

# CALHOUN RECREATION DEPARTMENT

## 5-6 FLAG FOOTBALL RULES 2016

1. All games will start promptly at scheduled game times. No grace period will be allowed for any games. Score will not be kept.
2. All teams must start and finish each game with a minimum of 6 players. Each team will be allowed to play a maximum of 8 players at one time.
3. Each team must have 4 blockers on the line of scrimmage. These players are ineligible to run, throw or catch the ball. All players must wear flags while in the game. Any player, offense or defense, that makes any blocking contact with an opposing player will be penalized 5 yards for illegal contact.
4. All games will consist of two 20 minute halves with a running clock and a 5 minute halftime. Each team will be allowed two 1 minute time outs per half. Time outs not used cannot be carried over.
5. *All players must play a minimum of 6 consecutive plays in each half of every game. Plays may be offensive, defensive or both. Placing the ball after requesting a punt or kick-off does not equal a play. Failure to comply will result in suspension of the coach at fault.*
6. At the beginning of each game and after each score, the receiving team will be given a 1<sup>st</sup> down on their own 20 yard line. There will not be a kick off or a return.
7. When a team chooses to punt, the ball will be advanced 20 yards by the official. The receiving team will not be allowed a return. If a team chooses to punt within 20 yards of the goal line, the ball will be marked half the distance to the goal. A team may choose to punt on any down.
8. Only one coach per team will be allowed on the field at all times. This coach may not communicate with the players after the offensive huddle is broken. A 5 yard penalty will be called for illegal substitution if this rule is broken.
9. A spin move is not considered flag guarding if the ball carrier has the ball tucked away while performing the move.
10. Harassment of any official, player or coach by any fan, coach or player will result in ejection from any form of participation in the current game and ejection from the recreation area.
11. There will be 30 seconds allowed to run the play from the time that the referee blows the whistle. If the play does not start before the 30 seconds is up, then there will be a delay of game penalty. If you receive 3 consecutive delay of game calls it will result in a loss of possession.

### ***OFFENSE***

1. All players must block without the use of his/her hands or arms. Any player attempting to block an opposing player must use his/her body as a shield. No contact will be allowed either intentional or unintentional.
2. All blockers must begin each play in a three-point stance. All defensive lineman players must not be within one yard of the line of scrimmage.
3. When a ball carrier's flag is removed, then the play will be over and the ball will be spotted where the flag was removed. The football itself must cross the plane of a 1<sup>st</sup> down line or the goal line to be ruled a 1<sup>st</sup> down or touchdown/extra point.
4. If a ball carrier's flag falls off without a defender removing it then the play will be over where the flag falls off. Any ball carrier intentionally removing his/her own flag will be penalized 5 yards from the spot of the foul for flag guarding.
5. If at any time the football touches the ground, the play will be ruled dead. When a ball is fumbled the play will be marked down at the spot the ball first touches the ground. Fumbles may not be advanced by the offensive or defensive team.
6. To gain a first down the offense must cross the next line for a first down. If you start beyond the line and lose yardage you must go beyond the original line to gain a first down. Example: 1<sup>st</sup> and 10 on own 20 yard line; 1<sup>st</sup> down at 40. Lost 5 yards to 15 yard line. 1<sup>st</sup> down remains 40.
7. An offensive team that is stopped in or fumbles in its own end zone will result in a safety and the defensive team will be awarded two points and possession of the football at the 40 yard line.
8. The offensive team must have 4 blockers on the line of scrimmage to begin each play. No more than 5 players will be allowed to begin a play on the line of scrimmage, offense or defense, unless the offensive player is spread as a wide out.

### ***DEFENSE***

1. Defensive lineman must begin each play in either a 3-point or 4-point stance at a minimum distance of 1 yard off the line of scrimmage.
2. Defensive formations must have at least 4 down lineman, 2 linebackers, and 2 defensive backs.
3. Linebackers should begin each play a minimum distance of 2 yards behind the defensive lineman.
4. Defensive backs should begin each play at a minimum distance of 2 yards behind the linebackers. However, if an offensive player is split out as a wide receiver (at least 10 yards wide), a defensive back may line up with this player but must be at least 3 yards off the line of scrimmage.
5. Contact must be kept at a minimum, but aggressive play, attempting to pull the ball carrier's flag, will be ruled on at the discretion of the referees.