

# Youth Flag Football

## Information and Rule Book

City of Oklahoma City  
Parks and Recreation Department

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The City of  
**OKLAHOMA CITY**  
Parks & Recreation Department



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## Oklahoma City Parks and Recreation Department Mission Statement

The mission of the Parks and Recreation Department is to provide parks, recreational, and cultural services to the Oklahoma City residents and visitors so they can have improved health, wellness, and quality of life.

## Goals and Objectives

The Oklahoma City Parks and Recreation Youth Flag Football League is aimed to give all participants, through involvement in practices and competitive games, the opportunity to learn and improve the fundamentals of flag football.

## Coaches/Coaching Staff

- The most important objective is the welfare of each individual's participation.
- Must have a rational amount of knowledge of the game of flag football.
- Will be an outstanding role model for leadership, sportsmanship, and overall good conduct to his/her team at all times.
- Will show importance of coaching on learning regulations, basic fundamentals, encourage participation, and personal growth.
- Each team may have a head coach and as assistant coach who are 18 years of age and older.

## Equipment & Uniforms

- Will be given to each coach before the start of the season. The team is required to wear the given uniforms. All teams must wear the uniforms to each game.
- Cleats are allowed, except for metal spikes. Cleats must be molded rubber and will be inspected by officials.
- Mouthpieces are required.
- A junior sized football will be used.
- Players may not wear objects which may cause injury or give an artificial advantage to the player. No jewelry will be allowed. The head coach is responsible for ensuring that all players are compliant before stepping onto the field.

## Players/Time of Game

- Teams consist of 8-16 players. All players must play at least half of the game.
- All teams must have a minimum of 5 players to begin a game. A 10-minute forfeit period will be allowed from the scheduled start of the game.
- Games will consist of 4-10 minute quarters with a running clock. Officials can stop the clock at their discretion. A 3-minute half-time will separate the first and second halves. Teams change sides of the field after half-time. When there are 2 minutes remaining in the half, the official will inform both coaches that there are 3 plays remaining in the half. Extra points will not count as a play.
- Each team is allowed 2 time-outs per half. Time-outs last 1 minute and do not carry over from the first to the second half.
- If the score is tied at the end of the game, the game is over and declared a tie. League records and standings will be available at [www.Quickscores.com/okc](http://www.Quickscores.com/okc).

- One coach may be present in the huddle on offense and should be at least 10 yards behind the line of scrimmage at the snap, and make every effort to avoid the movement of all players. One coach may be present in the huddle on defense and should be at least 10 yards in front of the line of scrimmage at the snap and make every effort to avoid the movement of all players.

### Coin Toss

- The referee will conduct a coin toss with a captain from each team. Home team will call the toss in order to receive or kick the ball to the opposing team.

### General Rules of Play

- The winner of the coin toss will choose offense, defense or defer.
- The offensive team will start with the ball on their 20 yard line.
- The offensive team gets a first down by moving the ball in the next zone (20 yard markers) within 4 downs.
- Each time the ball is spotted a team has 30 seconds to snap the ball. Teams will receive 1 warning before a delay of game penalty is enforced.
- Punts must be declared and the official will mark off 15 yards or half the distance to the goal.
- Each team must use at least 2 quarterbacks per game and no quarterback may play more than  $\frac{3}{4}$  of the game.
- All players on the line of scrimmage must be within 5 yards off the ball laterally. If you wish to split players out wider, they must be one of the backs and line up off the line of scrimmage.

#### RUNNING

- The quarterback can run with the ball. Once the quarterback leaves the “pocket”, all defensive players are eligible to pursue the ball carrier (official’s discretion). The pocket is defined as 5 yards (laterally), on each side of the ball.
- Direct handoffs behind the line of scrimmage are permitted.
- Laterals or pitches of any kind are allowed. A dropped pitch or lateral will be a dead ball.
- No running zones are located 5 yards from each end zone and are designed to avoid short-yardage, power-running situations. Only forward passes beyond the line of scrimmage are allowed.
- The player who takes the handoff or backwards pitch can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off or pitched, all defensive players are eligible to rush the ball carrier.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player or to gain additional yardage (no diving).
- The player will be considered down when/where the player leaves their feet.
- It is the responsibility of the ball carrier to avoid contact.
- The ball is spotted where the ball carrier’s feet are when their flag is pulled, not where the ball is.

- The ball carrier may not protect his flag or swipe at the arms of a tackler. This will result in the ball carrier being declared down at the spot of the infraction.

### **RECEIVING**

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- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- Only 1 player is allowed in motion at a time.
- A player must have at least 1 foot inbounds when making a reception.

### **PASSING**

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- Shovel passes are allowed. If a fumble occurs, the ball is dead and a loss of down occurs.
- Interceptions can be returned.
- Once the quarterback leaves the “pocket”, all defensive players are eligible to pursue the quarterback (official’s discretion).

### **DEFENSIVE RUSHING**

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- Two markers will be dropped prior to each play. The first is a marker which will allow for dropped passes to quickly move back to the original line of scrimmage. The second marker will be dropped 3 paces in front of the line of scrimmage on the defensive side of the ball. Anyone wishing to rush the quarterback must start from an area behind this marker.
- Rushing the quarterback is allowed.
- A maximum of 2 players may rush the quarterback.

### **BLOCKING**

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- Blockers must keep their hands in at their chest or belt with the elbows down.
- It is the responsibility of the rusher to avoid contact with the blocker.

### **DEAD BALLS**

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- The ball must be snapped between the legs, not off to one side, to start play.
- Substitutions may be made on any dead ball.
- Play is ruled dead in the following situations:
  - Ball carrier flag is pulled
  - Ball carrier step out of bounds
  - Touchdown or safety is scored
  - Ball carrier knee hits the ground
  - Dropped lateral or pitch
  - Fumble
  - If the ball is dropped while attempting a direct snap, under center, the play will be blown dead
  - If the ball is dropped while attempting a shotgun snap, the play will not be blown dead and may be played. However, if the referee judges that there is danger of a collision between the players going for the loose ball it will be blown dead and placed at the spot where the ball was dropped.

## **SCORING**

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- Touchdown: 6 points
- Extra Points: 1 point (from 5-yard line), 2 points (from 10-yard line)
- Safety: 2 points

## **PENALTIES**

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- All penalties will be enforced by the referee.
- Defensive penalties:
  - Encroachment- 5 yards and repeat the down
  - Pass Interference- 5 yards and automatic first down
  - Illegal Contact (holding, blocking, etc)- 5 yards and automatic first down
  - Illegal Flag Pull (before player has ball)- 5 yards and automatic first down
  - Tackling- 15 yards and automatic first down
  - Tackling is not allowed. This is a non-contact league designed to develop players' individual skills and build teamwork through structured athletic activity. Incidental contact resulting in the ball carrier going down will not be called, at the discretion of the official.
- Offensive penalties:
  - Illegal Motion (more than 1 person moving, false start)- 5 yards and repeat the down
  - Offensive Pass Interference- 5 yards and repeat the down
  - Stiff Arming- 5 yards from the line of scrimmage and loss of down
  - Delay of Game- clock stops, 5 yards and repeat the down
  - Illegal Blocking- 5 yards and repeat the down
  - Rough play will not be tolerated. The player will receive one warning and will be removed from the game (Official's Discretion).
  - Unsportsmanlike Conduct will be penalized 15 yards with loss of down.