

California Parks & Rec Flag Football Rules and Gameplay

1. K/1st and 2nd/3rd grade will play 7 on 7 (or however many you have if short) with a pee wee size ball. 4th/5th/6th grade will play 5 on 5 with a junior size ball.
2. Games are 44 minutes on a continuous clock, divided into two 22-minute halves.
3. Half time will be 2 minutes in length.
4. Each team will have one timeout per half, 60 seconds in length. They do not carry over.
5. All players present must play at least 10 minutes per half, unless injured.
6. For K-3rd grades, no more than 2 coaches may be on the field but must be in a position to not interfere with the play.
7. Substitutions can be made during any dead ball.
8. No jewelry is allowed to be worn.
9. Players must wear shorts or pants with no drawstrings exposed or pockets.
10. Shorts or pants cannot be the same color as flags.
11. FLAGS MUST BE WORN ON HIPS. Coaches need to check this after each play as running usually causes them to move. Make sure extra length on flag belt is also secured and not hanging loose.
12. ALL SHIRTS MUST BE TUCKED IN.
13. All players must wear mouth guards. Coaches, please ensure they have them before entering the game.
14. Offense takes possession on the 40-yard line and has 4 downs to cross midfield (20-yard line). Once across midfield, the team has 3 downs to score a touchdown.
15. If the offense fails to cross midfield or score on their allotted downs, the ball changes possession and the other team takes over back on the 40-yard line.
16. All possession changes start on the 40-yard line.
17. Interceptions are dead balls and will be spotted at the 40-yard line.
18. There are no safeties, ball will be spotted at the 40-yard line with a change of possession.
19. There are two 5-yard No Run Zone, from the 25-yard line to midfield and the 5-yard line to the endzone. If the ball is spotted within these zones, it must be a forward pass play. No run zones are eliminated for K/1st grade, they may run anywhere on the field.
20. Teams have 40 seconds to snap the ball once spotted by referee. Please keep the game moving for more playing time.
21. A touchdown is 6 points and is scored when player's hips cross the goal line, not the ball.
22. A 1-point conversion is taken from the 5-yard line and must be a pass since it is in the No Run Zone. A 2-point conversion is taken from the 10-yard line and can be either a run or pass. (No 10-yard attempt for K/1st grade.)
23. In the event of a tie, each team will have one play to score either a 1 or 2-point conversion. After which, if teams are still tied, the game ends in tie.

24. The quarterback cannot directly run with the ball, must pass or handoff.
- a. Direct handoffs, pitches, and laterals are permitted behind the line of scrimmage only.
 - b. QB may not handoff, pitch or lateral the ball first the center who snapped the ball.
 - c. Any player who receives a handoff, backward pass, pitch or lateral can throw the ball from behind the line of scrimmage.
 - d. Only 1 forward pass thrown from behind the line of scrimmage is permitted each offensive play and must be released prior to crossing line of scrimmage. All forward passes must go beyond line of scrimmage.
 - e. Quarterback has a 7 second pass clock.
25. All players who rush the quarterback must be at least 7 yards from the line of scrimmage when the ball is snapped.
- a. Up to 2 players can rush the quarterback
 - b. Rushers must identify themselves by raising their hand before snap.
 - c. Rushers must rush the passer immediately after the snap.
 - d. Players not rushing the passer may defend the line of scrimmage.
 - e. Once the ball leaves the quarterback's hand, all defenders may rush.
26. The offense cannot impede the rusher's path to the quarterback. If the path is occupied by a moving offensive player, it is the offense's responsibility to avoid the rusher. Any disruption to the rusher's path and/or contact will result in 'Impeding the rusher' penalty. If the offensive player does not move after the snap, then it is the rusher's responsibility to go around and avoid contact.
27. Snappers may turn around and hand the ball to quarterback instead of between their legs for the younger age groups.
- a. For K/1st grade, if the ball falls to or touches the ground during initial snap, play is ruled a do over with no loss of down.
28. A fumble is an immediate dead ball; offense retains possession with the loss of a play.
29. Ball carriers may leave their feet for spinning, jump cuts, QB passing or if trying to avoid collision. However, if while leaving the ground, illegal contact is made, a penalty will be enforced.
30. Stripping or pulling the ball from the carrier's possession is not allowed.
31. No blocking, pushing, or screening is allowed at any time.
32. Offensive players in close proximity to the ball carrier must stop their motion once the ball has crossed the line of scrimmage. No running with the ball carrier.
33. No flag guarding (stiff arm, holding, slapping away hands, untucked jersey, etc.)

Defensive fouls:

• Pass interference	Automatic first down
• Holding	+5 yards and automatic first down
• Stripping	+5 yards and automatic first down
• Unnecessary roughness	+10 yards and automatic first down
• Unsportsmanlike conduct	+10 yards and automatic first down
• Offside	+5 yards from line of scrimmage and automatic first down
• Illegal rush	+5 yards from line of scrimmage and automatic first down
• Illegal flag pull	+5 yards from line of scrimmage and automatic first down
• Roughing passer	+5 yards from line of scrimmage and automatic first down
• Taunting	+10 yards from line of scrimmage and automatic first down

Offensive fouls:

• Screening, blocking	-5 yards and loss of down
• Charging	-5 yards and loss of down
• Flag guarding	-5 yards and loss of down
• Holding/Illegal contact	-5 yards and loss of down
• Unnecessary roughness	-10 yards and loss of down
• Unsportsmanlike conduct	-10 yards and loss of down
• Offside/false start	-5 yards from line of scrimmage and loss of down
• Illegal forward pass	-5 yards from line of scrimmage and loss of down
• Offensive pass interference	-5 yards from line of scrimmage and loss of down
• Illegal motion (more than one)	-5 yards from line of scrimmage and loss of down
• Delay of game	-5 yards from line of scrimmage and loss of down
• Impeding rusher	-5 yards from line of scrimmage and loss of down
• Taunting	-10 yards from line of scrimmage and loss of down