HEREFORD SPORTS & WELLNESS

FLAG FOOTBALL RULES
KINDERGARTEN - 6TH GRADE

PLAYER ELIGIBILITY

- Players must be in Kindergarten - 6th grade for the current school year.
- At any time during the season, Hereford Sports & Wellness may request proof of eligibility.
- Players must register within their specific grade level. Players may play up one grade level. However, if two grades are merged to form one league, players must play within their designated grade and cannot play up one grade level.

EQUIPMENT

- Hereford Sports & Wellness will furnish the following equipment for teams:
    a. Flags and flag belts
    b. Practice/game balls
        i. K - 3rd Grade: Pee Wee Size
        ii. 4th - 6th Grade: Junior Size
- Please return all equipment immediately following the season.
- Players must wear their assigned Hereford Sports & Wellness t-shirt tucked in.
- Players on the field must wear the Hereford Sports & Wellness issued flag belt with two regulation flags.
    a. The flags must hang down from both sides of the waist.
    b. The flags may not be tied, pinned, or sewn on the belt.
- Tennis shoes or rubber turf shoes are required. Metal spikes are not permitted.
- Hats of any kind are not permitted during the games.
- Hard or plaster casts are not permitted.

GAME RULES

- A team must have a minimum of seven players to begin a game and no less than six players after the start of the game.
- Each player will play a minimum of six plays per half (12 players per game).
- Each team must allow a minimum of four different players to carry the ball during the game.
- Each game will consist of four 10-minute quarters with a running clock. If both coaches agree, the game may consist of two 20-minute halves with a running clock.
- Halftime will be 5-minutes.
- Each team will be allowed two 1-minute timeouts per half.
- Timeouts not used in the 1st half may not be carried over to the 2nd half.
- The officials may stop the clock at their discretion (injury, etc.).
- A 2-minute warning will be given before halftime and before the end of the game. The clock will not be stopped at this time.
- Game time is forfeit time.
- Teams will not share the same sideline.

SCORING

- Touchdowns will be worth six points.
- The ball is put in play at the 3-yard line for an extra point attempt.

SCORING CONT.

- There will be no extra point kicks or field goals.
- One point will be awarded for a successful run play on an extra point attempt.
- Two points will be awarded for a successful pass play on an extra point attempt.
- A safety will be worth two points.
- On an extra point attempt, an intercepted pass or fumble that is caught before hitting the ground may be returned by the defense for two points.

GAME PLAY

- The playing field is 40-yards wide by 80-yards long.
- There will be a 30-second play clock that begins once the official whistles the ball into play.
- A 1st down will be the next line to gain or 20-yards.
- A tackle is made by removing one flag from the belt of any player.
    a. The defender may not leave their feet to make a tackle.
    b. If a ball carrier's flag or flags fall off while running, the defense has to touch the ball carrier before they are considered down.
- Charging by any player is not allowed.
    a. Charging is defined as running into another player to avoid being tackled, to make a tackle, or in an effort to block a defender from the ball carrier.
- There are no kickoffs.
    a. Instead, the ball will be placed at the 30-yard line of the receiving team.
    b. The clock will start upon the placement of the ball.
    c. Following a safety, the ball will be spotted at the 50-yard line.
- There are no punts.
    a. When 4th down is announced, the team in possession will have the option to either play the down or turn the ball over.
        i. If the ball is turned over to the opposing team, they will begin possession from their own 30-yard line.
        ii. If the 4th down is played and a 1st down is not reached, the opposing team will receive the ball where the play ended, unless the offense is within the 30-yard line. In this case, the opposing team will take possession of the ball at their 30-yard line.
- The ball is dead when:
    a. The ball carrier's flag is pulled.
    b. The ball is fumbled and/or hits the ground.
    c. The ball carrier's knee hits the ground.
    d. An offensive player's flag is pulled.
    e. The ball carrier steps out of bounds.
    f. A touchdown is scored
- Offensive alignment must include a minimum of three players on the line of scrimmage.
- Defensive alignment must include a minimum of three players on the line of scrimmage.
    a. The defensive linemen must be at least 1-yard off the line of scrimmage at the snap.
    b. Linebackers, cornerbacks, and safeties must be 3-yards off the line of scrimmage at the snap.
- The defense cannot intentionally attempt to cause the offense to false start.
    a. This will be a judgement call by the referee.

GAME PLAY CONT.

- There may only be one offensive player in motion at a time.
- Shield/screen blocking is the only blocking allowed. Blocking below the waist is not permitted.
    a. Shield/screen blocking is defined as a blocker impeding the defender's line of play.
    b. Once the defender passes the blocker, the blocker must let the defender go and stop moving after him.
    c. The blocker may not use their hands, hips, elbows, legs, knees, or extended arms to block.
    d. Once the ball carrier has passed the line of scrimmage, you may not block downfield.
- A player must have one foot in bounds when making a catch.
- An incomplete pass behind the line of scrimmage constitutes a fumble and the play is dead at the spot of incompletion.
- Interceptions may advance if the player has two flags legally attached to their belt.
    a. If not, the interception will stand and the ball will be declared dead at the point of the interception.
- The ball must be snapped to the quarterback to begin play.
- You may have one lateral pass behind the line of scrimmage.
- A direct hand-off, toss, or pitch behind the line of scrimmage is legal.
    a. The player who takes the hand-off, toss, or pitch can throw the ball as long as they do not pass the line of scrimmage.
- Spinning is allowed, but players cannot leave their feet in an attempt to avoid a defensive player.
- Only two players are allowed to rush the quarterback across the line of scrimmage.
    a. These two players must begin their rush from outside the shoulder of the offensive tackle positon and at least 1-yard off the line of scrimmage.
- Players not rushing the quarterback may defend the line of scrimmage.
- Once the ball is handed off, all defenders may rush the ball carrier.
- If the quarterback decides to run or pass and is outside the tackles, the entire defense may rush.
- If the quarterback moves towards the line of scrimmage, all defenders may rush.
- If the quarterback goes back to pass while inside the tackles, only the two designated rushers may rush.

PENALTIES

- All penalties (excluding spot fouls) will be assessed from the original line of scrimmage.
- 5-yard offensive penalties include:
    a. False start (illegal procedure)
    b. Illegal blocking
    c. Downfield blocking
    d. Charging
    e. Flag guarding (spot foul)
        i. If a shirt is hanging over the flag belt, a flag-guarding penalty will be called.
    f. Illegal forward pass
    g. Pass interference
    h. Leaving feet to avoid a tackle
    i. Delay of game

PENALTIES CONT.

- 5-yard defensive penalties include:
    a. Offsides
    b. Illegal rush
    c. Charging
    d. Leaving feet to dive for a flag
- Unsportsmanlike conduct penalties (coaches, players, & fans):
    a. 1st offense: 15-yard penalty & automatic 1st down.
    b. 2nd offense: 15-yard penalty, automatic 1st down, and the coach, player, or fan will be asked to leave the playing area.
        i. Individuals ejected from the game will be contacted by the Hereford Sports & Wellness office.

COACHES

- The head coach is responsible for:
    a. The physical and mental well-being of all children while entrusted to their care.
    b. Maintaining an adequate level of discipline on his or her team.
    c. The conduct and control of their team's fans, and spectators.
    d. Ensuring minimum playing time is met for all players.
- All assistant coaches must be listed on the roster and have a background check on file. If no background check is on file, the coach will be removed from the sideline.
- Should head coaches or their assistant coaches violate any Hereford Sports & Wellness playing rules or directives, they may be subject to disciplinary actions.
- If you choose to, one offensive coach will be allowed in the huddle. Once the huddle breaks, coaches must be 10-yards back from the player furthest into the backfield. No coaching or running with the play once the play begins.
- If you choose to, one defensive coach may line the defense up. Once the huddle breaks, coaches must step towards one sideline or the other. Make sure you are not in the way of the players or officials.

CODE OF CONDUCT

- The Code of Conduct applies to parents, coaches/volunteers, spectators, parents, contracted employees, officials, and professional staff.
- Profane, obscene, abusive, degrading/threatening language, gestures and/or taunting in the presence of anyone attending a Hereford Sports & Wellness event is prohibited.
- Do not handle a child/participant in an aggressive or abusive manner.
- Any act of violence is prohibited.
- Accept the decision of the game officials as being fair and called to the best of their ability.
- Do not knowingly permit an ineligible player to play in any game.
- Please use good sportsmanship.
- The use of drugs, alcohol, vaping, or tobacco in any form is not permitted while attending any Hereford Sports & Wellness event.
- No firearms or weapons will be permitted at any Hereford Sports & Wellness event.

AT ANY TIME, AT THE SOLE DISCRETION OF HEREFORD SPORTS & WELLNESS, VIOLATION OF THE CODE OF CONDUCT IS SUBJECT TO SUSPENSION OR EXPULSION FROM OUR PROGRAM.