

## **NFL Flag Football Program**

The City of Moraine Parks and Recreation aim 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 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.**

## **SECTION 1 – LEAGUE RULES**

- Player development, sportsmanship, participation, and safety will be emphasized over winning.
- Every player must participate in at least one-half of each game unless attendance, conduct, injury, illness, or disciplinary concerns exist.
- GameChanger serves as the official communication platform for Moraine Parks and Recreation NFL Flag Football.
- Any concerns by coaches, parents, or spectators should be directed to the Program Coordinator.
- Moraine Parks and Recreation reserves the right to modify schedules, field assignments, game operations, or league activities due to weather, field conditions, safety concerns, or operational needs.

## **SECTION 2 –ONE-WAY FIELD FORMAT**

All divisions will utilize One-Way Field Format.

### **FIELD LAYOUT**

Back Boundary: 45-Yard Line

Starting Line: 40-Yard Line

Play Area: 40-Yard Line to Goal Line

No-Run Zone: 5-Yard Line to Goal Line (9U, 12U & 15U Only)

End Zone: 10 Yards Deep

### ***STARTING POSSESSION***

Every offensive possession begins at the 40-yard line.

This applies to:

- Opening possessions
- Start of second half
- Turnovers on downs
- Following touchdowns
- Following interceptions

### ***DOWNS***

- The offense receives four (4) downs to score.
- There are no first downs.
- There is no midfield line.
- There are no midfield resets.
- There are no punts.

### ***TURNOVERS ON DOWNS***

If the offense fails to score after four downs:

- Possession changes immediately and the game clock will stop until the ball is spotted
- The opposing offense begins at the 40-yard line

## **BACK BOUNDARY RULE**

### **NO-RUN ZONE**

The No-Run Zone applies only to the 9U, 12U, and 15U divisions. The No-Run Zone exists from the 5-yard line to the goal line.

Within the No-Run Zone:

- Running plays are prohibited.
- Quarterback runs are prohibited.
- Direct handoffs are prohibited.
- Pitches are prohibited.
- Laterals are prohibited.
- Reverse plays are prohibited.

The offense must complete a forward pass beyond the line of scrimmage.

**Legal Example: Quarterback pitches the ball behind the line of scrimmage to another player who then throws a forward pass.**

**Illegal Example: Quarterback pitches the ball behind the line of scrimmage to another player who runs beyond the line of scrimmage.**

### **INTERCEPTIONS**

Interceptions may not be returned. Play ends immediately. Offensive series ends. The defensive team will receive the ball back at the 40-yard line for a new offensive possession.

## **SECTION 4 – DIVISION SPECIFIC RULES**

### **4U DIVISION**

- Coaches may remain on the field at all times.
- No quarterback rushing.
- No No-Run Zone.
- One do-over snap is permitted per down if the quarterback mishandles the snap.
- Official scores will not be maintained.
- Game clock: 30 minutes (15-minute halves) 5 minute Halftime

### **6U DIVISION**

- Coaches may remain on the field at all times.
- No quarterback rushing.
- No No-Run Zone.
- One do-over snap is permitted per down if the quarterback mishandles the snap.
- Official scores will not be maintained.
- Game clock: 30 minutes (15-minute halves) 5 minute Halftime

### **9U DIVISION**

- Coaches may be on the field before the snap.
- Coaches must be off the field once the ball is snapped. Coaches must make every effort to avoid interfering with play while exiting the field before the snap.
- Seven-yard rushing rule applies.

- No-Run Zone applies.
- Game clock: 40 minutes (20-minute halves), 5 minute Halftime

### ***12U DIVISION***

- Coaches are not permitted on the field during play.
- Seven-yard rushing rule applies.
- No-Run Zone applies.
- Game clock: 40 minutes (20-minute halves), 5 minute Halftime

### ***15U DIVISION***

- Coaches are not permitted on the field during play.
- Seven-yard rushing rule applies.
- No-Run Zone applies.
- Game clock: 50 minutes (25-minute halves), 5-minute Halftime

## **SECTION 5 – ATTIRE & EQUIPMENT**

Equipment checks should occur before each game.

- Rubber or plastic cleats are permitted.
- Metal cleats are prohibited.
- All jewelry must be removed prior to participation.
- Hard-billed hats are prohibited during play.
- All participants are required to wear a protective mouthpiece.
- Official NFL FLAG jerseys must be worn during games.
- Official NFL FLAG belts and flags must be worn during games.
- Flags must be properly positioned on the hips and free from obstruction.
- Jerseys extending below the belt line must be tucked in prior to the start of play.

### ***Game Ball Colors***

4U – Red Football

6U & 9U – Black Football

12U & 15U – White Football

## **SECTION 6 – TIMING & OVERTIME**

### ***GAME CLOCK***

All divisions will utilize a running clock.

### ***PLAY CLOCK***

- Once the ball is spotted, teams have forty (40) seconds to snap the football.

### ***OVERTIME***

If the score is tied at the end of regulation, teams move directly into overtime.

- Home team calls the coin toss.
- Possession alternates with additional overtime periods.

Each team will receive:

- One play from the 5-yard line for one (1) point.

OR

- One play from the 10-yard line for two (2) points.

If one team scores more points during the overtime period, that team wins. If both teams score the same amount, additional overtime periods will be played.

### ***Overtime No-Run Zone Rules***

9U, 12U & 15U

- One-point conversions from the 5-yard line must be forward pass plays.
- Two-point conversions from the 10-yard line may be run or pass plays.

Officials may stop the clock at their discretion.

## **SECTION 7 – SCORING**

Touchdown: 6 Points

Extra Point: 1 Point (5-yard line) or 2 Points (10-yard line)

***Safeties are not utilized under the One-Way Field Format.***

## **SECTION 8 – DEVELOPMENT RULE**

The purpose of Moraine Parks and Recreation NFL Flag Football is player development, participation, sportsmanship, and positive experiences.

When a team establishes a lead of twenty-eight (28) points or more in the 9U, 12U, or 15U divisions, the Development Rule will take effect.

Once the Development Rule is in effect:

- Coaches shall increase player rotation.
- Coaches shall provide opportunities for athletes to play multiple positions whenever possible.
- Coaches shall emphasize player development, instruction, and participation.
- Coaches shall avoid intentionally increasing the score differential.
- Officials and Moraine staff may remind coaches when the Development Rule is in effect.
- The game clock will continue to run normally while the Development Rule is in effect.

The Development Rule remains in effect until the score differential falls below twenty-eight (28) points.

The purpose of this rule is to promote participation, development, sportsmanship, and positive experiences for all athletes.

## **SECTION 9 – DEAD BALLS**

The ball must be snapped between the center's legs. Substitutions may occur on any dead ball. Dead balls should be returned to officials by hand.

The play is dead when:

- The ball hits the ground.
- The ball carrier's flag is pulled.
- The ball carrier steps out of bounds.
- A touchdown is scored.
- The ball carrier's knee touches the ground.

- The ball carrier's flag falls off.
- The 7-second pass clock expires.
- The runner dives, hurdles, or illegally jumps.
- A receiver catches the ball with one or no flags attached.
- The quarterback or runner touches or crosses the 45-yard back boundary.

#### 6U Fumbles

- Once per down, a quarterback may lose the snap and receive a do-over.

#### 9U, 12U & 15U

- No fumble recoveries are permitted.
- The ball is dead where it contacts the ground.

### **SECTION 10 – RUNNING**

Quarterbacks may not run with the football. Direct handoffs are permitted behind the line of scrimmage except within the No-Run Zone. Pitches and laterals are permitted behind the line of scrimmage except within the No-Run Zone. The player receiving a handoff may throw a forward pass if still behind the line of scrimmage. Once the ball is handed off, all defenders become eligible rushers.

#### Runner Restrictions:

- No diving.
- No hurdling.
- No leading through defenders.
- No jumping through defenders.
- Spin moves and jump cuts are permitted.
- Players may leave their feet to avoid collisions when deemed appropriate by officials.

The ball is spotted where the ball is when the flag is legally pulled.

### **SECTION 11 – RECEIVING**

All players are eligible receivers. The quarterback becomes an eligible receiver after legally handing off or pitching the ball behind the line of scrimmage.

- One player may be in motion at a time.
- Motion must be parallel to the line of scrimmage.
- Receivers must have at least one foot inbounds when making a catch.
- Simultaneous possession shall be ruled in accordance with NFL FLAG rules.
- A receiver must possess two (2) flags at the time of the catch.
- A catch made by a player with one (1) or no flags shall be ruled incomplete.

### **SECTION 12 – PASSING**

- Shovel passes are permitted.
- The quarterback has seven (7) seconds to throw a forward pass.
- Failure to throw within seven (7) seconds results in a dead ball and loss of down.
- Once the ball is legally handed off, the seven-second pass clock no longer applies.
- Unlimited backward passes are permitted behind the line of scrimmage.
- Forward passes must originate from behind the line of scrimmage.
- A forward pass is defined as any pass traveling toward the opponent's goal line beyond the line of

scrimmage.

- All other passing rules shall follow current NFL FLAG Football rules.

### **SECTION 13 – RUSHING THE QUARTERBACK**

#### ***4U & 6U Divisions***

- Quarterback rushing is not permitted.
- Defenders may not cross the line of scrimmage prior to a handoff.

#### ***9U, 12U & 15U Divisions***

- Rushers must begin at least seven (7) yards from the line of scrimmage.
- Only two (2) players may rush the quarterback.
- Rushers must identify themselves by raising their hand prior to the snap.
- Rushers must immediately rush once the ball is snapped.
- Non-rushing defenders may align on the line of scrimmage.
- Once the ball is handed off, all defenders become eligible to cross the line of scrimmage.
- Offensive players may not impede, block, or screen rushing defenders.
- Blocking and screening are prohibited.
- Tackling is prohibited.
- All additional rushing rules shall follow current NFL FLAG Football rules.

### **SECTION 14 – SPORTSMANSHIP & CONDUCT**

Moraine Parks and Recreation promotes positive sportsmanship, respect, and character development. All players, coaches, parents, spectators, officials, and volunteers are expected to demonstrate appropriate behavior at all times.

The following actions are prohibited:

- Tackling
- Elbowing
- Cheap shots
- Fighting
- Intentional roughness
- Taunting
- Profanity directed toward participants, officials, or spectators
- Unsportsmanlike conduct as determined by league officials

Officials may issue warnings, penalties, or ejections in accordance with NFL FLAG rules.

#### ***Trash Talking***

Trash talking is prohibited.

Trash talking includes language directed toward:

- Opposing players
- Coaches
- Officials
- Spectators

- Moraine Staff

Officials will determine what constitutes offensive language.

Continued offenses may result in player and/or coach ejection.

### ***Spectator Conduct***

Parents and spectators are expected to always demonstrate positive sportsmanship. Spectators shall not:

- Enter the playing field
- Harass officials
- Harass players
- Harass coaches
- Use abusive or threatening language
- Interfere with game operations

Moraine staff reserve the right to:

- Issue warnings
- Remove spectators from the facility
- Suspend individuals from future league activities

### ***FORFEITS / PLAYER SHORTAGES***

- Teams may begin and play official games with a minimum of four (4) players.
- If a team does not have enough players to participate, Moraine staff may allow players to be borrowed from the opposing team to facilitate gameplay and player development.
- While a game may technically result in a forfeit due to roster shortages, every reasonable effort will be made to allow participants to play.

## **SECTION 15 – WEATHER & SAFETY PROCEDURES**



Participant safety remains the highest priority. Moraine Parks and Recreation reserves the right to modify, postpone, suspend, relocate, or cancel activities due to:

- Weather conditions
- Lightning
- Heat
- Field conditions
- Facility conditions
- Safety concerns

### ***Heat Policy***

Under 95° Heat Index

- Water shall be available at all times.
- Optional water breaks every 30 minutes.
- Athletes will be monitored for heat-related concerns.

95°–99° Heat Index

- Water shall be available at all times.
- Mandatory water breaks every 30 minutes.
- Activities may be modified.
- Practice times may be adjusted.

100°–104° Heat Index

- Mandatory water breaks every 30 minutes.
- Activities may be reduced.
- Practices may be shortened or postponed.
- Additional cooling measures may be implemented.

Above 104° Heat Index

- All outdoor activities will be suspended.

### ***Lightning Policy***

When lightning is detected:

- Play shall be suspended immediately.
- Participants shall seek shelter.
- Activities shall not resume until conditions are deemed safe by Moraine staff.

### ***Hydration***

All participants are strongly encouraged to bring a personal water bottle to all practices, camps, clinics, and games.

## **SECTION 16 – GAME DAY PROCEDURES**

### ***Team Arrival***

- Coaches should arrive at least 15 minutes prior to game time.
- Players should arrive properly equipped and ready to participate.
- Equipment checks should be completed prior to each game.

### ***One-Way Field Layout***

To improve safety, supervision, and game flow, we will utilize a One-Way Field Layout.

### ***Team Areas***

- Teams must remain in designated team areas.
- Only rostered players and approved coaches may occupy team areas.

### ***Spectator Areas***

- Spectators must remain in designated viewing areas.
- Spectators are not permitted within team areas.

### ***Sideline Management***

- Coaches are responsible for maintaining control of their sideline.
- Players not participating should remain in designated team areas.
- Coaches should assist Moraine staff in maintaining a positive game environment.

### ***Official Communication***

GameChanger serves as the official communication platform for Moraine Youth Sport Leagues. League communications may include:

- Schedule updates
- Weather updates
- Team announcements
- League information
- Program reminders

Participants and families are responsible for monitoring GameChanger communications.

## **APPENDIX A – QUICK REFERENCE GUIDE FOR COACHES**

### **ONE-WAY FIELD FORMAT**

- Start every possession at the 40-yard line.
- Four (4) downs to score.
- No first downs.
- No midfield resets.
- No punts.
- Back boundary at the 45-yard line. Crossing the 45-yard line results in a dead ball, loss of down, and return to the 40-yard line.
- 9U, 12U, & 15U:
  - No-Run Zone from the 5-yard line to the goal line.
  - Forward pass required.
- 4U & 6U:
  - No No-Run Zone.
  - May run or pass anywhere on the field.

- Development Rule activates at a 28-point differential.
- GameChanger is the official communication platform.
- All other rules follow current NFL FLAG Football rules unless modified by Moraine Parks and Recreation