

# 2007 W.C.R.D. 7-8 year old Flag Football

## Age Limit:

7&8

Age control date is September 1, of current year

## Time Limit:

The game will consist of 2- 20 minute halves with running clock, clock only stops for team time-outs (official time-out or injury). During last 2 minutes of the game clock will be on regulation time (incomplete pass, out of bounds, ect.). 2 time outs per half, no carry over. NO OVERTIME!

## Rules and regulations:

1. The major goals of the flag football program are for the children to learn the basic fundamentals of the sport, teamwork, and sportsmanship with the players health and safety first priority. This league is designed to teach the children the love of the game of football in order to have a better understanding and appreciation of the sport.
2. Games will be played by The National Intramural-Recreational sports Association except for the local laws written below.
3. Shoes are mandatory. No detachable cleats may be worn.
4. Each game will begin with a coin flip. The team that receives the ball first will start on the 10 yard line. The team not receiving will start with the ball in the second half.
5. Teams will consist of 7 players. A team may start or continue with 5 players to avoid forfeit.
6. Each team must play with the same numbers of kids on the field.
7. One coach per team will be allowed on the field (30 second huddle will be enforced).
8. Offensive team must have at least 4 players on the line of scrimmage.
9. Ball may be snapped with the center turned in any position as long as they are not offside. Direct snaps are allowed. Ball MUST be in controlled possession by the quarterback before being handed off (not touched and handed back to the center).
10. Motion is allowed by one player on the offensive team.
11. NO FUMBLES: ball is dead and marked where it comes into contact with the ground.

12. First downs are made every time the offensive team enters a new 15 yard zone.
13. NO punting: Prior to making the ball ready for fourth down the referee will ask team A if they want to go for it or turn the ball over to team B. If they turn the ball over the referee will mark the ball off 20 yards from the scrimmage line and it will be first down for team B. The ball will never be placed inside the 5 yard line of team B.
14. Scoring: Touchdowns = 6; extra points = 1 point if successful from the 3 yard line, 2 points if successful from the 10 yard line; Safety = 2 points. Once a team has made their choice on the extra point, they can only change their decision by a time out. If no time outs are left they can not change decision. Should the defense gain possession they may run the ball back for a touchdown and receive 2 points.
15. Flag guarding: Runners may not flag guard by using their hands, arms, or the ball to deny the opportunity for the opponent to pull or remove the flag. Flag guarding includes such things as: Swinging the hand or arm over the flag to prevent deflagging; placing the ball over the belt to prevent deflagging; lowering the shoulders to place the arm over the belt; jumping in the air to prevent deflagging. A player may spin as long as they stay on contact with the ground. NO stiff arming.
16. Screen Blocking: hands must be behind the back, straight down along the sides, or crossed over the chest. Screen blocker can not use their hands, arm, elbows, or legs to initiate contact. Defensive players must go around a screen block, they can not use their hands or arms to wedge past an opponent.
17. Defensive team line up 5 yards off the offensive team until the ball is snapped. If the offensive team is inside the 5 yard line the defensive team does not have to go any deeper than the goal line.
18. Officials authority: The official has the authority to rule on any situation not specifically covered in the rules. Their decision is final unless ruled otherwise by the supervisor in charge. The official has the right to eject players or have them sit out part or all of a game.