

# COWLITZ FLAG FOOTBALL

## LEAGUE RULES

### K-3<sup>RD</sup> GRADES

#### **PURPOSE OF LEAGUE**

- HAVE FUN!
- K – 3<sup>RD</sup> graders (current school year) are eligible to play.
- Give every child an opportunity to play all skill positions on the football field.
- Focus on skill sets for throwing, catching and open field running.

#### **SEASON SCHEDULE**

- April 14 – May 19, 2013
- 6 total games
- Each game consists of 2-20 minute halves with 5-minute half time.

#### **COACHES**

- Coaches are responsible for the ACTION OF THOSE REPRESENTING THE TEAM.
- Each team will provide one referee for the game.

#### **TEAM MAKEUP**

- Games will be played 7-on-7 for K - 3<sup>RD</sup> graders (1 player being the center)
- Any player is allowed to play any position
- Player rotation is up to the coach's discretion.

#### **FIELD DIMENSIONS**

- Field Length – 45 yards
- Field Width – 50 yards
- End Zone – 10 yards deep

#### **STARTING GAME**

- Coin flip will determine initial possession.

#### **TIME**

- Two (2) 20-minute halves (running clock)
- Halftime is 5 minutes
- Clock is operated at the score booth by league officials

#### **SCORING**

- *Offense*
  - 6 points for a touchdown
  - 1 point for conversion from the 5 yard line
  - 2 points from conversion from the 10 yard line

## **OFFENSE**

- 1 QB plus any combination of 5 WR/RB and a center (center is an eligible receiver).
- RB can split out as WR.
- All possessions will begin on the 45-yard line
- Each team will have 25 seconds to put the ball into play; delay of game penalty will be loss of down.
- Play starts on the following: when ball is snapped to the QB from the center.
- Play ends when defense pulls the flag of the offensive player.
- No kicking/punting
- A first down will be awarded if the offense crosses the mid-field line into the first down zone.
- Offense can consist of any combination of running and passing plays.
- Lateral pitches/backward passes are permitted down field.
- Fumbles are a dead ball at the spot with the last team in control retaining possession.
- If a lateral pitch/backward pass occurs anywhere on the field and is fumbled, the ball is dead at the spot of the fumble and is retained by the team that fumbled.
- Loss of down if penalty happens and your on the 45 yard line

## **DEFENSE**

- Blitzing/rushing is allowed but players must start behind the 5-yard rush cone.
- No bump and run defense can be used.
- DB's can line up (approx) a minimum of 3 yards off the LOS.
- **Interceptions on the extra point** – no points will be awarded.

## **SPECIAL RULES**

- No down field blocking of any kind for the ball carrier is allowed.
- Responsibility to avoid contact is with the defense; deliberate bumping and grabbing will be a 5 yard penalty from the end of the play.
- Unsportsmanlike conduct may result in a possible expulsion from the game or league.
- Mouthpieces are not required but are strongly recommended. Extra mouthpieces should be available at the playing field.
- All high school football rules apply where needed. All penalties will be enforced.