

Plainsmen Junior Football Flag Division Rules

GENERAL

1. Flag football is eight (8) on eight (8).
2. Each Player must play at least 50% of the game.
3. Each player must play on both offense and defense.
4. **Entirely new backfield each half** (6 total backs 2 *QB's*, 2 *FB's* 2 *TB's*). For example, TB is 1st half cannot be FB or QB in 2nd half. **Each player must have the opportunity to be in the backfield.**
5. **Each team may have three coaches on the field: head coach, line coach, backs coach. There should be at least one coach on the sidelines with the remainder of the kids to facilitate playing time. Any other coaches you want on the field must be at least 10 yards off of the ball and are not allowed to discuss anything with the refs. Remember...only the HEAD COACH can discuss calls with the refs. (see penalties below)**

SPECIFIC

Start of Game

1. Coin toss to determine first possession.
2. Play begins on 10 yd. Line.

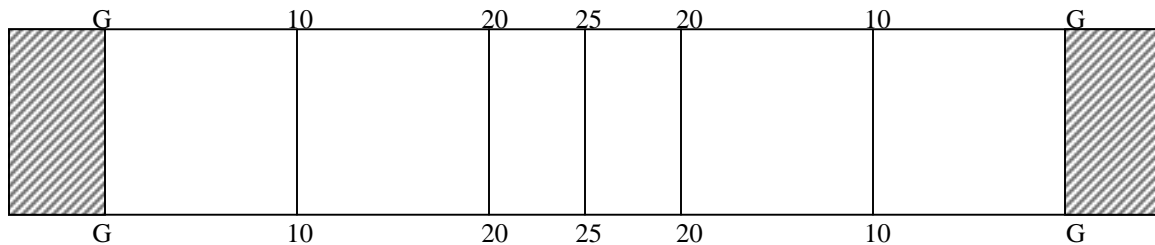
Game Length

1. **Senior Flag** – four (4) fifteen (15) minute running quarters
Junior Flag – Set # of plays. Six (6) offensive plays per quarter
2. Five (5) minute halftime break.

Scoring

1. **Senior Flag** – 6 pts for a touchdown. Conversions as follows:
 - a. 5 yd. Line – 1 pt.
 - b. 10 yd line – 2 pts.**Junior Flag** – 7 pts. For a touchdown
2. 2 pts. For a safety
3. There is no kicking field goals / extra points

Field Size – 50 yds. Long / 40 yds. Wide



Play Stoppage

1. Flags pulled off stops the play. When the flags fall off the **two** hand touch rule applies.
2. Down by contact stops the play.
3. A player may get up and continue if he trips or falls on his own.

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Tackling

1. Tackling or pushing is not allowed and offense may take the play or do over again.
2. Tackling violations will result in a warning. Three warnings and the offending player will sit out the rest of the quarter. Infraction at the end of quarter will result in the player sitting out the following quarter.

Flag Guarding

1. Offense may not guard or hold on to their flags with their hands. Infraction is an offensive penalty. Ball is placed at the point of infraction.

Fumbles

1. No fumbles. Fumbles are dead balls.
Fumbled Snap – Play taken over
Fumbled Exchange (QB/RB) – Play is over. Ball is spotted at point of fumble.

Passing

1. **Any** forward/backward pass dropped is incomplete.

Interceptions

1. Interceptions may be advanced

Punting

Junior Flag – No punting. After 6 plays, ball is turned over to opposition on their 10 yd. Line.

Senior Flag

1. When a team wants to punt, they must declare it to the opposition before the play begins.
2. Defense may not move except for two DB's. Rest of team is down on one knee.
3. Offense may not move except for center and punter. Rest of team is down on one knee.
4. Football is placed where the defensive team gets control of the ball. Football cannot be advanced.

Penalties

1. Penalties will result in do-overs or taken plays.
2. Only the **head coach** may question the referees. Violation of this rule will be taken to our executive board.
3. Punching, kicking, cheap shots, etc. will result in the removal of the player(s) from the game.

Chain Crew

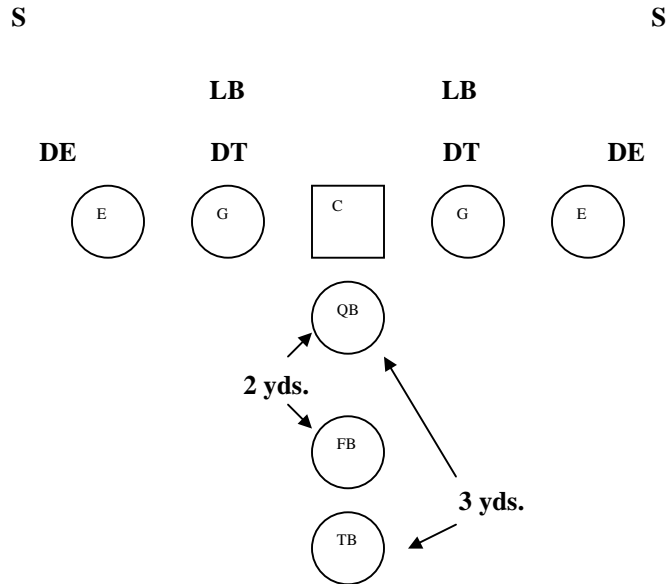
1. Home team is responsible for supplying chain crew (3 people) to work the game and return chains to equipment building when done.

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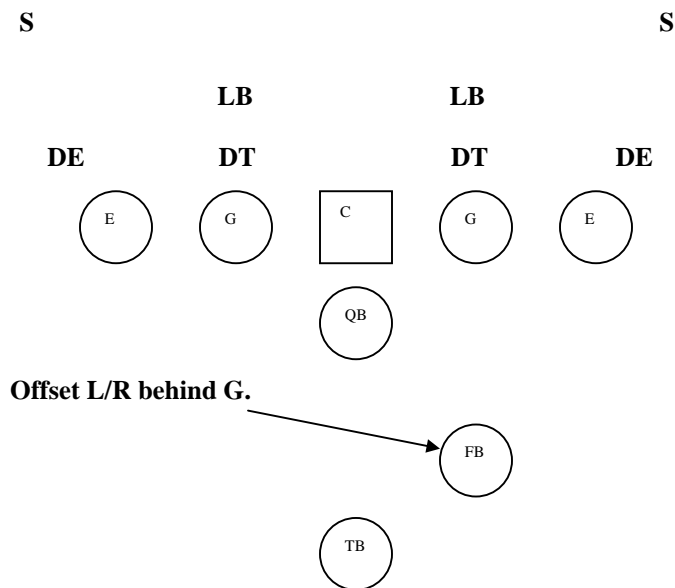
Offensive Formations / Rules

Formations

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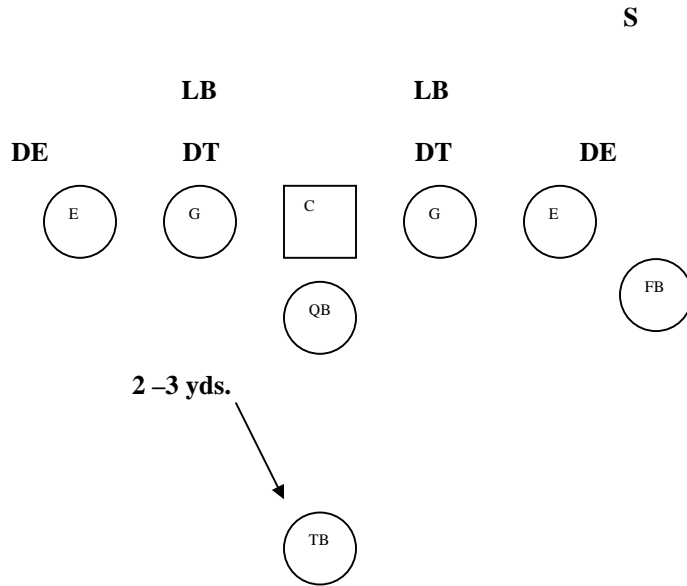
Power I



Plainsmen Junior Football Flag Division Rules

Offensive Formations/Rules (cont.)

Wing



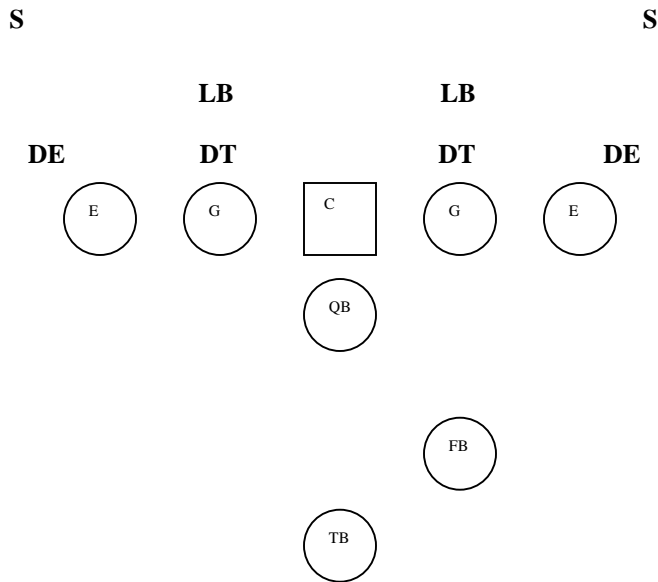
Rules

- Offensive line must have fingertip splits, end to end. Ends cannot split wide. **QB must be under Center.**
- QB can take a direct snap or receive a shuffle snap.
- **QB must run outside of the Ends. No QB sneak or inside run.**
- No motion or shifting to different formations once in formation.
- No "quick counts". This is not the NFL. Must wait until defense is set.
- Conversely, the offense must try to get in and out of the huddle as quickly as possible. Excessive time getting off plays will result in a penalty on the offense. **Time in and out of the huddle should be no more than 30-45 seconds. This will allow for more plays.**

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Defensive Alignment / Rules

Alignment



Rules

- DT – Must play head on the Offensive Guard. **DT can not pinch the “A” (inside) gap.**
- DE – Must play outside shoulder to three (3) yards outside the offensive end.
- *Defensive line must not crowd the L.O.S. Must be 1 yard off the ball.*
- LB – Must play two (2) yards directly behind the DT. LB’s may not blitz. However, if the QB hands the ball off on an inside run (**ie 31 quickie**) LB’s can come up immediately into gaps.
- DB must play five (5) yards back from L.O.S. and one(1) to five (5) yards outside the LB’s.