



Port Orange Parks & Recreation Flag Football Rules

Revised: 06/01/2022

Field Regulations:

1. 10U/13U The field will be approximately 80 yards by 40 yards.
2. 6U/8U The field will be approximately 64 yards by 30 yards.

Team Composition:

1. 7v7 Flag Football
 - a. Offense:
 - i. center
 - ii. two ends
 - iii. one back
 - iv. quarterback
 - v. two wide receivers
 - b. Defense:
 - i. four defensive backs
 - ii. three defensive linemen
2. Game Time – (10) minute grace period for first game only, after the grace period it will be considered a forfeit. Clock will start during grace period. 6U will play (4) 8-minute quarters. 8U will play (2) 16-minute halves. 10U/13U will play (2) 18-minute halves.

Playing Regulations:

1. All players must wear mouthguards and shorts that do not have pockets.
2. All players must play at least half the game. Coaches are to keep track to make sure each player plays at least half the game.
3. During the last two minutes of each half a two-minute warning will be given. Clock will stop the last 2-minutes of each half for 8U, 10U and 13U. 6U will have a running clock and will not follow the 2-minute rule.
 - a. The clock will be stopped when:
 - i. The ball or ball carrier goes out of bounds.
 - ii. An incomplete pass
 - iii. Official's time-out
 - iv. Penalty
 - v. Injury timeout
 - vi. Touchdowns and extra points
4. The clock will stop during the game only when:
 - a. Official time-out
 - b. Team time-out (Each team will be given 2 timeouts per half. Timeouts will not roll over to the next half.) 6U has no time outs.

5. The clock will begin again as soon as the official puts the ball into play or when the ball is snapped depending on the situation. (i.e. on a penalty the clock will start on the official. After timeouts, out of bounds or incomplete passes, the clock will start on the snap.)
6. There will be no kickoffs or punts. The game will start with the offensive team with the ball on 10-yard line for 10U and 13U and at the 7.5- yard line for 6U and 8U.
7. The play clock will be set at 30 seconds before each play (offensive team will need to snap the ball within that 30 seconds, or it will be a delay of game penalty. The play clock will begin when all the offensive players reach the huddle.)
8. As in regulation play, each team will have four (4) downs to advance the ball past first down line to gain.
9. All play will stop when the officials blow a whistle.
10. Scoring:
 - a. Touchdown – 6 points
 - b. Extra Points – 1 point – 5-yard line (pass only), 2 points 10-yard line (pass or run) for 10U/13U and 7.5- yard line for 8U & 6U
 - c. Safety- 2 points
 - d. Extra point returned by defense (1) point/ (2) points.
11. All Leagues will have standings except for 6U. League standings will be based on the following:
 - a. A win count as two (2) points
 - b. A tie game counts as one (1) point.
 - i. At the conclusion of the season, any ties will be settled in this order:
 1. The winner of head-to-head series.
 2. Point Differential in head-to-head matches. If still tied, we will determine winner by points differential in all games.
12. Teams will switch ends after the half-time break.
13. **All officials' decisions are final. NO PROTESTS!**

Offense:

1. No run rule 5 yards or less from the opposing team's endzone.
2. All seven (7) players on offense are eligible receivers and must wear flags.
3. Blocking:
 - a. The offensive line may set up in three-point stance. **Any form of contact blocking will be ten-yard (10) penalty.**
 - b. Only screen blocking will be allowed. Screening is defined as maintaining a position between the defender and the player with the ball. No moving screens will be allowed. A screener must set his screen four feet or approximately two running strides from a defender. The screener must keep his arms and hands by his sides. No part of the screener's body except his feet may be in contact with the ground. The screen must not be the aggressor. Sticking out a knee, hip, foot, elbow, etc. and make contact is considered an illegal block.

4. No moving blocking or moving screens (defined as running alongside, in front of a ball carrier, or behind on returns downfield during a play are allowed, when a defender is within two running strides.)
5. Blocker can never leave his feet while screening.
6. Any contact from behind, be it a blocker or a screener will be considered a clipping penalty.
7. ALL PENALTIES FOR ILLEGAL USE OF THE HANDS, ILLEGAL BLOCKING OR SCREENING WILL RESULT IN A TEN-YARD (10) YARD PENALTY FROM THE POINT OF THE INFRACTION.
8. The Ball Carrier:
 - a. Will be considered down when his/her flags are pulled, when his/her knee or the ball hits the ground, he/she runs out of bound or when he/she fumbles.
 - b. All fumbles are dead where the ball hits the ground. No change of possession occurs.
 - c. If the ball carrier accidentally loses his flag, ball carrier must be touched with one hand to be ruled down.
 - d. If a receiver catches a pass without flags on, it will be a completed pass, but there can be no advancement of the ball. If caught in the end zone, it will count as touchdown/extra point.
 - e. The ball carrier cannot leave his/her feet, dive over a line, or do a 181-360-degree spin to avoid a defensive person.
 - f. The ball carrier cannot stiff arm, shield, lower the shoulder or duck the head while running through the line or to avoid a defensive player.
 - g. All penalties will be 10 yards from the point of infraction.
 - h. If a ball carrier fumbles into the end zone, the ball will be placed at the spot of the fumble. The ball carrier must be in full possession of the ball when he crosses the goal line.
 - i. Spiking the ball or any excessive celebrations on a touchdown/extra point will result in a fifteen (15) yard penalty. Penalty will be assessed on the ensuing possession.
 - j. The center may run the ball if they back up at least one yard behind the line of scrimmage and receive the ball on a correct hand off, lateral or pass.
 - k. Lateral passes are permitted. Unlimited passes behind the line of scrimmage, but only one forward pass that cross the line scrimmage.
 - l. The placement of the ball will be where the hips are at the time the flags are pulled. {i.e. – the hips must cross goal line or first down line, not where the ball is.
9. The center may snap the ball between his/her legs or from the side, however, he may only snap the ball backwards three yards to either direction of the snapper. The center may not snap the ball directly to wide receiver who is lined up outside of the 3-yard box.
10. **NO RUN ZONE**- Any time the offensive team snaps the ball from the 5-yard line or less to the endzone, they must pass. The pass must go beyond the line of scrimmage to be considered a forward pass. This includes the 1-point conversion attempt after

touchdown. **No blitzing the quarterback in the no run zone. Quarterback must throw the ball within 7 seconds to throw the ball (results in loss of down).**

Defense:

1. All defenders must wear flags.
2. Defensive line may set up in a three-point stance and a minimum of three defensive players must be on the line or a Penalty of five (5) yards.
3. The defensive team must line up at least five yards from the ball and remain there until the ball is snapped. Exception is when a team has the five-yard line or less than five yards from a first down, then the defense lines up half the distance from the line of scrimmage and the first down marker.
4. Rushers may not use their hands to help them go around screeners; they cannot push, knock down or run over the screener. They must go around the screener.
5. Defenders cannot push or knock a ball carrier out of bounds.
6. Defenders must always be going for the flag and any form of holding, tackling or stripping is illegal.
7. Defenders cannot purposely remove the flags of an offensive player if he is not carrying the ball.
8. All violations of rules 4-7 (10) yard infractions.
9. Pass interference penalties will result in an automatic first down at the spot of the infraction. If it occurs in the end zone, then the ball will be placed at the one-yard line and first down.
10. Roughing the passer is defined as anytime the passer is roughed while throwing pass; this is a ten (10) yard penalty and automatic first down.
11. If a defender intercepts a pass in the end zone, he may choose to down the ball or return it at his own risk. If he downs it, the ball will come out to the ten (10) yard line for 10U/13U and 7.5 yard line for 6U/8U.
12. **When a defensive player removes a flag, he must stop immediately and hold up the flag high in the air so the officials can see it. He must then return it to the ball carrier or another member of the offensive team.**
13. Punts:
 - a. When a team chooses to punt on 4th down, the coach needs to inform the officials. The opposing team will start their possession at their own 10-yard line for 10U/13U or at 7.5-yard line for 6U/8U.
14. Sportsmanship:
 - a. Sportsmanship should always be enforced by coaches, players, and officials
 - b. Coaches are responsible for their own behavior as well as the behavior of their players, player's parents, and spectators. Coaches, players, and parents are reminded that this is a recreational flag football program. The referees and league director will reserve the right to ask any player, coach or spectator to leave the playing area. Any coach or spectator thrown out of a game or asked to leave the playing area will be suspended for the next game. A second ejection and the coach, player or spectator will be suspended for

the rest of the season. A ten-yard penalty will be assessed to a team for any unsportsmanlike behavior.

- c. Players must wear shoes or cleats, but no metal cleats.
- d. Noise makers such as: horns, cowbells, and whistles are not permissible at games. They can distract the players and officials.

Kansas Tie Breaker during playoff or championship ONLY:

If two teams are tied at the conclusion of the game, we will settle the tie using the Kansas Tie Breaker. Each team will get the ball on the 10-yard line or 7.5-yard line with four plays to score. The team that scores on their possession will have a choice whether to go for a (1 point) or a (2 point) extra point. The team at the end with the most points wins the game. If the game is still tied, we will redo the tie breaker and both teams will have to go for a 2 point conversion.

Mercy Rule: The game will end if a team is up by 16 or more and there is only two (2) minutes left to go in the game.

Any and all rules are subject to change at any time during the season if deemed necessary by staff or officials.

Coaches are responsible for getting the rainout information. Please call 386-506-5851 for updates as well as sign up for recalert by texting RECALERT to 55678