

BCMC

FLAG FOOTBALL LEAGUE

DI

K – 1st Grade

General Rules

- Each team will have a volunteer coach on the field to help direct the players, as well as huddle the team and assist in creating plays.
- Our goal is that all players play; depending on the number of participants per team, we will play 4 on 4, 5 on 5, 6 on 6, or 7 on 7 depending on roster sizes.
- The game will consist of 2 - 15 minute halves with a continuous clock. Referees/scorekeepers will have a stop watch to keep track of time.
- Players are not allowed to flag guard.
- If a player's flags fall off before catching the ball, the play is dead and the ball will be placed at the spot of the reception.
- Flags must be dropped, not thrown, after making a pull.
- Fumbles may be recovered and returned by the defense, or will be placed where the offense recovers the ball and is downed. **(2021 Rule Change!)**
- Play is ruled "dead" when a player's knee or elbow hits the ground, or the ball carriers flags are pulled.
- Games for this age group can result in a tie. Ties will be scored as .5 win/.5 loss in the standings.
- All penalties will result in a loss of 5 yards. (***Exception See Pass Interference Below*)
- There will be ZERO tolerance for poor sportsmanship. This is to eliminate fighting, pushing, swearing, and taunting.
- The Princeton Park District/Bureau County Metro Center has the right to change, alter, or delete any rule for the safety and welfare of the players, teams, and facility.
- Equal participation is important for the players. Be aware of which children are on the sideline for extended periods of time.
- Create offensive and defensive units to involve as many players as possible.
- Players should wear tennis shoes or plastic/rubber molded cleats. ABSOLUTELY no metal!

Game Play

- Coaches will serve as QB.
- Number of players allowed on the field will depend on the number participating. Offense and defense should always have the same number on the field. No more than 7 will be allowed on the field at one time.
- Teams will have different colored flags & t-shirts for identification purposes.
- 3 minute half-time.
- A first down will be earned by crossing one of the first down markers, every 20yds.
- Each team receives 1 – 1min timeout per half.
- Scoring shall be 6 points for a touchdown. Extra points are attempted from the 2yd line and will be worth 1 point for running the ball in, or 2 points for passing the ball in. **(2021 Rule Change!)**
- Two points will be awarded for a safety.
- No tackling, pushing out of bounds, or unnecessary roughness. The player will be removed from the game for a period of time determined by the referee, if that player had intent to injure.
- No stiff arming or blocking the defender from grabbing the flag.
- All blocking must be done with the blocker on his/her feet in the upright position.
- Preventive officiating will be used to limit off sides and illegal motion.
- Receivers/defenders missing one or all flag(s) are eligible to catch a pass, but cannot advance.
- The team will have no more than **40** seconds to huddle starting when the ball is placed on the line of scrimmage. COACHES are encouraged to be on the field with their offensive and defensive teams, and may help their teams between plays.
- All types of offensive sets are allowed. Any combination of receivers, tight ends, and running backs are acceptable.
- Pass interference will be called at the referee's discretion. Penalty will be an automatic 1st down, the ball will be moved to spot of the foul. If committed in the endzone, ball will be placed on the 2yd line.
- Before the start of the game a coin toss will determine possession. The team that wins the toss will decide to start the game with possession of the ball, or start the 2nd half with possession of the ball.
- There will be NO kick offs. Possession will begin at the 10yd line.
- There are no punts. In the case of a turnover on downs, the team that gains possession will start from the 10yd line.
- To save on penalties and prevent confusion we are not allowing any motion on offense.
- In an effort to encourage good sportsmanship, we have decided to award a Sportsmanship Pin for any participant who goes above and beyond normal game play to demonstrate being a good sport. We hope this will encourage the kids to keep it light, and help out their teammates, the opposing team's players, or even the officials throughout the game. Please let one of our staff know if you see something from your own players, or the opposing team that warrants recognition. **(2025 ADDITION)**
- HAVE FUN!!!!
- Standings tiebreakers for the final game of the season will be determined in the following order: Head to Head matchups, then point differential, then strength of schedule.

