

**Marinette Recreation Department**  
**2024**  
**K - 3<sup>rd</sup> Grade Flag Football League Rules**

Coaches

- A. All coaches must submit a background check to the Marinette Recreation Department before practicing or coaching players.
- B. Practice fields are available at both big and little Higley Fields (or anywhere else a coach is willing to practice).
- C. Coaches will be given two (2) footballs, 10 flag belts, and mouth guards for each player on the team. Players can purchase additional mouth guards from the Community REC Center front desk for \$3.00.
- D. Each team is able to reserve one (1) hour Turf time per week for free for practice. Multiple teams may practice at once on the turf.

Players and Subs

- A. Five (five) players on the field at once – one captain. Games may be started with four (4) if agreed upon by both coaches.
- B. Each player must play half of the game. Platooning may be done by either playing players alternating quarters or series on both offense /defense.
- C. Any number of substitutions can be made,
- D. Players must be in Kindergarten, 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> grade for the Elementary program.
- E. Rosters are limited to the discretion of the Recreation Department.
- F. All players must have a participation permit signed by a parent or guardian.

The Game

- A. Two (2) halves of twenty (20) minutes each. The clock will run continuously except for time outs. In the last two (2) minutes of each half, the clock will stop on touchdowns and won't restart until kickoff.
- B. **If a team is ahead by four (4) touchdowns or more a running clock will be utilized.**
- C. **No players may rush the quarterback until three (3) seconds have elapsed.**
- D. Each team has two (2) timeouts per half, with no carry-over of time-outs allowed.
- E. Up to two coaches are allowed in the backfield for the K-1<sup>st</sup> grade league and one in the 2<sup>nd</sup> – 3<sup>rd</sup> grade league.

Playing Regulations

- A. Only tennis shoes are allowed on the field. No cleats.
- B. On kickoffs, the ball must travel 15 yards (to midfield line) to become a free ball. Receiving team must have at least four players on the midfield line.
- C. All kickoffs are in play once the ball has passed the midfield line. If the ball reaches the end zone, the receivers may either run it out or down the ball. On a touchback, the ball is brought out to the 15-yard line. On a kickoff, when the receiving team touches the ball and then it touches the ground, it is dead at that point.
- D. Fumbled balls are DEAD and BELONG to the team that fumbled at the point of the fumble, unless it is the fourth down.
- E. All shirts must be tucked inside the flag belt.
- F. All players must have a mouth guard in order to be on the field.

Scoring

Touchdown	6 points
Safety	2 points
P.A.T.	2 point for a pass, 1 point for a run

Overtime

There is no overtime. Games will end in a tie at the end of regulation.

Downs and Huddles

- A. Each team has 4 plays to cross each 15-yard interval for a 1<sup>st</sup> down.

- B. 30 seconds allowed in a huddle.
- C. After the fourth down, the ball is turned over to the other team at that point.

### Passing

- A. All players are eligible to catch a pass or be a ball carrier.
- B. Forward passes may be thrown from any point back of the scrimmage line, and lateral passes from anywhere on the field.

### Downed Ball

- A. The ball is DEAD and the player downed when a flag becomes detached from the ball carrier, or an opponent is able to remove at least one flag.
- B. If a player carries a ball without both flags attached, he or she will be ruled ineligible and the play dead. There will be a loss of down.
- C. **The ball carrier may not use his arms or hands to ward off an opponent. The ball carrier is NOT allowed to use a hacking motion, or to use the hand in the face of an opponent. This is a penalty and the ball is dead at that point. Penalty is flagrant, and the ball carrier will be penalized an unnecessary roughness penalty.**
- D. If any part of the ball carrier's body comes in contact with the ground, except the hands and feet, the ball is dead at that point.

### Penalties

- 1. Off sides – 5 yards.
- 2. Illegally handing ball forward – 5 yards (from spot of foul).
- 3. Helping the runner – the ball carrier shall not grasp a teammate or be grasped, pulled or pushed by a teammate – 5 yards from spot of foul.
- 4. Ball carrier protecting flags – carrier cannot twist, turn over 90 degrees, block with arms or hands or stiff-arm – 5 yards from spot of foul.
- 5. Defensive Holding – cannot obstruct forward progress of ball carrier by holding or grasping – 10 yards from end of play. If penalty would place ball in end zone, move ball half the distance to the goal.
- 6. Offensive pass interference – 10 yards from previous spot plus loss of down. If occurred in defensive zone, 10 yards from previous spot and loss of down.
- 7. Defensive pass interference – offended team's ball 10 yards from previous spot and automatic first down. If in end zone, first down at one yard line.
- 8. Ball carrier personal foul – carrier cannot deliberately drive or run into an opponent or jump, dive or hurdle toward or over an opponent – 10 yards from spot of foul.
- 9. Tripping and Clipping – 10 yards from spot of foul.
- 10. Tackling – 10 yards from spot of foul plus 1<sup>st</sup> down awarded and player suspended if flagrant.
- 11. Unsportsmanlike conduct – abusive language, unfair acts, coaches interfering or on the field without permission, illegal substitution, using a hide-out play (offensive players must be at least 5 yards from the sidelines at the time of scrimmage formation and until ball is snapped), pulling or removing flag from an offensive player with obvious intent to make him ineligible to be a receiver or ball carrier, unnecessary roughness – 15 yards and if flagrant, offender suspended.
- 12. Offensive holding – 5 yards from spot of foul.
- 13. Delay of game – if more than 30 seconds in the huddle and the team has been warned: offense – loss of down; defense – automatic first down for offensive team.

### Rules Changes

Rules are subject to review by the Recreation Department at any time and will be discussed with coaches if needed.