

Waukee Youth Football Flag Football Rules – Updated 09/09/2021

- **Field Access:** Referees will meet teams at their warm-up field to escort them to their sideline. Do not enter gate without Referee.
- **Field Pass:** Only rostered coaches and players will be permitted for any reason. Coach shirts and player jerseys serve as field passes. No exceptions for any reason, at any time. Including players forgetting equipment or drinks, pictures, injuries, etc.
- **Delay of Game:** In the event of a non-rostered individual entering the field area, an automatic 10-Yard Delay-of-Game penalty will be assessed each minute until they exit. If violation occurs prior to a game beginning, the penalty will be assessed on 1st the opponents first offensive possession. Post-Game violations are enforced the following week and/or a win may be vacated.
- **Bench Area:** Only player beverages are permitted beyond the field entrance gate. Teams must clean sideline following game.
- **Exiting Field:** Quickly clean sidelines in last 5 minutes of game and follow Referee to field exit to allow the next teams to enter.
- **Rule Source:** Unless specifically modified or noted, or overruled by the Game Day Administrator, standard IHSAA rules apply.
- **Game Day Administrator:** The Game Day Admin make final rulings for any necessary judgement calls on game day.

Rosters

- Players compete in a Kindergarten & 1st Grade Division, and a 2nd – 3rd Grade division.
- Teams play 7 on 7 Football. Teams must begin games with a minimum of 7 players. In the event of injury, teams may play with a minimum of 5 players. The opposing team must match the number of players on the other team if they have to play with less than 7.
- Playing time must be equitable within each individual game. There is no carryover and violation will result in forfeiture.

Practices

- One 60-Minute practice per week is allowed. Attendance cannot impact playing time on game day.
- Warm-ups are to take place on the grass field behind the home stands of Waukee Stadium.

Equipment

- Players must wear mouthpieces in games *and* practices. They will be available at the concession stand for \$2 on game days.
- Coaching bags contain jerseys, coach shirts, flags, two footballs, two whistles, three extra mouthpieces and cones.
- Jerseys must be tucked in. Braces, metal cleats and hats are not allowed. Wool caps may be worn in cold weather.
- Flags must be worn on each hip and cannot be obstructed in any way. All players must have jersey tucked into their waistband.
- Coaches bags will be collected at the concession stand following the last game. Players keep their Jersey and Flags.
- Fields are 30 yards x 53 yards, plus 10 yard end zones. The line to gain is midfield.

Clock & Possession

- Rock-Paper-Scissors will determine first choice of possession, direction or defer to 2nd half.
- Games consist of two 20-Minute halves with a 2-5 minute halftime. Clock only stops for 1 timeout per team, per half.
- A 25 second play clock will be enforced after 1 warning.
- One coach is allowed on the field to huddle and assist players with alignment. Alignment must occur within the play clock limit.

Penalties

- Standard penalties are 10 Yards, marked from the original line of scrimmage. Includes Flag Guarding, Pass Interference, Offsides, Defense Crossing Line prior to handoff, Delay of Game, mouthpiece, inadvertent definite contact, diving, illegal blocks.
- Personal Fouls are 20 yards. If against the defense, it is an automatic 1st down. If against the offense, it is also a loss of down. If inside the 10 yard line, penalty is half the distance to the goal line. Includes Tackling, Unsportsmanlike Conduct, Roughing the Passer, Illegal Rush, blocking the ball during a pass, Illegal Time Out.

Player Contact

- Understanding there will be some level of contact, **intentional contact by defenders making a tackle or ball carriers attempting to break a tackle is not allowed.** A personal foul will be called and cannot be challenged. If ejection is warranted, the player will not be permitted to participate for the remainder of the season and no refund will be issued.

Scoring

- Forfeits 28-0 score for the winning team.
- Safety 2 points – Ball declared down in own end-zone (2nd grade only)
- Touchdown 6 points
- 1-Point PAT 1 point – 5-yard line, must pass.
- 2-Point PAT 2 Points – 10-yard line, run or pass
- The offense declares PAT choice prior to huddling. A timeout must be available and charged to change declaration.
- If a team gains a 28-Point advantage, the game will continue unscored.
- Overtime: Teams choose to Pass for one point from the 5-yard line or begin at the 10-Yard Line and attempt a run or a pass. If neither team scores, the game will be declared a tie. Rock, Paper, Scissors will determine first possession.

No Run Zones

- 5-yard No-Run Zones precede the midfield line-to gain and each end zone to prevent power run plays in short yardage.
- The offense must advance the ball with a forward pass. QB must receive snap, but does not have to attempt the pass. If the QB hands off to another offensive player to attempt the pass (Halfback Pass, etc.), any defender may rush to pull that player's flag as soon as the handoff is made.
- If the offense incurs a loss-of-yardage *after* crossing the midfield line-to-gain, they are not required to pass the ball again.
- Laterals or tosses do not count as a forward pass but are allowed. If ball touches the ground, it is dead at the spot.
- All passes may be intercepted, including screen passes, passes to a WR behind the line of scrimmage, etc.

Defensive Rules

- There is a natural 1-yard neutral zone between the football and the defensive line of scrimmage. At least 3 defensive players are required to be lined up on the defensive line of scrimmage, and those players may be in either a 2-point or a 3-point stance.
- 1 Defender may declare themselves as a Designated Rusher to the Referee prior to the offense breaking their huddle. The rush must begin 10 yards from the line of scrimmage at the snap of the ball. The defender does not have to declare to the offense.
- The defensive cannot cross LOS until (1) the QB hands off or laterals the ball to a ball carrier and/or (2) the QB releases a pass.
- Defenders cannot hold or push the ball carrier.
- Defenders must attempt a flag pull on a player attempting a pass. Hitting a passers arm or batting the ball is a Personal Foul.
- A defender who has de-flagged a ball carrier will stand in place and, with good sportsmanship, return the flag to the ball carrier.
- Defenders may not strip the ball, leave their feet to attempt a flag pull or tackle a player.
- A Safety may occur in 2nd – 3rd grade. In Kindergarten – 1st Grade, the offense retains possession at the 1-Yard Line.
- Interceptions on PAT'S are not returnable. All other interceptions are returnable and offense takes over at the point of a flag pull if the defender does not score a touchdown.

Offensive Rules

- Each new offensive series starts at the 10-yard line (unless possession is gained from an interception, see below).
- Offense has 4 plays to earn a first down at midfield. Then 4 plays to score. If unable, the opponent begins at their own 10yd line.
- Interceptions can be returned for touchdowns. The intercepting team will take possession at the spot of the flag pull if it is not returned for a touchdown. No Run Zones are in effect if ball is spotted in one following the tackle.
- 3 Offensive players are required to be on the LOS & may be in any stance. All are eligible receivers. 1 player motion is allowed.
- Center exchange must be a continuous motion. All snaps are required to be between legs.
- In K-1 Division, QB may not run the ball. In 2-3 Division, QB may run if a Designated Rusher crosses the line of scrimmage.
- Simultaneous possession of a completed pass is awarded to the offense.
- QB has 7-Seconds to pass. If ball is not released, play is dead and ball returns to the LOS.
- Ball carriers may spin. No jumping, diving or any action brining both feet off the ground.
- Ball carriers may not use their hands, arms, body or run directly at a defender in a fashion to protect the flags.
- The ball is dead when it touches the ground at any time, ball carrier touches the ground with anything other than hands or feet, the ball carrier's flag is pulled or if it falls off.
- If the snap exchange is fumbled in 2nd grade, the play is dead and results in a loss of down.
- If the snap exchange is fumbled in the K-1 division, the play is dead, but the offense will re-start their cadence and no loss of down is given unless it was a "shotgun snap." In all divisions, dropped shotgun snaps are dead ball, loss of down.

Blocking

- **Drive Blocking At Line Of Scrimmage**
 - Offensive players are permitted to execute fundamental "drive blocks" on defenders. Legal blocks must include...
 - 2 hands, inside the defender's chest area (holding is still enforced)
 - Must begin at the snap of the ball and be maintained continuously
 - If defender escapes, players are not permitted to re-attempt a drive block
 - Blocks may be maintained beyond 5 yards if defender is unable to disengage

- **Downfield Blocking**

- Offensive players may set “moving picks” downfield or when the defender escapes a drive block
- Intentionally re-engaging a drive block is not allowed
- An intentional attempt to “pancake” a defender will result in a personal foul and possible ejection.