

VILLAGE OF BELLEVUE



PARKS, RECREATION & FORESTRY

Village of Bellevue

Flag Football (7-9 years)



Rules

I) Game

- At the start of each game, captains from both teams shall meet with the refs/coaches at midfield for the coin toss. The visiting team shall call the toss
- The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction.
- The offensive team takes possession of the ball at its 5-yard line, and has 4 plays to cross midfield. Once a team crosses midfield they have 4 more plays to score a touchdown.
- If the offense fails to score a touchdown, the possession changes and the new offensive team starts at its own 5-yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line.
- Teams change sides after the first half. Possession changes to the team that started the game on defense.

II) Terminology

Boundary Line: The outer perimeter of the field

Line of Scrimmage: an imaginary line running through the point of the football and across the width of the field.

Line-To-Gain: The line the offense must pass to get a first down.

Neutral Zone: an imaginary zone directly in front of center where no player can line up (only exists while ball is dead).

Rush Line: an imaginary line running across the width of the field 7 yards into the defensive side.

Rusher: The defensive player assigned to rush the quarterback.

Live Ball: Refers to the period of time that play is in action.

Dead Ball: Refers to the time immediately before or after a play.

Charging: The movement of the ball carrier directly at a defensive player or has established position on the field. This includes lowering the head, making contact with the defender with a shoulder, forearm, or the chest.

Flag Guarding: An act by the ball carrier to prevent the defender from pulling the ball carrier's flag by stiff-arm, lowering elbows or head, or by blocking access to the flag with hand or arm.

Lateral: A backwards or sideways toss of the ball by the ball carrier.

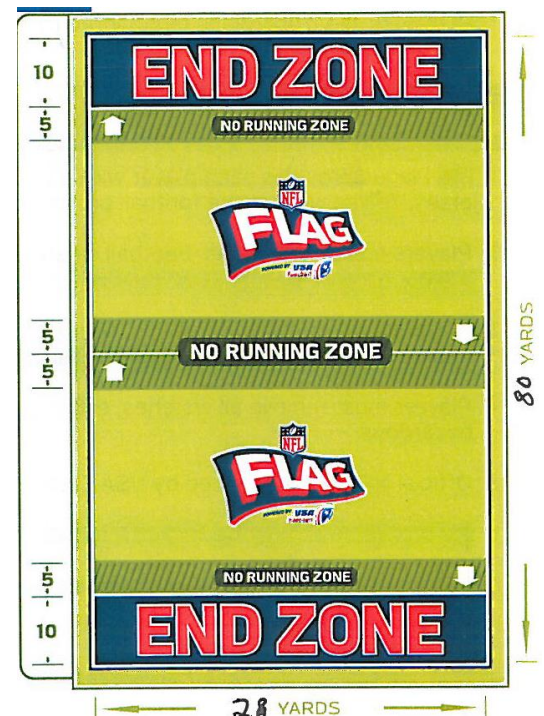
Unsportsmanlike Conduct: Rude, confrontational, or offensive behavior or language.

III) Eligibility

- All players' legal guardians must register with the Village of Bellevue for their specific league before participating.

IV) Equipment

- The Village provides each player with a flag belt and a NFL FLAG NFL jersey.
- Players must wear shoes. Football cleats are encouraged; however cleats with exposed metal are not allowed and must be removed.
- Players may tape their forearms, hands and finger. Players may wear gloves, elbow pads, and kneepads. Braces with exposed metal must be removed.
- Players must remove all watches, earrings and any other jewelry that the officials deem hazardous.
- Official NFL Flag NFL jerseys must
- be worn during play.



- Player's jerseys must be tucked into the belt.

V) Field

- The field dimensions are 28 yards by 80 yards with two 10-yard end zones, and a midfield line-to-gain. No-Run Zones precede each line-to-gain by 5 yards.
- Each offensive squad approaches only 2 No-Run zones in each drive (one zone 5 yards from midfield, and one zone 5 yards from the goal line).

VI) Rosters

- Home teams wear dark color jerseys; visiting teams wear light colored jerseys.
- Teams must start games with a minimum of 5 players.
- The standard for game play is 6 vs. 6.

VII) Timing

- Games are played on a 40 minute clock with two twenty minute halves. The clock stops only for timeouts.
- Halftime is three minutes long.
- Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
- Offense must give defense a minimum of 5 seconds to get set before the snap.
- Each team has one 60 second timeout per half.
- In the event of an injury, the clock will stop.
- If the score is tied at the end of 40 minutes, the game shall be considered a tie.

VIII) Scoring

- Touchdown: 6 points
- PAT (Point After Touchdown): 1 point (5-yard line) or 2 points (12-yard line). 1 point PAT is pass only, 2 point PAT can be run or pass.

- Interceptions cannot be returned.
- Safety: 2 points
 - A safety occurs when the ball carrier is declared down in his/her own end zone.

IX) Live Ball/Dead Ball

- The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
- The official will indicate the neutral zone and line of scrimmage.
- A player who gains possession in the air is considered in bounds as long as one foot comes down in the field of play.
- Substitutions may be made on any dead ball.
- Any official can whistle the play dead.
- Play is ruled dead when:
 - The ball hits the ground
 - The ball carrier's flag is pulled
 - The ball carrier steps out of bounds
 - A touchdown, PAT or safety is scored
 - The ball carrier's flag falls out
 - The ball carrier's knee, or arm hits the ground
 - The receiver catches the ball while in possession of one or no flags
 - Inadvertent whistle

Note: there are no fumbles. The ball is spotted where the ball carrier's feet were at the time of the fumble.

- In the case of an inadvertent whistle, the offense has two options:
 - Take the ball where it was when the whistle occurred.
 - Replay the down from the original line of scrimmage.

X) Running

- The ball is spotted where the runner's feet are when the flag is pulled, not where the ball carrier has the ball. Forward progress will be measured by the player's front foot.
- The quarter back cannot directly run with the ball. The quarterback does have the ability to scramble in the back field, but cannot advance the ball across the line of scrimmage (The Quarterback is any player who receives the snap).
- Only direct handoffs behind the line of scrimmage are permitted.
- No laterals or pitches of any kind are allowed.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off in front, behind, or to the side of the quarterback, all defensive players are eligible to rush.
- Runner may not leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull is considered flag guarding.
- Spinning is allowed, but players may not leave their feet to avoid a flag pull. Lateral moves to the left or right are permitted.
- Blocking is allowed. Blockers may not extend hands, forearms or elbows during a block (Basketball Screens only).

XI) Passing

- All passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage.
- Shovel passes are allowed, but must be received past the line of scrimmage.

XII) Receiving

- All players are eligible to receive passes.

- Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage.
- Motion players must stop for a minimum of 1 second before the ball is snapped.
- A player must have at least 1 foot in bounds while making a reception.
- In case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- Interceptions change the possession of the ball at the point of interception.
- Interceptions are returnable but not on PAT's

XIII) Rushing the Passer

- All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.
- Once the ball is handed off, the 7 yard rule is no longer in effect.
- A special marker or the referee will designate the Rush Line.
 - A legal rush is:
 - Any rush from a point 7 yards from the defensive line of scrimmage.
 - A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.
 - If a rusher leaves the rush line early (breaks the 7 yard area), they may return to the rush line, reset and then legally rush the quarterback
 - If the rusher leaves early and the ball is handed off, they may legally rush the quarterback.

- A Penalty may be called if:
 - The rusher leaves the rush line before the snap crosses the line of scrimmage.
 - Any defensive player crosses the line of scrimmage before the ball is snapped (5 yard penalty, automatic first down).
 - Any defensive player, not lined up on the rush line crosses the line of scrimmage before the ball is passed or handed off (5 yard penalty, automatic first down).
- Special circumstances:
 - Teams are not required to rush the quarterback
 - Teams are not required to identify their rusher; however the rusher must verify with the official that they are in the correct position.
 - If the rusher leaves the line earlier, they may drop back and act as a defender without a penalty being enforced.
- Players rushing the quarterback may attempt to block a pass; however NO CONTACT can be made with the quarterback in any way. Blocking the pass or attempting to block the pass and then making contact with the quarterback will result in a roughing the passer penalty.
- A sack occurs if the quarterback's flags are pulled behind the line of scrimmage. The ball is placed where the quarterback's feet are when the flag is pulled.
 - A safety is awarded if the sack takes place inside the offensive team's end zone.

XIV) Flag Pulling

- A legal flag pull takes place when the ball carrier is in full possession of the ball.
- Defenders can dive to pull a flag, but cannot tackle.
- It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.

- If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball.
- A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
- Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm or shoulder, or intentionally covering the flags with the jersey.

XV) Formations

- Offense must have a minimum of one player on the line of scrimmage and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage.
 - One player at a time may go in motion.
 - No motion is allowed towards the line of scrimmage.
- Offensive players must come to a complete stop for one second before the ball can be snapped.
- Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
- The center must snap the ball with a rapid and continuous motion to the hands of the quarterback.
 - No shotgun snaps.

XVI) Unsportsmanlike Conduct

- If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected. The decision is made at the referee's discretion. NO appeals will be considered. FOUL PLAY WILL NOT BE TOLERATED.
- Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive language occurs, the referee will give one warning. If it

continues, the player/players/coach will be ejected from the game.

- Players may not physically or verbally abuse any opponent, coach or official.
- Ball carriers MUST make an effort to avoid defenders with an established position.
- Defenders are not allowed to run-through the ball carrier when pulling flags.
- Fans must also adhere to good sportsmanship.
 - It is the coaches' job to ensure that his teams fans are adhering to this.
- Fans are required to keep the field's safe and kid friendly.
 - Keep your younger kids and equipment such as cooler, chairs and tents a minimum of 10 yards off the field.

XVII) Penalties

Spot of Ball Fouls	
Offensive Fouls	
Holding	5 yard loss from spot of foul and loss of down
Flag Guarding	5 yard loss from spot of foul and loss of down
Offensive Unnecessary Roughing (charging, punching, hitting, taunting, etc.)	10 yard loss from spot of foul and loss of down
Illegal Blocking (blocking in back or hands blocking)	5 yard loss from spot of foul and loss of down
Defensive Fouls	
Defensive Pass Interference	Replay down at spot of foul
Defensive Holding	5 yards and replay down
Stripping Ball	5 yards and replay down
Defensive Unnecessary Roughness (charging, punching, hitting, taunting, etc.)	10 yard penalty from spot of foul and replay down
Defensive Penalties	
Offsides	5 yards from line of scrimmage and replay down
Illegal Rush	5 yards from line of scrimmage and replay down
Roughing the Passer	5 yards from line of scrimmage and replay down
Illegal Flag Pull	5 yards from line of scrimmage and replay down
Offensive Penalties	
Offsides/False Start	5 yard penalty and loss of down
Illegal Forward Pass	5 yard penalty and loss of down
Offensive Pass Interference	5 yard penalty and loss of down
Excessive Delay of Game	5 yard penalty and loss of down

****All penalties are at the officials discretion.**