



OYAA FLAG FOOTBALL RULES

Here are the current OYAA Flag Football Rules. All coaches, parents and referees will get a copy of the Rules so everyone will know how the games will be played. If you have any questions or comments concerning the Rules please contact me. In order to maintain consistency for the coaches and the kids, please try to follow the rules at each game. PLEASE REMEMBER AT ALL TIMES THE GOAL FOR THIS PROGRAM AND THESE RULES. THE GOALS ARE # 1 FUN, # 2 FUNDAMENTALS, AND # 3 MOVE THE BALL! If we want these kids to have the most fun possible, and come back next year they need to move the ball.

General Rules:

01. The field size will consist of 80 yards long and 40 yards wide. ALL 2nd grade games will be played on the Shannahan Fields on Sundays from 12:30PM on. ALL 1st grade games will be played at Glenn Oak Ele on Sundays from 12:30 PM on.
02. The games will consist of two halves, 25 minutes a piece and a 5 minute half time. Games cannot run more than an hour.
03. NINE players from each team will be allowed on the field during offense and defense.
04. Up to three coaches from each team are allowed on the field during offense and defense.
05. Flag belts and flags must be on the outside of the uniform shirt. All jerseys must be tucked into the shorts if possible. If the flags are not accessible the kids are going to pull each other down by the jersey, which is going to lead to injury. In the 2nd Grade program the referees will call this.
06. 2nd grade league will have referees. The 1st grade league will use coaches. Coaches for each team will be responsible for calling the games.
07. Ball will start on the 40 yard line.
08. First down every 10 yard forward progress.
09. Every kid must play at least half the game. Player rotations are at the Coaches discretion but the parents will monitor playing time.
10. BLOCKING RULES: Players must grab a hold of their jersey in order to block. We need to avoid hands, and pushing, but blocking is allowed.
11. Coaches are required to meet in advance of the game to discuss any issues or questions they may have prior to start of each game. Coaches are encouraged to them meet at half time with any addition questions as well.

Offense:

01. The Quarterback is to line up behind the center with the ball in hand. There will be NO snaps or shot gun offenses.
02. The Quarterback will call cadence to start the play. The standard cadence will be "READY – SET – HIKE".
03. Everyone on the team plays an offensive backfield position at least once during each game. NO player can advance the ball more than 10 times in any game. The Quarterback and Running back rules are being dropped and replaced by the 10 play advance rule. The goal is to give all the kids a chance to play the top offensive positions, and to give them an opportunity to score. In a typical 50 minute game 20 to 30 plays are run. Rotating all the kids through will give them all a chance to make plays.
04. A period of 25 seconds between plays, a coach on either side will monitor the game clock.
05. A player is down when a flag is removed and the ball positioned at the downed spot on the field.
06. An extra point will be run after a score. The point system will consist of (1) point for a run and (2) points for a pass.

Defense:

01. Standard defense will consist of a 4-4-1 line up. 4 kids on the line, the kids on the line must line up in front of the offensive line with the exception of the Center. No one lines up on the Center. 4 kids behind the line (line backers & corners), and 1 kid in the safety position. (See Player Formations for more info). The goal of the defensive formations is to give the Offense a chance to get past the line of scrimmage.
02. You are allowed to rush the defensive line. No rushing over the Center they must rush over the Guard or Tackle position. No Blitzes by Ends, Linebackers, Corners or Safeties.
03. Once the ball has left the Quarterbacks hands or the Quarterback is running ALL players may pursue the ball.
04. If a ball is intercepted and returned for a touchdown the points are awarded to the Defensive team. The ball is then returned to the Offense for a new set of downs starting at the 40 yard line. If the defender does not score, the Defense will take over possession at the spot where the Defender's flag was taken.
05. If an interception occurs in by the Defense and is returned for a touchdown the score is awarded to the defense. If the defender does not score, the Defense will take over possession at the spot where the Defender's flag was taken.
06. NEW RULE: A fumble is a dead ball. The ball will go back to the team who had possession. The team offensive team will lose a down. Coaches & Refs blow the whistle early on fumbles, the goal is to prevent injuries.