



NFL Flag Football Program

The City of Moraine Parks and Recreation aims to introduce youth to the sport of football in a fun, inclusive, and non-contact environment. We are excited to provide you and your child with a quality experience on and off the field of play. If you have any questions, comments, or concerns during the season or would like to volunteer as a coach, please contact the sports & fitness program coordinator.

Sports & Fitness Program Coordinator

Chandler Woodcock

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Program Description

NFL Flag Football is designed to promote health and fitness, emphasize sportsmanship and fair play, develop learning skills and techniques, and most importantly allow kids to have fun!

Coach's Responsibilities

Each flag football team is under the leadership and supervision of the head coach. All coaches, head, and assistant coaches must complete a background check and coaches training through NAYS (National Alliance For Youth Sports). The head coach is responsible for supervising players on his or her team during all City of Moraine practices and games. Coaches may never leave players unattended at practices or games. **At least one coach must be present until the last player is picked up from practice and games.**

General Personal Conduct

Any City of Moraine Team's parents, coaches, spectators using foul or disrespectful language at any time before, during, or after the games will be asked to leave the park. Coaches using said language during practices and/or games may be dismissed from his/her coaching responsibilities. Set a good example! Parents, coaches, and spectators are expected to cheer in a positive fashion for all players! This is a recreational league, and its sole purpose is for the players to learn the game of football and have fun!

- 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.

All DIVISIONS (AGES 3-15)

LEAGUE RULES

- The score will be kept for all divisions but should not be emphasized.
- League standings will not be kept for 6U & 4U.
- Any concerns by coaches or parents should be discussed with the program coordinator.

GENERAL GAME RULES

- Every player **MUST** play at least half the game unless there are issues with a player's attendance or attitude.
- Game clock is a running clock.
 - **4U & 6U** Divisions: 30 minutes (15 minutes per half) with a 2-minute halftime.
 - **9U, 12U, & 15U** Divisions: 40 minutes (20 minutes per half) with a 2-minute halftime.
- Games must be played 5-on-5 or even sided.
- A player from both teams will meet at midfield for the coin toss to determine who starts with the possession. The visiting team will call the toss.
- Each team will be permitted two (2) time-outs per half; one 60-second, one 30-second.
- The offensive team takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, they have three (3) plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard start line. If the offensive teams fail to cross midfield on 3rd down, they can choose to punt or play on 4th down, if they choose to play on 4th down and fail then the new offensive team takes over at the spot of the ball.
- All possession changes, except interceptions, start on the offensive's 5-yard line.
- Interceptions may be returned.

ATTIRE

- Rubber or plastic cleats are allowed but not required. **NO METAL CLEATS PERMITTED.**
- Shorts and pants **CANNONT** have pockets.
- Must remove all jewelry and hard billed hats.
- All players are **REQUIRED** to wear a protective mouthpiece.
- Official NFL Flag Football jerseys must be worn during play with the provided NFL Flag belt.
 - Flags should be worn properly – belt tails tucked away, and flags positioned on the hips, so defenders are able to reach them.
 - Jersey should be tucked if it hangs past the belt line.

TIMING/OVERTIME

- Game clock is a running clock.
 - **4U & 6U** Divisions: 30 minutes (15 minutes per half) with a 2-minute halftime.
 - **9U, 12U, & 15U** Divisions: 40 minutes (20 minutes per half) with a 2-minute halftime.

- If the score is tied at the end of the game, teams move directly into overtime. The home team calls the toss to determine the possession. The possessions will alternate for any additional overtime play.
- Each team will take turns getting one (1) play from the defense's 5-yard line for one point, or the 10-yard line for two points. The team that scores the most on their possession will win the game:

Example: Team A starts on offense and has a one-point conversion success. If Team B successfully completes a two-point conversion, they win. If Team B fails to convert a one-point or two-point, Team A wins. If Team A is unsuccessful in their attempt first, Team B can win by scoring either one or two-point.

In the event both Teams score a one- or two-point conversion to tie, the next overtime will start, and play will alternate until the first team scores more on the conversion. **"No run zones" are still active in overtime for the 9U, 12U, and 15U Divisions.**

- Officials can stop the clock at their discretion.

SCORING

- Touchdown: 6 points
- Extra Point: 1 point (played from 5-yard line), 2 points (played from 10-yard line)
- Safety: 2 points
- Forfeits are scored 35-0 for the winning team in 9U, 12U, 15U Divisions

DEADBALLS

- The ball must be snapped between the legs, not off to one side, to start play.
- Substitutions may be made on any dead ball.
- Play is "dead" when:
 - Ball carrier's flag is pulled.
 - Ball carrier steps out of bounds.
 - Touchdown is scored.
 - Ball carrier's knee hits the ground.
 - Ball carrier's flag falls out.
 - Ball hits ground (no fumbles/recovery for all divisions).
 - 7 sec pass clock expires.
 - Ball carrier tries to dive or hurdle.
- Fumbles: Once per down can the quarterback lose the ball from the center and the play is called a "Do-Over" – **4U & 6U Only**

RUNNING

- The quarterback cannot run with the ball.

- Direct handoffs are permitted behind the line of scrimmage.
 - Pitches and laterals are permitted
- “No-running zones” are located five yards from each end zone and five yards on either side of midfield. These are designed to avoid short-yardage and power-running situations.
 - 4U & 6U do not play with no running zones.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving/jumping).
- The ball is spotted where the ball is when the flag is pulled.

RECEIVING

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- As in the NFL, only one player is allowed in motion at a time. Parallel to the line of scrimmage.
- A player must have at least one foot inbounds when making a reception.

PASSING

- Shovel passes are allowed.
- The quarterback has a seven-second “pass clock.” If a pass is not thrown within seven seconds, the play is dead and loss of down. Once the ball is handed off, the seven-second rule no longer is in effect.
- Interceptions may be returned.

RUSHING THE QUARTERBACK

- 4U & 6U Age Divisions are the only age divisions where teams will not be allowed to rush the quarterback.
- All players who rush the pass must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Only two players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.
- Once the ball is handed off, the seven-yard rule no longer is in effect, and all defenders may go behind the line of scrimmage. A special marker, or the referee, will designate seven yards from the line of scrimmage. Remember, no blocking/screening or tackling is allowed.
- Offense cannot impede the rusher in any way.

SPORTSMANSHIP/ROUGHING

- If the referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped, and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED!**

- Trash Talking is illegal! Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators). If trash talking occurs, the referee will give one warning. If it continues, the coach or coaches and player or players will be ejected from the game.

PENALTIES: All penalties will be called by the referee.

Defensive

- Offsides: 5 yards and automatic first down
- Interference: 10 yards and automatic first down
- Illegal Contact (holding, blocking, etc.): 10 yards and automatic first down.
- Illegal FLAG Pull (before receiver has ball): 10 yards and automatic first down.
- Illegal Rushing (starting rush from inside 7-yard marker): 10 yards and automatic first down.

Offensive

- Illegal Motion (more than one person moving, false start, etc.): 5 yards and loss of down.
- Illegal Forward Pass (pass thrown beyond line of scrimmage): 5 yards and loss of down.
- Offensive Pass Interference (illegal pick play, pushing off/away defender): 10 yards and loss of down 4. FLAG Guarding: 10 yards (from line of scrimmage) and loss of down.
- Delay of Game: Clock Stops, 10 yards and loss of down
- If a player’s flag falls down or naturally adjusts away from the hips as they are running, the player will be called down and the play ends.
- If the same thing happens to the same player, a loss of down will occur on the team.
- Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.

Only the team coach may ask the referee questions about rule clarification and interpretations.

Players cannot question judgment calls.

Games cannot end on a defensive penalty unless the offense declines it.

Offensive Penalties		NFL FLAG TOURNAMENT	
Offsides/ False Start	5 Yards from LOS & Loss of Down	Defensive Penalties	
Illegal Forward Pass	5 Yards from LOS & Loss of Down	Offsides	5 Yards from LOS & Auto 1st Down
Offensive Pass Interfer	5 Yards from LOS & Loss of Down	Illegal Rush	5 Yards from LOS & Auto 1st Down
Illegal Motion	5 Yards from LOS & Loss of Down	Illegal Flag Pull	5 Yards from LOS & Auto 1st Down
Delay of Game	5 Yards from LOS & Loss of Down	Roughing the Passer	5 Yards from LOS & Auto 1st Down
Impeding the Rusher	5 Yards from LOS & Loss of Down	Taunting	5 Yards from LOS & Auto 1st Down
Taunting	5 Yards from LOS & Loss of Down	Unsportsmanlike	10 Yards & Auto 1st Down
Unsportsmanlike	10 Yards & Loss of Down	Unnecessary Roughness	10 Yards & Auto 1st Down
Unnecessary Roughness	10 Yards & Loss of Down	Defensive Pass Interfer	SPOT FOUL & Auto 1st Down
Screening, Blocking	SPOT FOUL -10 Yards & Loss of Down	Holding	SPOT FOUL 5 Yards & Auto 1st
Charging	SPOT FOUL -10 Yards & Loss of Down	Stripping	SPOT FOUL + 10 Yards & Auto 1st
Flag Guarding/Jumping	SPOT FOUL -10 Yards & Loss of Down		