

KINGSBURY PARK DISTRICT FLAG FOOTBALL RULES 2026

I. Players and Equipment

1. Divisions

Ages	5,6	Jr. Pee-wee
Ages	7,8,9	Pee-Wee

2. Rosters

-Jr. Pee-wee will play 7 v 7 with a coach on the field.

- Offensive coach will be quarterback.

-Pee-wee teams will play 7 v 7.

-Only players from your team may be used. No substitutions from other leagues or teams may be used.

This is an instructional league for the kids. The kids are out there to have fun. In the spirit of the game, coaches will be allowed to even up on the number of players on the field. Since we do not keep score please do not focus on the best participant on the field and Arun the score up on the other team. Coaches are also encouraged to keep the game moving. Please refrain from taking too much time between plays

3. Team Formation

Teams in each division will be formed by the way of a draft.

4. Substitution

There is unlimited substitution during any dead ball period. Once a substitution has entered or left the field, he/she must remain on or off the field for one play. **All Players Must Play At Least Half the Game.**

5. Uniforms

Players will be provided an official NFL Flag reversible jersey. This jersey must be worn during all league games. The schedule will indicate which side to wear B white or dark. **The jersey must be tucked in to avoid interference with the flag belt.**

6. Equipment

There will be no use of head gear containing hard, unyielding or stiff components including billed caps, jewelry, braces, sunglasses (unless they are rec spec) or casts worn above the waist. **All players must wear a mouthpiece. Each player must provide their own.** Slippery or sticky foreign substances or anything that interferes with the flag belt is prohibited.

7. Flag belts

Coaches will be provided with flag belts for each member of the team. Coaches will be responsible for collecting the belt after each game. The belt must be always worn on the outside

of all clothes and during the game.

Coaches, please make sure that all players have the flag belt on properly.

8. Shoes

Shoes must be worn at all times and must have one piece, a molded bottom. No spikes or screw-in cleats will be allowed.

II. Field Size

Jr. Pee-wee	5,6	60-yard field with 10-yard end zones
Pee-wee	7,8,9	60-yard field with 10-yard end zones

III. The Game

1. Start of the Game

Officials will meet with the coaches and each team captain to review the rules. A coin toss will determine who will receive the ball first. Teams will switch sides at half time.

2. Timing

Each game will consist of two 20-minute halves and a 5-minute half time. The clock will run continuously.

3. Timeouts

Each team will have two (2), one-minute timeouts per half. Successive timeouts are allowed. All players must be set before play resumes.

4. Official Time Outs

Officials can stop the clock at their discretion.

5. Play Clock

Each time the ball is spotted the offensive team will have 30 seconds to snap the ball. Teams will receive one (1) warning before a delay-of- game penalty is enforced.

6. Scoring

Touchdown	6 points
Extra Point	1 point from 5-yard line (You can run the ball for 1-point conversion)
	2 points from the 10-yard line

Turnovers during an extra point will be considered a dead ball and the cannot be advanced. (ie. the defense cannot intercept the ball and run it back for a touchdown)

Safety	2 points
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7. Overtime

There will be no overtime period. If the score is tied at the end of regulation the game will remain a tie.

8. Deflagging

Offensive players must be in possession of the ball to be de-flagged. If a flag becomes detached inadvertently, play does not stop. Play continues and reverts to one-hand touch between the shoulders and knees. In circumstances where the flag belt is inaccessible play should continue with the option of the penalty or take the play. Penalty 10 yards.

9. Spotting the Ball

The ball is spotted where the ball carrier=s feet are when the flag is pulled, not where the ball is. The defensive player capturing the flag will immediately hold the flag in the air.

10. Inadvertent whistle

The play will be blown dead at the point of the inadvertent whistle.

IV. Offense

1. First Downs

When a team gains possession of the ball, it will have four (4) plays to advance it to the next 20-yard zone. That zone remains the zone to gain until it is reached or the team loses possession of the ball.

Jr. Pee-wee will have 10 yard first downs

2. Formations

A team must remain Aset@ motionless for one (1) second at some point before the ball is snapped. All players must be *within 10 yards of the ball*. (ie Players cannot be on the sideline and step on to the field as a trick play.)

At the snap of the ball the offensive team must have the following number of men on the line of scrimmage:

9 V 9	=	6 players on their line of scrimmage
8 V 8	=	5 players on their line of scrimmage
7 V 7	=	4 players on their line of scrimmage
6 V 6	=	3 players on their line of scrimmage
5 V 5	=	2 players on their line of scrimmage
4 V 4	=	1 player on their line of scrimmage

3. Motion

After the set, one player may be in motion at the time of the snap, provided they are behind the line of scrimmage at the snap and moving parallel to or away from the line of scrimmage.

4. Snapping the Ball

Quarterbacks can take the ball from under center or in a Ashotgun@ formation. In the shotgun formation, the quarterback will be at least 2 yards behind the line of scrimmage. The

snapper must pass the ball between the legs, not off to one side, with a quick and continuous motion of the hands. If the ball is dropped during the snap, it is treated like a fumble and is dead where it hits the ground.

5. Running

The Quarterback may not run the ball.

Pee-wee league will be allowed to run the ball one (1) time per set of four downs. (Please see passing rules)

Jr. Pee Wee will be allowed to run the ball. All hand offs must be taken from behind the line of scrimmage. (The person running the ball must move to avoid contact. The person running the ball does not have the right to run over the defensive player. If the defensive player is set and ran into by the ball carrier this is a penalty against the offense. The opposite would be if a defensive player moves in front of the ball carrier this is a defensive penalty.)

6. Fumbles

Fumbles are dead where it hits the ground. If a ball is fumbled in the air and caught by the defense before it hits the ground the defense retains possession of the ball. If the offensive team fumbles the snap on or behind their goal line, it will be a loss of down with the ball spotted on their goal line. If the ball goes out of the back of the end zone in the air it is considered a safety.

V. Passing

1. Forward Pass

One (1) legal forward pass is allowed per down. Two or more offensive players may touch a legal forward pass in succession. All offensive players are eligible to catch a forward pass. All passes must be in front of the line of scrimmage.

Jr. Pee Wee: The coaches must throw a pass within 5 seconds of receiving the ball. The coach quarterback cannot be deflagged so they are not to make themselves part of the game.

2. Laterals

A team may not transfer the ball in any way after he/she has received a legal forward pass.

3. Quarterback Sack

If a quarterback is deflagged prior to the release of a pass, the ball is dead at that point.

4. Legal Catches

A catch or interception is legal if the player is in control of the ball and one foot is in bounds.

5. Offensive Screen Blocking

The offensive screen block shall take place without contact. The screen blocker shall have his/her hands and arms at their side or behind the back. The use of the arms, elbows, or

legs to initiate contact during a screen block is illegal. A blocker may use a hand or arm to break a fall or retain balance. A player must be on his/her feet before, during and after screen blocking. A player who screens shall not:

a. when he/she is behind a stationary opponent, take a position closer than a normal step from him/her, (Example; once a defensive player is around the offensive player he/she cannot move into the defensive player.)

b. when he/she assumes a position at the side or in front of a stationary opponent, make contact with a defensive player, (Example; the offensive player cannot move into a stationary defensive player),

c. after assuming a legal screening position move to maintain it, unless the movement is in the same direction and path of his/her opponent (Example; the offensive player may move along in the same direction as the defensive player but may not move to block the progression of the defensive player. Same as guarding a defensive player in basketball.)

d. take a position so close to a moving opponent that this opponent cannot avoid contact by stopping or changing direction. This speed of the player to be screened will determine where the screener may take his/her stationary position. This position will vary and may be on to two normal steps or strides from the opponent. (Example; this is the same as a blocking call in basketball.)

VI. Defense

1. Restraining Line

The defense shall remain on their side of the restraining line which defines a two foot (2) neutral zone between the offense and defense. The official shall mark the restraining line for each down.

Pee-wee League: There will be a 4 second count (done by counting 4 Mississippi's) before the defense can cross the line of scrimmage to rush the quarterback. This count will be called by the participant that is rushing the quarterback on the line of scrimmage. They can cross the line once they get to 4 Mississippi's.

Jr. Pee-wee League: There will be no rush.

2. Roughing the Passer

On a passing play, defensive players shall not touch any part of the passer's body other than the flag belt.

3. Pass Interference

There will be no contact between pass receiver and pass defender except that which is incidental to a bona fide attempt to catch the ball.

4. Scoring a Safety

When a defensive player de-flags an offensive player in his or her own end zone it is ruled a safety. The defensive team will receive two (2) points and receive the ball kicked from

the offenses 20-yard line. A safety may also be scored when a if a ball is snapped out of the end zone in the air.

VII. Kicking

1. Kicking Off (Free Kick)

There will be no kickoffs. The ball will be placed on the 10 yard line after a score.

2. Punting (Scrimmage Kicks)

All punts shall be protected (i.e., no quick kicks). The kicking team must announce its intention to kick. After such announcement, the ball must be kicked. Exceptions: If a timeout is called or a penalty occurs which results in the kicking team being in a position of fourth down again, the kicking team must declare again. Both teams must have

9 V 9	=	6 players on their line of scrimmage
8 V 8	=	5 players on their line of scrimmage
7 V 7	=	4 players on their line of scrimmage
6 V 6	=	3 players on their line of scrimmage
5 V 5	=	2 players on their line of scrimmage
4 V 4	=	1 player on their line of scrimmage

Players must remain motionless until the ball is kicked. Linemen may not distract the kicker or attempt to block the kick. The kicker must be at least five (5) yards deep to receive the snap and, after receiving it, must kick the ball immediately and in a continuous motion. **If the ball touches the ground during the snap on a punt the punter may pick the ball up and punt it.**

(Normally the ball is considered dead)

The Jr. Pee-wee league will spot the ball on the opposing teams 10-yard line.

3. Kicking Team Recovering a Kick

The only way the kicking team can recover their own kick is if they catch the ball in the air after it has been touched by a player on the receiving team. If it is a punt, it is dead at the spot.

4. Returning a Kick

On any kick, if a member of the receiving team touches the ball and then touched the ground it is dead where it lands. If it touches the ground before being touched it may be advanced by the receivers.

VIV. Penalties

1 Encroachment

If a player breaks the plane of the line of scrimmage before the ball is snapped or kicked, the ball shall remain dead and the officials shall mark off the penalty.

2. Flag Guarding

A ball carrier may not guard his/her flags in any way. If the carrier's natural running motion causes obstruction of the flags that motion must be altered.

3. Flagrant Unnecessary Roughness

We will not tolerate any person committing a foul that may injure another player. Any flagrant foul will come with an ejection from the game and severe infractions will carry ejection from the league. No warnings! We will deal with these major infractions on an individual basis. The officials will have at their discretion to interpret accidental contact. **The name of the game is flag football not tackle. Flag football is meant to be played with minimal contact between players.**

4. Diving for the Flag

Players are not allowed to dive for the flag. Coaches please enforce this rule with your team. The rule is for the safety of the participants. The penalty is 10 yards from the spot of the foul.

Summary of Penalties

Penalty	Loss of Down	Where Marked	Yards Penalized
Illegal Motion	No	Previous Spot	5
Delay of Game	No	Previous Spot	5
Holding, illegal block, Offense	No	Previous Spot	5
Pass Interference, Off	No	Previous Spot	10
Guarding the Flag	Yes	Spot of the Foul	10
Too few players on line of Scrimmage	No	Previous Spot	5
Jumping to avoid deflagging	Yes	Spot of the Foul	10
Illegal forward Pass	No	Previous Spot	5
Illegal Run	No	Previous Spot	5
Helping the Runner	No	Spot of the Foul	5
Illegal Contact	No	Previous Spot	5
Quick Kick	No	Previous Spot	5
Flag inaccessible	No	Spot of the Foul	5
False Start or Encroachment	No	Previous Spot	5
Knock the ball Carrier out of bounds (possible ejection)	No	Spot of the foul	10
Tackling (possible ejection)	No	Spot of the foul	10
Holding, Def.	No	Spot of the foul	5
Pass Interference, Def	Auto. 1 st	Spot the ball where the foul occurs	
Clipping (possible Ejection)	No	Spot of the foul	10
Free Kick Infraction	No	Previous Spot	5
Unsportsmanlike Conduct (possible ejection)	No	Previous Spot	10
Diving for the Flag	No	Spot of the foul	10
Striking, kicking, Kneeing, tripping (possible ejection)	No	Spot of the foul	10