



Rapid City Club for Boys Flag Football Rules

The Flag Football League is for boys 8-12 years of age and will be held on Tuesdays and Thursdays during the Fall. Boys who are 12 years old will have the option to play in the Older Boys League (12+) or the 8-12-year-old league, but may not play for both. Once the teams are made, the practices will begin, and the first game will be held after each team has had a minimum of two practices. Boys must sign up before the first game of the season to participate in league and tournament play.

RULES FOR LEAGUE PLAY

Teams will consist of at least 5 players but no more than 8 for the game to begin. If a team has only 5 players, the opposing team can play one more player than the opposing team up to 8. **Each player must play at least half of the game.**

The game will consist of four (4) six (6) minute quarters with running clock except for timeouts (3 per half). The clock will also stop for injuries. Stop clock will be played according to the football rules for the last minute of a half that is within 3 touchdowns and conversions (21 Pts). There will be a two (2) minute halftime break and a one (1) minute break between quarters (1&2, 3&4). A coin toss at the beginning of the game will determine possession of the ball, and a team may choose to receive, kick, or defer to choose in the second half. College rules apply with regard to one foot in bounds for a good catch and knee down for a dead play.

Only two rushers are allowed by the defense. For a defensive player to be eligible to rush he must have both knees on the ground before the snap, however after the snap if there hasn't been 2 rushers, any player is allowed to drop to the ground with both knees then proceed to rush. Rushers must play the flags, any attempt to play the ball will result in a 5-step penalty and 1st down. The offense may not block with arms outstretched or the elbows pointed at the opponent's face. No Player may run over another player. If this happens a personal foul will be assessed. No center sneaks are allowed. Fumblers are out. A quarterback may run the ball one time per 1st down series.

Normal football rules will be enforced as follows:

3 STEP PENALTIES – offside, false start, delay of game, illegal blocking, stripping the ball(+ automatic 1st down), too many players on the field

5 STEP PENALTIES – holding, roughing the passer (+ automatic 1st down), **unsportsmanlike conduct, tackling, pass interference (+ automatic 1st down), running over another player.** **2 BOLD 5 STEP PENALTIES WILL RESULT AS AN IN-GAME SUSPENSION BASED ON THE COMMISSIONER'S DECISION.**

Blocking the flags, stiff-arming, and jumping with the ball will result in runner being down at the spot.

All shirts must be tucked in and all players will wear belts with flags. If shirts become untucked or flags are clumped together players only need to touch said player to result in down play.

All fumbles are treated as live balls and can be advanced. No stripping of the ball is allowed. If a player strips the ball, then it is down at the spot of the foul plus three steps and first down for the stripping penalty. Interceptions may be advanced.

Field Goals (3 Pts) and extra points (1 Pt) must land between the columns and above the black line. Missed field goals are spotted at the previous position. These are free kicks with no rushing or fake kicks. A 15 second count will be given for extra points. The play will be called dead if the ball is not kicked in the allotted time. Two-point conversions will be held from the free throw line.

Kickoffs start at the free throw line and are returnable unless it hits the adjacent wall without anyone touching it. A 15 second count will be allowed for a kick-off. A delay of game penalty will be assessed to a team who does not kick off the ball in the allotted time. If a touch-back is called, then the ball will be placed on the receiving teams' free throw line. If the ball goes out of bounds before a touch back, then the ball will be placed at the receiving team's top of the key. A 2 Pt safety is awarded to the kicking team if the receiving team touches the ball before it touches the back wall or if the receiver has his flag pulled while in the end zone (blue area) **AFTER** advancing out of the endzone. Touching the wall by a player is a safety, a player cannot be pushed into the wall or unnecessary roughness is called. After a safety, the kicking team must have all players touch the wall until the ball is punted. If the ball hits the ceiling the other team will start the drive from the point of contact with the ceiling. **NO KICKS ALLOWED!**

In case of a tie, there will be a coin toss to determine possession, and then each team will attempt to score from midfield. (College Rules)

Fair play, honesty, and sportsmanship will be expected at all times for all players, coaches, officials, and fans. Players and coaches will shake hands before and after each game and refusal to do so will result in suspension from the league for that individual. Individual recognition will be given for MVP, most sacks, touchdowns, interceptions, touchdown passes, and outstanding lineman.

Above all else, HAVE FUN!

3 STEP PENALTIES

Offside

Illegal motion

False start

Delay of game

Stripping the Ball

Too many men on the field

5 STEP PENALTIES

Holding

Illegal Blocking

Roughing the Passer: (+ automatic 1st down),

Pass interference

Unsportsmanlike Conduct: Conduct Foul

Spiking the Ball/Flags: Conduct Foul

Tackling: Conduct Foul

Running over another player: Conduct Foul

2 conduct fouls will result in a game suspension

Runner down at the spot

Blocking the flags

Stiff-Arming

Jumping with the ball

Knees hitting the ground