. An offensive player who receives a handoff from the quarterback may pass the ball as long as he or she has not crossed the line of scrimmage.
7. The offense may have only one player in motion at a time during the set.
8. Only one foot needs to be inbounds on a reception.

Defensive Play

1. All defensive players must be a minimum of 5 yards from the line of scrimmage for ALL possessions, including the extra point attempt.
2. There is a 5 second rush count before the defense can rush the quarterback.
3. The defense can move across the line of scrimmage immediately on an offensive run play or when the quarterback has handed the ball off to another offensive player.
4. No tackling is allowed.

General Play Rules

1. Fumbled balls that hit the ground are dead on the spot and remain the offensive team's ball.
2. Interceptions may be run back.
3. The ball is always spotted where the player's feet were when he was de-flagged and not where the ball was. If the flag falls off, the ball is dead.
4. Offensive and defensive players should remain on their feet during play. Diving is a violation and a safety concern. A player who leaves their feet in an attempt to gain extra yardage or to de-flag an opponent should be penalized for unnecessary rough play.
5. A runner with the football is allowed to do a spin move to avoid getting their flag pulled.
6. Flags must be attached as intended by the manufacturer and must be worn outside the jersey. Flag guarding and stiff arming are illegal.
7. The ball is dead when:

- a. The ball is fumbled
- b. The flag is pulled off or falls off
- c. The ball carrier is out of bounds
- d. The ball carrier's knee hits the ground
- e. A touchdown or safety is scored

Penalties

1. All defensive infractions will result in a 5 yard penalty.
2. Examples of Defensive Penalties include:
 - a. Personal foul
 - b. Pass interference
 - c. Tackling
 - d. Unnecessary roughness (reckless play, diving, etc.)
 - e. Any other defensive violation as deemed by the referee
3. All offensive infractions will result in a loss of down.
4. Examples of Offensive Penalties include:
 - a. Personal foul
 - b. Illegal blocking
 - c. Flag Guarding
 - d. Stiff Arming
 - e. Unnecessary roughness (reckless play, diving, etc.)
 - f. Any other offensive violation as deemed by the referee