

**NICOLET REC. DEPT. YOUTH FLAG FOOTBALL**  
**RULES AND FORMAT**

**PROGRAM OBJECTIVES:**

To offer a well-rounded program that emphasizes the basic fundamentals of team play, individual skills, good sportsmanship and most of all, participation and FUN! In addition, one of the major goals of the Recreation Department is to ensure that a variety of program opportunities are made available to all segments of the community at a nominal fee while promoting the need to keep youth programs "neighborhood" based.

Rules established by the National Federation of State High School Association (NFSHSA) and adaptations adopted by the Wisconsin Interscholastic Athletic Association (WIAA) apply in conjunction with the following modifications:

**A. GAME TIME**

1. League games will consist of two twenty minute halves. A continuous clock will be used UNTIL the final one minute of the first and second half. During the final one minute, the clock will stop on 1)time outs 2)an incomplete pass 3) a 1<sup>st</sup> down 4) a penalty 5) out of bounds 6) an official's time out 7) a team time out 8) a touchdown. The clock will not run on PAT's (point after touchdowns).
2. Half time breaks will consist of 5 minutes.
3. If each team has the same score at the end of regulation the result will be a tie game. There is no overtime.
4. Time Outs:  
Each team will be allowed 2 one-minute time-outs per half. The time outs will stop in the clock in the final one minute of the first and second half. Time outs cannot be carried over for use in the second half.

**B. PLAYERS**

1. There shall be 5 players from each team on the field at all times.
2. Only players with flags are allowed to advance the ball. If a player's flag falls off, that player is considered down.
3. The one line position (center) is eligible to catch a pass. The eligible positions include: center, wide receivers, running backs and quarterback.
4. The quarterback is not allowed to run unless the defense blitzes. **Defenses can blitz once every four downs.** The quarterback will get 7 seconds to pass the ball. If the quarterback does not throw the ball after 7 seconds the offense will be penalized a loss of down.
5. Every player MUST play a starting position. There are 10 starting positions and no more than 10 players will be assigned to a roster. Each player must play the equivalent of one full half of the game (20 minutes) on offense or defense or a combination of both.

**C. SCORING:** Scoring is the same as in regular football except goal posts are not used, eliminating field goals and kicked extra points. **Teams have 25 seconds to get a play started.**

1. Touchdowns = 6 points
2. Points after Touchdowns: (running or passing the ball in from the three yard line) = 1 point.  
PAT's cannot be returned by the defense for a score.
3. Safety = 2 points.

**D. EQUIPMENT**

1. Tennis shoes or cleats with molded rubber only.
2. Uniform-players must wear their team shirts provided by the recreation department.

**E. PLAYING FIELD:** 40 yards goal line to goal line/ 53 yards wide (1<sup>st</sup>/2<sup>nd</sup>)  
70 yards goal line to goal line/53 yards wide (3<sup>rd</sup>/4<sup>th</sup>)

**F. GENERAL RULES**

1. There will be no kickoffs or punts. The ball will be placed at the 10 yard-line after the other team scores. If the team stops the other team on downs or intercepts the ball the ball will be placed at the spot.
2. Advancing the ball; To advance the ball after the snap, the offensive team may run or pass. Only one forward pass may be made each play and it must be thrown from behind the line of scrimmage. A backward pass or lateral may be made from any point on the field. **IMPORTANT:** The ball carrier may not guard their flag, stiff-arm, or hurdle/leap or

spin **more than once** to avoid being flagged. Ball will be marked dead at the point of infraction.

3. There will be one first down at mid-field . Teams will have 4 downs to get a first down at mid-field. If the team gets a first down at mid-field then the same team will have 4 downs to get a touchdown.
4. Quarterback Rule: An offensive player may only play quarterback for a maximum of 20 minutes per game (half the game).
5. Offensive lineman rule: lineman must play eligible positions during the course of the game.
6. Fumbles: The ball is dead on a fumble at the point in which it touches the ground. Fumbles into the air may be returned by the defensive team only, provided it does not touch the ground.
7. Fumble Play-Over Rule: A fumbled exchange between a center and quarterback will be replayed , no loss of down will occur.
8. Legal Stop (securing the flag): The play is dead when one of the ball carrier's flags is Legally pulled from their belt. The official will declare the ball grounded at the point where the stop was made. The pulled flag is the only way to legally stop the ball carrier in play. No tagging, tackling, holding, pushing or diving at the ball carrier is allowed.  
Penalty for illegal stop: Additional 10 yards (hold or tackle), 5 yards (diving) unless considered a touchdown run in which case the ball will be placed on the one yard line. All player's flags must be clearly visible and secured only by the velcro. A ball carrier will be considered down if his flags fall off. Any player whose flag or flags fall off will be considered down as soon as that player touches the football.
9. Dead Ball Situations:
  - a. Ball travels out of bounds
  - b. After an incomplete pass
  - c. After a score
  - d. After a fumble
  - e. Change of possession
  - f. After a penalty has been called(all of the above should be accompanied by a referee's whistle)
10. Penalties: An officials walking step is equal to one yard.
  - a. Defensive players rushing the quarterback before the allotted time –5 YARDS
  - b. Illegal Block: below the waist, from behind, above the shoulders, diving-5 YARDS
  - c. Offsides: defense or offense –5 YARDS
  - d. Illegal motion: Offensive players are allowed one man in motion at a time before the ball is snapped and players may move only one step forward-5 YARDS.
  - e. Pass Interference: eligible receivers and defenders may not initiate contact with an opposing player while the ball is in the air. Offensive pass interference results in a 10 YARD penalty and a loss of downs. Defensive interference will result in the ball being placed at the point of infraction. Defensive pass interference in the end zone will result in the ball being placed on the 1-Yard line.
  - f. Illegal forward pass: Any forward pass made beyond the line of scrimmage, any second forward pass on the same play or intentionally grounding a pass to avoid a sack results in a 5 YARD penalty and a loss of downs.
  - g. Unsportsmanlike conduct: Poor behavior and/or language—10 YARDS. Subsequent unsportsmanlike penalties will result in that players ejection.
  - h. Unnecessary roughness: Any player's tactics which are purposely endangering the Safety of other players-10 YARD penalty.
  - i. Illegal use of the Hands on Offense: Offensive players may not use their hands on the Defensive players-5 YARDS.
  - j. Illegal use of the Hands by the Defense: Defensive players may not use their hands on the heads of their opponents. They are permitted to push the offensive players out of the way, however they are not allowed to hold onto the offensive player.-5 YARDS
  - k. Delay of Game: **Offensive players have 30 seconds to start a play**-5 YARDS
  - l. Any other violations not covered may be called by the discretion of the officials at any time.
  - m. All officials decisions are final and there will be no protests.
  - n. Shirts not tucked in or flags not properly secured can result in a 5-YARD penalty.
  - o. Guarding the Flag: A ball carrier may not intentionally guard their flags. This means attempting to obstruct the defender in their pursuit of the flag with your hands. Ball is called dead at the point of the infraction.
  - p. Too many men on the field (8 or more) results in a 5-YARD penalty.
  - q. NO TAUNTING IS ALLOWED. No excessive hot-dogging during play or at any time. Penalty is 10 YARDS.

**REMEMBER: SPORTSMANSHIP AND GOOD CONDUCT ARE REQUIRED AT ALL TIMES**