



2023 RAIDERS FLAG FOOTBALL



- **Two Divisions: Kindergarten/1st Grade Division & 2nd Grade Division.**
- **All skill levels welcome!**

Team Rules:

- All players must be in the proper grade group for their divisions.
- All teams will be picked evenly based upon a board approved player evaluation.
- All teams will be evaluated by their coaches and submitted to the board for team assignment.

Game Format:

- The field is approximately 30 yards wide and 50 yards long, not including the end zones.
- Games are 7 players v 7 players. 6v6 and 5v5 are allowed **IF** there aren't enough players. Each team will need at least 1 substitute.
- Two 25-minute running clock halves (*10-minute break at half*).
- Each possession starts at the 5-yard line at the start of each game, after scores, turnover on downs, turnover and/or halftime.
- 1 minute play clock.
- The offensive team has four downs to get a first down at mid-field, then 4 downs to score once they have crossed mid-field.
- All players are eligible except for the Center.
- Teams must have a Center. QB can take the ball off the Center's back if they cannot complete a direct snap.
- A fake in the backfield will allow the defense to rush.
- If a loss of yards due to penalty or tackle for loss goes behind midfield a team cannot get a first down. They will have however many downs left to score.
- A center QB exchange fumble will result in an automatic loss of down on the second fumble. The first fumble will be a redo of down.
- No piling-on if a player has the ball on the ground. It is that team's possession.
- **No stiff arms or flag guarding**
- **One designed QB run per series. No QB sneaks.**
- QB can run on a Blitz even if the designed run is used.
- A fumble results in stop of play. Ball will line up at original line of scrimmage and down will be lost.
- An interception will count as a turnover on downs.

Scoring:

- Touchdowns = 6 points
- Extra points will be attempted from the 5-yard line.
- Two-point conversion will be attempted from the 10-yard line.

Division Rules & Goals:

- 60 second play clock
- 7 second pass clock
- UNLIMITED Runs
- Must have center (can take the ball off players back if snap cannot be completed)
- 1 Coach is allowed on the field for both offense and defense. The ref for each game will assist with coaching on both sides of the ball.

In this division we want to get the players lined up and execute each play properly. We want to be flexible with the rules and teach the players the proper fundamentals of football.

Basic Rules:

- Coin flip determines choice of possession or direction (winning team can elect to defer to the 2nd half).
- The clock will only stop for time-outs, injuries, change of possession, penalties, QB sack/spike or scores. (*The clock does not stop for incomplete passes, out of bounds, change of possession*)
- TWO 60-second timeouts per half
- Teams switch sides at halftime.
- If there is a bad snap, the ball is dead and placed at the LOS. There is NO loss of yardage.
- Center cannot take a handoff from the QB.
- Ball is placed where a flag pulled, not where the ball is when the flag is pulled.
- A receiver must have **one** foot in bounds when making a reception.
- Laterals are allowed but if the ball hits the ground, the ball is spotted at that yard mark.
- Absolutely no tackling
- Only one player can go in motion.
- Games cannot end on a defensive penalty.

Special Alert Rules:

- Defensive players can cross the line of scrimmage when a handoff, fake handoff or backward pass has occurred. This *Deception Rule* is applied to define the integrity of the LOS and development of the passing game for both offense and defense. This rule applies to all Divisions.
- Interceptions will result in a change of possession. They can be returned for a TD.

- **MERCY RULE**
If a team is up by 21+ points, the losing team will possess the football until the lead narrows to less than 21 points.

Pass Game Rules:

- **The Offense must throw the ball within 7 seconds.**
- Forward pass can be underhand or overhand if it is beyond the LOS.
- If the QB does not release the ball before time expires, the defense can then rush the passer.
- The QB can HAND or PITCH the ball off to another player and they can throw the ball within the allotted time. If/When the QB hands or pitches or throws a backward pass to another player, this alerts the defense that they CAN cross the LOS to pull the flag of the player with the ball.

Run Game Rules:

- A play will be considered a run play, when the ball carrier crosses the line of scrimmage, or if a player takes a hand-off from the quarterback and does not cross the line of scrimmage in the allotted time.

The play is dead when the following occurs to the ball carrier:

- The flag is pulled.
- The runner's knee touches the ground.
- A runner steps out of bounds.
- A runner loses his flag then the opposing team must touch him down.
- A runner dives, jumps or leaps; the ball is spotted where the runner left his feet.
- The ball carrier can spin or juke to avoid their flag being pulled but cannot flag guard.
- No fumbles (*a fumbled, or stripped ball is dead and placed at the spot of the fumble with the offensive team retaining possession*)

OFFENSE PENALTIES:

- **Offensive Pass Interference** – Replay the down. 2nd warning automatic loss of down.
- **Illegal motion (2 men in motion)** – Replay the down. 2nd warning automatic loss of down.
- **Illegal Formation** – Replay the down. 2nd warning automatic loss of down.
- **Illegal Run** – Replay the down. 2nd warning automatic loss of down.
- **False Start** –Replay the down.
- **Illegal Forward Pass** – Replay the down. 2nd warning automatic loss of down.
- **Holding** – The ball is placed at the spot of the foul and loss of down.
- **Flag Guarding (including stiff arms)** – Warnings, then loss of down. Ball placed where offense occurred.
- **Unsportsmanlike conduct** – 15-yard penalty (*possible ejection*)
- **Delay of Game** – Clock is stopped and 1 warning followed by a 5-yard penalty for any additional delay of games.

- No Intentional Grounding Penalty

DEFENSIVE PENALTIES:

- **Defensive Pass Interference** - Replay the down. 2nd warning automatic first down.
- **Illegal Contact (holding, jams, etc.)** – Replay the down. 2nd warning automatic first down.
- **Defensive Holding while pulling flag** – 5-yard penalty added to the end of the play. *1st down can occur depending on the yardage.*
- **Illegal Flag Pull (before player has ball)** – 5-yard penalty. *1st down can occur depending on the yardage.*
- **Off-sides** –Replay down.
- **Illegal Rushing (before a hand-off has occurred)** – Replay the down. 2nd warning automatic first down.
- **Inadvertent tackle** – 5-yard penalty added to the end of the play and replay down.
- **Inadvertent tackle From Behind w/clear path to end zone** – Automatic Touchdown
- **Unsportsmanlike conduct** – 15-yard penalty and automatic 1st down (*possible ejection*)
- *Defensive Penalties inside the 10-yard line will result in half the distance to the Goal line if applicable.*