

**KIMBERLY PARKS & RECREATION & KAUKAUNA RECREATION
FLAG FOOTBALL LEAGUE RULES**

Revised: September 21, 2016

I. Player Eligibility	<ol style="list-style-type: none"> 1. Grades: Players must be in grades 4-6 during the current school year. 2. Registration: All players must be registered with either the Kimberly Parks and Recreation Department or Kaukauna Recreation Department.
II. Program Goals	<ol style="list-style-type: none"> 1. Fun: Participants will have fun playing football. 2. Fundamentals: Participants will learn the fundamentals of the game of football. 3. Values: Participants will learn discipline, sportsmanship and teamwork.
III. The Field	<ol style="list-style-type: none"> 1. Kimberly: The field shall be 100 yds long with marked end zones, midfield line and 25 yd lines. 2. Kaukauna: The field shall be 90 yds long with marked end zones, midfield line and 20 yd lines.
IV. The Game	<ol style="list-style-type: none"> 1. Game Time: A game must start at the scheduled time. 2. Minimum Lineup: A team may start with a minimum of nine rostered players. 3. Regulation Game/Running Clock: A regulation game shall consist of two - twenty-five (25) minute halves, with the clock running continuously. The clock will stop in the final two minutes of the game. The clock will be stopped following touchdowns to reset the next kickoff. The clock will be stopped for injury time-outs as determined by the Referee. Half-time will be five (5) minutes. 4. Timeouts: Each team will be allowed one – Thirty (30) second timeout per half. 5. Coaching on the Field: Coaches are allowed on the field for the first two games of the season.
V. Lineups	<ol style="list-style-type: none"> 1. Players: Nine players take the field for each team. 2. Starting/Playing Time: Each player is required to start and play on offense or defense in each half. 3. Free Substitution: Free substitution is encouraged at all positions.
VI. Kickoffs/Punts	<ol style="list-style-type: none"> 1. Kickoffs: There will be no kick-offs. All series will start at the 25 yard line (20 yard line in Kaukauna) after conversion and to start the game. 2. Punts: Rushing the Punter is NOT permitted. 3. No Blocking: Blocking is prohibited on Punts. There will be no kick-offs.
VII. Pre-Snap and Formations	<ol style="list-style-type: none"> 1. Play Clock: The offense will have 30 seconds to snap the ball once the referee spots the ball. 2. On the Line: At least four players must be on the line of scrimmage at the start of each play. 3. Pre-Snap Set Position: Prior to the start of a play, all players, except the quarterback and one man in lateral motion must be set with their hands on their knees (no 3-or 4-point stances for offensive or defensive players). 4. Eligible Receivers: All players are eligible to receive a pass, including the Quarterback if the ball has been handed off.
VIII. Game Play	<ol style="list-style-type: none"> 1. First-downs: are awarded at the midfield line and 25 yd lines (20 yd lines in Kaukauna). 2. Defending Flags: Shirts must be tucked underneath flag belts so as to fully expose the flags. Hitting the defenders' hands away from the flags is not permitted. Stiff-arms are not allowed. 3. Down-Field Laterals: No laterals or pitches will be allowed beyond the line of scrimmage 4. Passing By a Runner: A player that takes a hand-off may throw the ball provided he/she has not crossed the line of scrimmage. 5. Leaving the Field of Play: A player that steps out of bounds (unless forced out) is not eligible to catch the ball. 6. Shovel Passes: are allowed. 7. Legal Catches: Receivers must touch the first foot in bounds after a catch or the pass is incomplete. 8. Interceptions: may be returned except on extra point tries. 9. Defensive Penalty: A Game may not end on a defensive penalty unless the offense declines it.
IX. Rushing/Blocking	<ol style="list-style-type: none"> 1. Rushing the Quarterback: is allowed. However, rushing over the Center is not allowed. 2. Blocking: is permitted. However, excessive contact will be flagged as unsportsmanlike conduct. 3. Blocking Below the Waist: is NOT permitted at any time.
X. Dead Balls	<ol style="list-style-type: none"> 1. Dead Balls: A play is ruled over and the ball is dead in the following situations: <ol style="list-style-type: none"> A. The ball hits the ground (Including on punts and kicks). B. The ball carrier's flag is pulled off by the defense. C. If a flag falls off. ** Players should double check their flags to ensure they are properly secured. C. The ball carrier's knee or any body part other than the feet touches the ground. D. The ball carrier steps out of bounds.