

**PRAIRIE RIDGE
JUNIOR WOLVES
FLAG FOOTBALL RULES
2009 COACHES EDITION**



“For the Strength of the Pack is in the Wolf,
and the strength of the Wolf is in the Pack.”

Come Run With The Pack!

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TABLE OF CONTENTS

Section A: General Game Rules	1
PART 1: Start of Game	1
PART 2: Game Duration	1
PART 3: Scoring	1
PART 4: Equipment	1
Section B: Officiating	2
PART 1: Officials	2
PART 2: Referee Absence	2
PART 3: Time-outs	2
PART 4: Dominant Player Rule	2
PART 5: Delay of Game Limit	2
Section C: Penalties	3
PART 1: General Penalty Information	3
PART 2: Defensive Penalties	3
PART 3: Offensive Penalties	3
Section D: Game Play	4
PART 1: Common	4
PART 2: Running	4
PART 3: Receiving	4
PART 4: Passing	5
PART 5: Defense	5
PART 6: Dead Ball	5
Section E: Flag Football League Information	5
PART 1: General Information	5
PART 2: Regular Season	6
PART 3: Post Season	6
Section F: Field Dimensions	7

Section A: General Game Rules

PART 1: Start of Game

- a. A coin toss will determine which team will have first possession. The team that wins the coin toss will have the choice to either start the game on offense or defer to start the second half on offense.
- b. Game will be played 7-on-7.
- c. Teams must field a minimum of five (5) players at all times. In the event a team only has five players, the game will be played 5-on-5.
- d. In the event that a team cannot field the minimum number of players, the game will be forfeited.
- e. If the game has not started, coaches are encouraged to share players in an effort to balance the teams and provide the players with the opportunity to still play a game.

PART 2: Game Duration

- a. Games will consist of two (2) 20-minute halves, with a 5-minute half time.
- b. Time will be kept via a running clock
- c. Officials can stop the clock at their discretion.
- d. The clock will automatically stop after the extra point attempt to allow the officials to set the ball for the next offensive possession and the clock will be started once the ball is set.
- e. The clock will automatically stop for an injury.
- f. Coaches cannot persuade or otherwise attempt to influence an official to stop the clock. Doing so will result in a 15-yard unsportsmanlike conduct penalty as determined by the official.
- g. Games will start no later than 5-minutes after the official start time.
- h. Teams are encouraged to warm-up prior to the start of the game.

PART 3: Scoring

- a. Touchdown: 6 points
- b. Extra Point: From the 3 yard line = 1 point., From the 10 yard line = 2 points.
- c. Safety: No Safeties

PART 4: Equipment

- a. Players must wear the official team jersey, which must be tucked in during game play.
- b. Players may wear black (preferred) or dark navy blue pants/shorts.
- c. Players must wear the league provided flag belts with the flags positioned on the players side (i.e. the hips) and back side.
- d. Rubber/molded cleats are allowed.
- e. Players must wear a mouth guard.
- f. Players are not allowed to wear any loose articles that interfere with the flag belt (i.e. sweatshirt over the jersey).

Section B: Officiating

PART 1: Officials

- a. Each official is a representative of the Junior Wolves and shall have the authority to require complete cooperation of all people directly or indirectly involved with the preparation and playing of the games.
- b. Discipline will be maintained on the field, the sidelines, and the stands at all times. Actions such as rough play, temper tantrums, or verbal abuse of players or game officials will not be tolerated. Players will be ejected from the game, coaches from the field, and parents or fans from the park. Failure of a coach, parent or fan to leave when directed to do so will result in forfeiture by their team.
- c. Head coaches are the only persons on the sideline who may attempt to engage in conversation with the referee(s).

PART 2: Referee Absence

- a. No game shall be canceled, forfeited or delayed more than 10 minutes in the event the required official is not present at the scheduled game time. If no officials are present, the head coaches shall designate persons to be the acting officials so the game may be played.

PART 3: Time-outs

- a. Each team has one (1) 60-second and one (1) 30-second time-out per half.
- b. The referee will signal when the time-out is over. Any attempt to stretch the time-out beyond the allotted time or failure to return the team to the field of play by the referee's ready to play signal will result in a delay of game penalty.

PART 4: Dominant Player Rule

- a. A player is only allowed to score twice per game. An extra point counts as a score.
- b. Once a player has scored twice in one game, coaches must move the player to a position other than quarterback, running back or receiver.
- c. If a dominant player scores more than twice, the touchdown will not count and the ball will be spotted at midfield. The offensive team will have its remaining number of downs to attempt to score.

PART 5: Delay of Game Limit

- a. Once the ball is spotted and the referee has given the ready for play signal, the offensive team has 60-seconds to snap the ball.
- b. Teams will receive one warning before a delay of game penalty is enforced.

Section C: Penalties

PART 1: General Penalty Information

- a. If the Field Director or referee witnesses any intentional acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, an unsportsmanlike penalty will be called. Continued violations may result in ejection of the player. FOUL PLAY WILL NOT BE TOLERATED.
- b. Failure of the player to leave the field and/or any acts of continued unsportsmanlike conduct from the player, coaches, parents or fans will result in a forfeit.
- c. Trash talking is illegal. Referees have the right to determine offensive language at their own discretion. If trash talking occurs, the referee will give one (1) warning. If it continues, the player or players will be ejected from the game.
- d. Trash talking is defined as; talk that may be offensive to the officials, opposing players, coaches, teams, or spectators.
- e. All penalties will be called by the referee and enforced from the line of scrimmage.
- f. Only the head coach may ask the referee questions about rule clarifications and interpretations. Players/coaches cannot question judgment calls.
- g. Games cannot end on a defensive penalty unless the offensive team declines it.
- h. A team may elect to decline a penalty and take the result of the play (with the exception of illegal motion).
- i. Unsportsmanlike conduct will be assessed a 15-yard penalty.

PART 2: Defensive Penalties

- a. Off-sides: 5 yards, Replay the down
- b. Pass Interference: 10 yards, Automatic First Down
- c. Illegal Contact (holding): 5 yards, Replay the down
- d. Illegal Block (arms spread out): 5 yards, Replay the down
- e. Illegal Flag Pull (before receiver has the ball): 5 yards, Replay the down
- f. Illegal Rushing (rush started from inside the 7-yard mark): 10 yards, Replay the down

PART 3: Offensive Penalties

- a. Illegal Motion: 5 yards, Replay the down
- b. Pass Interference: 10 yards, Replay the down
- c. Flag Guarding: 10 yards, Loss of Down
- d. Illegal Contact: 5 yards, Replay the down
- e. Delay of Game: 5 yards, Clock stops, replay the down
- f. Diving or Hurdling: Play is stopped, ball is spotted at the point of the infraction.

Section D: Game Play

PART 1: Common

- a. All possessions will start at each team's own 10-yard line with the exception of an interception.
- b. The offensive team will have four (4) downs to score or cross midfield. If the offensive does cross midfield in four downs, they will be given a First Down and have four (4) additional downs to score.
- c. If the offensive team fails to cross mid-field or crosses mid-field but fails to score in the allotted number of downs, the ball changes possession and the opponent's offense will take over at its own 10-yard line.
- d. The ball must be snapped between the legs, not off to one side, to start play.
- e. No tackling is allowed.
- f. Blocking is allowed. Physical contact is allowed while blocking. The offensive players can move forward off the line of scrimmage during running plays to block as long as the blockers elbows are in and arms are not fully extended. Blockers must keep their elbows bent and block with their hands (arms cannot be extended to their full wing span).
- g. No kicking or punting.
- h. Each team is allowed two (2) coaches on the field during play.
- i. Coaches must call Offensive/Defensive plays in the huddle.
- j. Once the quarterback is over the Center, the coaches must stay 10-yards away from the ball and remain silent until the play has completed. Referees may offer a warning (but are not required to), but violations are subject to unsportsmanlike conduct penalties. If there is continued abuse of this rule, the coach or coaches will be removed from the field.
- k. Player substitutions can be made on any dead ball.

PART 2: Running

- a. The Quarterback may run with the football outside of the tackles only.
- b. Only direct handoffs behind the line of scrimmage are permitted. The offense may use multiple handoffs provided they occur behind the line of scrimmage (reverse plays).
- c. The player who takes the handoff can throw the ball from behind the line of scrimmage.
- d. Spinning is allowed.
- e. Players are not allowed to leave their feet to avoid a defensive player (no diving or hurdling).
- f. Once a play is over, the ball is spotted at the place where the ball carrier's feet were when the flag was pulled.

PART 3: Receiving

- a. Only running backs are eligible receivers (center and tackles are not eligible). The Quarterback is eligible if the ball has been handed off behind the line of scrimmage.
- b. Only one player is allowed to motion at a time.
- c. All players must have at least one foot in bounds when making a reception.

- d. Any player stepping out of bounds before a pass is thrown is an ineligible receiver. The exception is if in the referee's judgment the offensive player was knocked out of bounds by the defensive player, he may re-enter the field of play as an eligible receiver.
- e. If an ineligible receiver catches the ball, the play is dead and is treated as an incomplete pass.

PART 4: Passing

- a. All passes must be forward and received beyond the line of scrimmage.
- b. Shovel passes are allowed, but must be received beyond the line of scrimmage.
- c. If a reception is made behind the line of scrimmage, the play will be blown dead and treated as an incomplete pass.

PART 5: Defense

- a. No players are allowed to rush the Quarterback immediately.
- b. Defensive players may not cross the line of scrimmage until the ball is handed off.
- c. Once a defensive player pulls the ball carrier's flag, they are to stop and hold the flag above their head to alert the officials.
- d. Passes are considered live. A pass can be intercepted by the defense and returned. The intercepting team will take possession of the ball where the play was blown dead. The dominant player rule does not apply to an interception.

PART 6: Dead Ball

- a. Play is ruled "dead" when:
 - Ball carrier's flag is pulled.
 - Ball carrier knocks his own flag off or touches the ball while missing a flag.
 - Ball carrier steps out of bounds.
 - Touchdown or extra point is scored.
 - Ball carrier's knee hits the ground.
 - Ball hits the ground during live play (fumble) or is an incomplete pass.

Section E: Flag Football League Information

PART 1: General Information

- a. Each team will consist of approximately 8-9 players.
- b. Everybody plays. While there are no minimum "minutes played" requirements, coaches MUST attempt to provide equal playing time for each player.
- c. Practices can start after the combine. It is up to the head coach to find a place to practice.
- d. Games are played at Prairie Ridge High School Varsity Practice Field.

PART 2: Regular Season

- a. The regular season will run in parallel with the tackle Junior Wolves teams' season. If scheduling allows, all teams will have a bye on Labor Day weekend.

PART 3: Post Season

- a. There is no post-season playoff. There will be a fun Flag Football Day with a family cookout (weather permitting) to end the season. This event usually takes place on the Varsity Football game field. Trophies will be handed out at this time.

Section F: Field Dimensions

