

# Orem Recreation

## Instructional Flag Football

### Grades 1-2

### Fall 2022

#### *The Field*

- The dimensions of the field will be 60 yards long and 35 yards wide.
- Each field will have four quadrants within which the offensive team has four downs to cross into the next quadrant.

#### *The Equipment*

- Ball size for this group will be PeeWee.

#### Shoes

- All players must wear close-toed shoes. Cleats are not required. If you choose to wear cleats, they must be rubber cleats, no metals.

#### Flags

- Flags will be provided for each player and must be worn properly (around the waist).
- If the flags fall off, one hand touch will be required to tackle the player.

#### Uniforms

- All players will be supplied with a uniform. These must be worn during the practice/games.
- No watches, jewelry, casts, or etc will be allowed

#### *The Players*

#### Number of players

- Five players on the field per team.
- Players not on the current roster are not allowed to play.
- Players must rotate positions after four plays to allow everyone to play different positions.

#### *The Game*

#### Downs

- Each team shall have four downs to gain entry into the next quadrant, upon which another four downs will be awarded. If a penalty occurs and puts a team out of their current quadrant, the previous line to gain still stands and must be passed in order to acquire four more downs.

- Player is downed when flags are pulled or their knee touches the ground. If their flags fall off prior to being pulled, one hand touch will be the tackle method.
- QB will start with the ball in their hands to begin the play.
  - Must say “hike” or something like that to initiate play

#### Dead Ball

- Anytime the ball touches the ground after the play has begun.
- When the ball goes out of bounds.

#### Scoring

- A touchdown will be awarded for crossing the goal line. Points will be awarded as six per touchdown..
- One-point conversion will be from the two yard line
- Two-point conversion will be from the five yard line

#### Timing

- The game will consist of two, 12-minute halves. Halftime will be three minutes long.
- Clock will continue to run unless a time-out is called.
- Two timeouts will be awarded per half.
  - Timeouts do not carry over
  - Timeouts will be no longer than one minute

#### Out of Bounds

- A player is considered to be out of bounds as soon as they step on the exterior lines

#### Line of Scrimmage (LOS)

- The line of scrimmage is an imaginary line that runs the width of the field at the front tip of the football

#### Point of Infraction

- That point at which a violation of the game has occurred and often the point from which the penalty is enforced.

#### Kicking Game

- There will be no kick-offs for this group.
- On a punt play, no one is allowed to move until the ball is caught.
  - If the ball is not caught it will be downed where it was first touched
- If punting on fourth down, you must declare the punt out loud
  - No fake punts will be allowed
  - Ball can be punted or thrown
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### The Passing and Running Game

#### Offsides

- Neither the offense, nor the defense may cross the LOS until the ball has been snapped

#### Offensive Formation

- There must be at least three players on the line
  - If the QB is under center, that will count as one
  - A WR on the line will also count

#### Rushing

- There will only be one rusher per play until the ball has passed the LOS
- The rusher must be 5 yards behind the LOS before the snap

### Roughing the Passer

- Defensive players rushing the QB must not make contact with the QB
  - Only pulling of the flags

## ***Passing***

- Once the ball has been passed over the LOS, only backwards passes will be allowed (laterals)

### Eligibility

- Every player is eligible to receive a pass

### Defending the Pass

- The defense may not hold, trip, or in any way interfere with the receiver trying to catch the ball.
- Any contact will result in pass interference
- The offense may not hold, trip, or in any way interfere with the defender trying to swat or intercept the ball

## ***Running***

### Ball Carrier

- May not jump or spin in way that is deemed unsafe to players
  - Jumping/hurdling is not allowed
  - Spin move must come to a complete stop before proceeding to spin again
  - Stiff-arms are not allowed
  - Flag guarding is not allowed
  - Running through the defenders is not allowed
  - Diving forward with the ball is not allowed
  - Forward fumbles will be called “dead ball”
    - The spot where the fumble occurred will be the new LOS

### Man in Motion

- No player shall be in motion going forwards or sideways on the offensive side of the ball
- Defenders are allowed to move prior to snap

## ***Tackling***

### Pulling the Flag

- Tackling is the process of pulling the flag off of the ball carrier
- The tackler may not hold, pull down, or run through the ball carrier
- Tackler must also not trip or deliberately push the offensive player out of bounds

### Lost Flag

- If the offensive player loses their flag before the tackle, then one-handed touch will be the determining factor.

### Spotting the ball

- The ball will be spotted based on where the runner was deemed down.

## ***Blocking***

### Offense

- Hands must not extend forward or sideways
  - Chicken-wings will result in illegal block
  - Must remain stationed
  - No holding, tripping, pushing, or other methods to disrupt the defense will be allowed
  - Hands and arms must be together at the side, cross-armed, or protecting the lower body parts (soccer pose)

#### Defense

- The defensive player must go around the blocker
- Contact will not be allowed
  - If the offensive player makes contact with the defender impeding progress it will be a penalty

## ***General Information and Penalties***

#### Sportsmanship

- Sportsmanship is a key component of youth sports
- Strive to excel in this
  - Youth look up to their coaches and you will have a bigger impact than planned.

#### Official

- We do not provide officials for this age group
- Coaches will help officiate their own game

#### Win/Loss

- We will not keep track of wins/losses for this age group.

#### Coaching

- Coaches will be allowed on the field to call plays for both offense and defense
  - Coaches will then assume the roles of officials prior to the snap

## ***Penalties***

- Unsportsmanlike Conduct
  - 10 yards/LOS assessed at end of play
- Offensive Interference
  - 10 yards/LOS and Loss of Down
- Defensive Interference
  - 10 yards/LOS and First Down
- Pass Interference
  - 10 yards/LOS and First Down
- Roughing the Passer
  - 10 yards/LOS and First Down
- Hiding the Flag
  - Play will stop on the spot
    - Next play will be from that spot where downed
- Flag Guarding
  - Play will stop and 5 yards from the spot of foul
- Offsides
  - 5 yard loss from LOS
- Illegal Participation
  - 5 yard loss from LOS
- Illegal Rush
  - 5 yard loss from LOS
- Illegal Pass
  - 5 yard loss/LOS and Loss of Down
- Illegal Tackle
  - 10 yards from point of infraction
- Illegal Run
  - 5 yards from point of infraction
- Illegal Block - Offense
  - 5 yards/LOS if occurred behind LOS
  - 5 yards from point of infraction and Loss of Down if past the LOS
- Illegal Block - Defense
  - 5 yards/LOS if occurred behind LOS
  - 5 yards from point of infraction if beyond the LOS