

FBT FLAG FOOTBALL

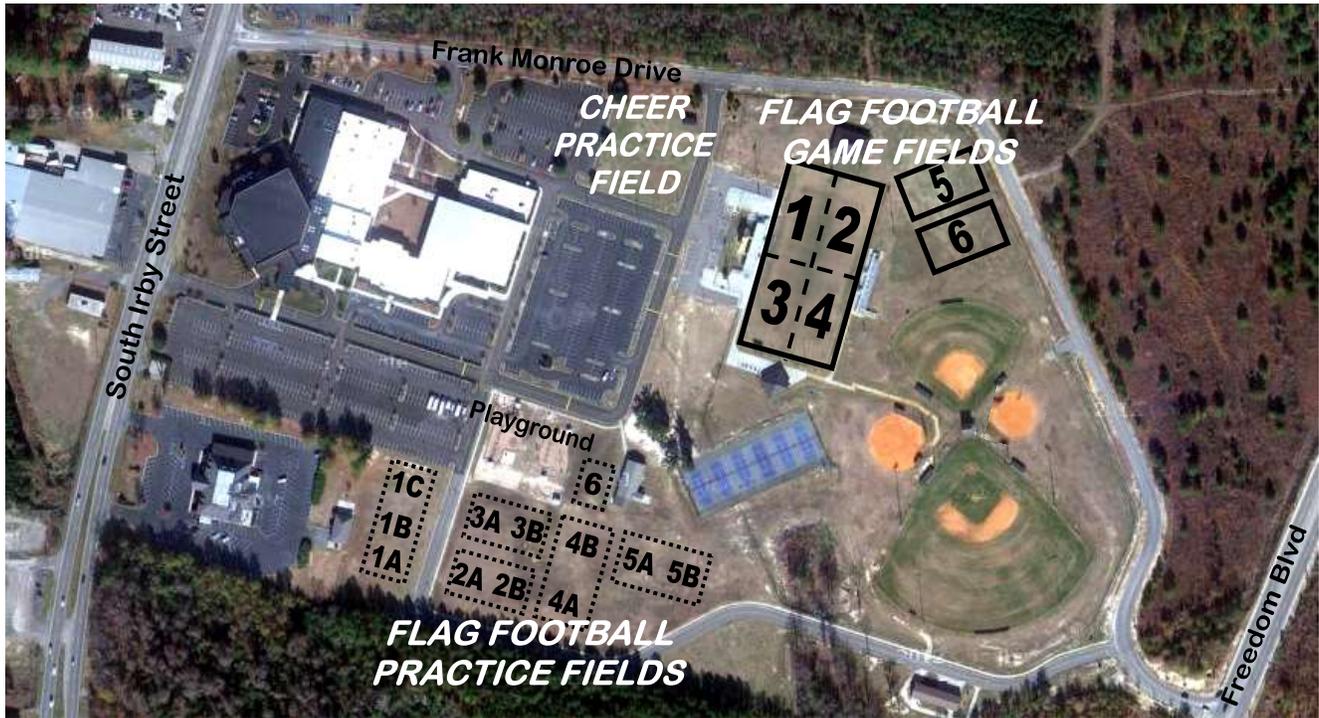
GAME DAY EXPERIENCE

1. Each team lines up in their **end zone**, waiting for the player introductions to begin. Jerseys must be tucked in and flag belts on.
NOTE: Coaches, keep your players' belts and wristbands after practices and games.
2. When your team name is announced, lead your team through **the breakaway banner** and onto the field. Take a position near midfield on a line facing the referees.
3. The **National Anthem** will play. This is a good time to instruct your players how to act. When you hear our Anthem, instruct your players to be silent and turn to look at the flag with their right hand over their heart.
4. When the Anthem concludes, the Referees will lead in prayer and conduct **the coin toss**.
 - a. Choose at least one team captain (rotate this honor) to represent your team for the coin toss. At the coin toss the **VISITING team** calls heads or tails. The winner of the coin toss chooses to either begin the game on offense or defense.
 - b. **3rd-7th Grade teams** may also select which side of the field to defend first. After halftime, possession changes to the team that started the game on defense.
5. For the **3rd-7th Grade teams**, ends of the field are switched after each quarter.
6. All teams will play **7 on 7**, except when a team cannot field seven players.
7. The **offense takes possession** on its 5-yard line and has 4 plays to cross midfield for a First Down (20 yards). If there is a loss behind the 5-yard line, the ball returns to the 5. For any other loss, the ball is spotted at the point of loss. Once a team crosses midfield, they have 4 more plays to score a touchdown (20 yards).
8. The offense will approach 2 "**No Run Zones**" during each drive. These are imaginary zones 5-yards before midfield and before the end zone. They are in place to limit the offense, forcing them to execute a pass play. A proper pass play in the "No Run Zone" is a forward pass that crosses over the line of scrimmage.

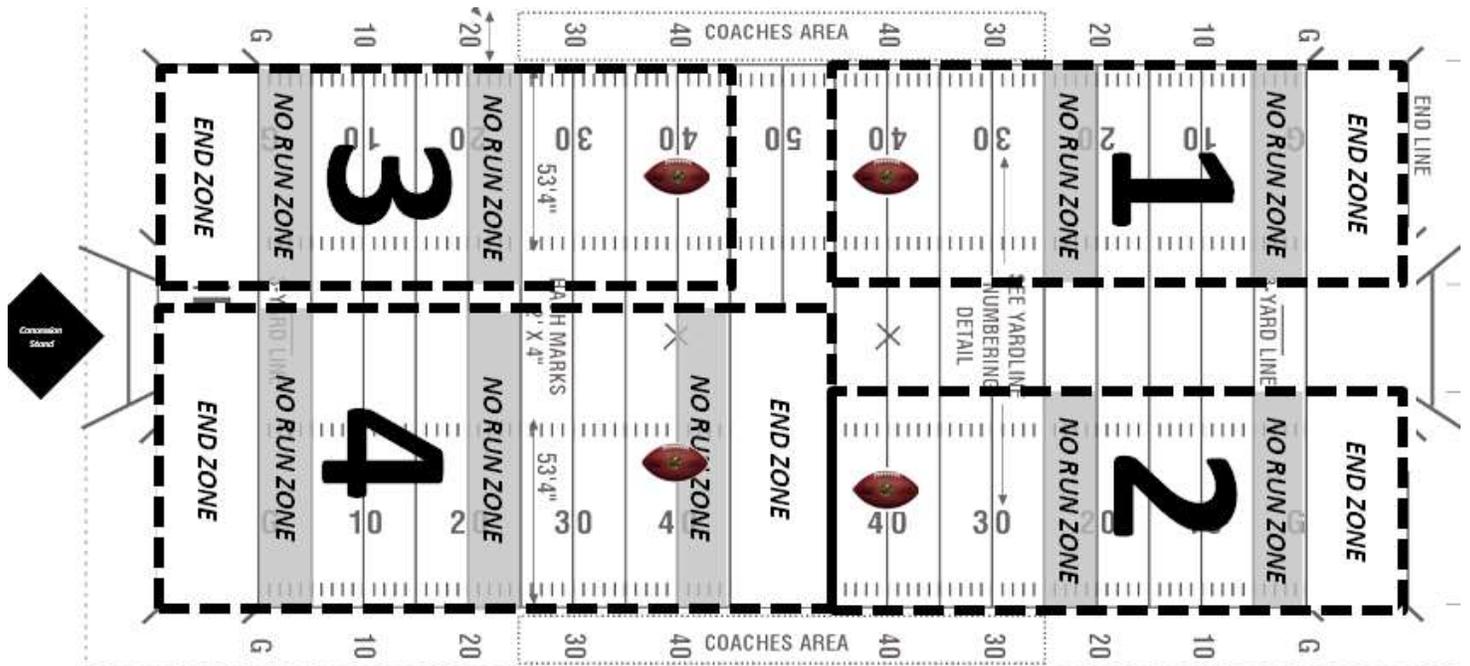
GAME DAY TIMING

1. The game consists of **four, 9-minute quarters** and an 8-minute halftime. Time is kept in the press box with announcements at every quarter and half.
2. A **30-second play clock** begins after the referee spots the ball as ready for play.
3. Each team is allowed one, **30-second timeout** per half.
4. Referees will keep time for **the final 2-minutes of each half**, stopping their stopwatch **ONLY** when the following occurs:
 - a. The ball carrier steps out of bounds,
 - b. A pass falls incomplete,
 - c. A change of possession (interception, punt, failed 4th Down attempt, or when a touchdown or extra point are scored)
5. **Time resumes** after the referee spots the ball as ready for play.

FIELDS

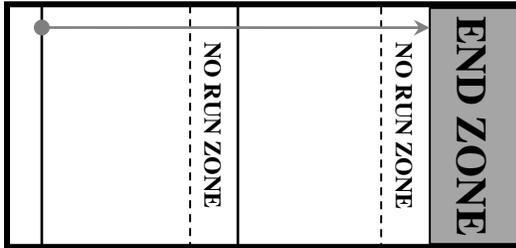


FOOTBALL FIELD LAYOUT



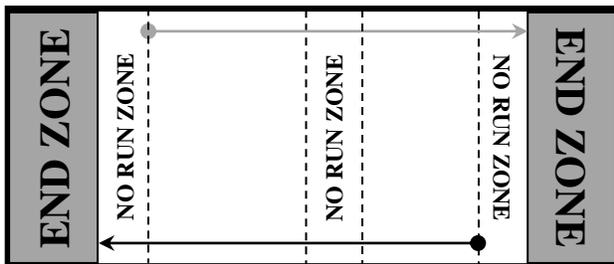


FBT FLAG FOOTBALL RULES SPECIAL CASES BY AGE DIVISION



4K-5K DIVISION & 1ST-2ND GRADE DIVISION:

1. A "Mini-NFL" size football (size 5) is used.
2. Games are played on a field, 55 yards long, including a 10 yard end zone (70' x 165').
3. Play action is one-direction only and begins on the 40-yard line.
4. There are no punts. Play all four downs.
5. Any change in possession (due to turnover on loss of downs or an interception) brings the ball back to the starting line.
6. **Only one of the defenders** on the 7-yard rush line can rush the passer.
 - **4K-5K DIVISION** – At least three defenders must line-up on the 7-yard rush line, to minimize congestion at the line of scrimmage.
 - **1ST-2ND GRADE DIVISION** – Any number of defenders can be on the 7-yard rush line.
7. Interceptions cannot be run back. Change ball possession, and begin at the 40-yard line.



3RD-4TH GRADE & 5TH-7TH GRADE DIVISIONS:

1. A "Junior" size football (size 7) is used.
2. Games are played on a field, 65 yards long, including two 10 yard end zones (90' x 195').
3. Play is in two-directional and begins on the "5-yard line" (the 5 or the 40).
4. On Fourth Down, a team can either:
 - "Go for it" – If unsuccessful, the ball changes possession where the ball is down.
 - "Punt" – The ball changes possession and is spotted on the offenses' "5-yard line." Due to player safety, there is no actual punting of the ball for a team to return.
5. **Any number of defenders** on the 7-yard rush line, can rush the passer.
6. An interception can be returned (including a failed point after attempt). If the ball is downed in the end zone, it is a touchback. Begin possession on the "5-yard line."
7. The ball must be snapped between the center's legs to begin the play.

*EVERY TEAM WILL EXPERIENCE THE THRILL OF PLAYING ONE
NIGHT GAME, UNDER THE LIGHTS OF THE FOOTBALL FIELD*



FBT FLAG FOOTBALL RULES RULES & DEFINITIONS

1. This is a Christ-centered league. Our primary rule is that, “Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.” (1Corinthians 10:31) Refer to page 32 for how this applies to winning and losing. In summary, **we would rather a team lose with dignity than win in a manner that would mar our testimony or dishonor our Lord.**
2. Players’ jerseys must be tucked into the pants.
3. Players must wear their flags on the belt at each hip and free from obstruction. Diving, leaping, or jumping to avoid a flag pull is considered flag guarding.
4. The quarterback is any player that receives the snap. He can scramble in the back field, but cannot advance the ball beyond the line of scrimmage. He must pass or hand the ball off. After the hand off the quarterback becomes an eligible receiver.
5. The quarterback has a 7-second “pass clock.” If a pass is not thrown within the seven seconds, play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule no longer is in effect.
6. Handoffs must be clear and complete exchanges of the ball’s possession (No “Center Sneak” plays or “Guarded Handoffs”). The offense can use multiple handoffs.
7. Unless you are a rusher, the defense cannot cross the line of scrimmage until the ball has been handed off. Then all defensive players are eligible to rush.
8. All offensive players are eligible receivers and are to run a pass pattern after the ball is snapped. No one is to remain on the line of scrimmage or block the rush of the defense.
9. No screening is allowed. Offensive players must stop their motion once the ball has crossed the line of scrimmage. They cannot run with the ball carrier.
10. All motion must be parallel to the line of scrimmage and involve only one player at a time.
11. A reception or interception occurs when a player gains possession of the ball in the air with one foot inbounds.
12. There are no fumbles. The ball is spotted where the ball carrier’s feet were. The only exception is the exchange between the center and quarterback where the quarterback can pick up the ball and continue the play.
13. The ball carrier’s feet determine the spot of the ball when the flag is pulled, not the location of the ball. Forward progress will be measured by the player’s front foot.
14. Coaches can remain on the field for the first 2 games. Coaches are allowed on the field to direct players according to their need, but after the first 2 games coaches must move to the sidelines before the snap of the ball. 4K-5K Coaches can remain on the field for all games.
15. Keeping Score (**4K-5K** – no one keeps score; **OTHER DIVISIONS** – enlist a score keeper)
 - **Touchdown** is 6 points
 - **PAT (Point After Touchdown)** is **1 point** if from the 5-yard line (“No Run Zone”: pass only) or **2 points** if from the 10-yard line (run or pass)
 - Points for a **Safety** are not awarded in our league



FBT FLAG FOOTBALL RULES

PENALTIES

Except for stated spot fouls, all penalties are assessed from the line of scrimmage and include a loss of down

OFFENSE	
<p style="text-align: center;">ILLEGAL FORMATION</p> <p style="text-align: center;"><i>Less than 3 players on the line of scrimmage at the snap</i></p>	- 5 YARDS
<p style="text-align: center;">DELAY OF GAME</p> <p style="text-align: center;"><i>Taking more than 30 seconds to begin the play</i></p>	- 5 YARDS
<p style="text-align: center;">FALSE START</p> <p style="text-align: center;"><i>Not remaining still 1 second prior to snap</i></p>	- 5 YARDS
<p style="text-align: center;">OFFSIDES</p> <p style="text-align: center;"><i>Crossing the line of scrimmage before the ball is snapped</i></p>	- 5 YARDS
<p style="text-align: center;">ILLEGAL MOTION</p> <p style="text-align: center;"><i>More than 1 player or not parallel to line of scrimmage</i></p>	- 5 YARDS
<p style="text-align: center;">ILLEGAL PASS</p> <p style="text-align: center;"><i>More than 1 pass or attempted beyond line of scrimmage</i></p>	- 5 YARDS
<p style="text-align: center;">ILLEGAL PLAY</p> <p style="text-align: center;"><i>Illegal run in the "No Run Zone," or Illegal QB keeper</i></p>	REPLAY DOWN
<p style="text-align: center;">FLAG VIOLATION</p> <p style="text-align: center;"><i>Not wearing the flags properly</i></p>	STOPS FORWARD PROGRESS
<p style="text-align: center;">FLAG GUARDING</p> <p style="text-align: center;"><i>Obstructing access to flags (also diving, jumping & sliding)</i></p>	- 10 YARDS FROM THE SPOT
<p style="text-align: center;">INTENTIONAL GROUNDING</p> <p style="text-align: center;"><i>An intentional incomplete pass while in the pocket</i></p>	- 10 YARDS FROM THE SPOT
<p style="text-align: center;">BLOCKING / SCREENING</p> <p style="text-align: center;"><i>Hindering the defense rush or access to the flags</i></p>	- 10 YARDS FROM THE SPOT
<p style="text-align: center;">UNSPORTSMANLIKE CONDUCT</p> <p style="text-align: center;"><i>Actions or speech directed at injuring another person</i></p>	- 15 YARDS FROM THE SPOT

DEFENSE	
<p style="text-align: center;">OFFSIDES / ENCROACHMENT</p> <p style="text-align: center;"><i>Crossing the line of scrimmage / contacting the offense</i></p>	+ 5 YARDS & REPLAY DOWN
<p style="text-align: center;">ILLEGAL RUSH</p> <p style="text-align: center;"><i>Rushing from inside the 7-yard rush line</i></p>	+ 5 YARDS & REPLAY DOWN
<p style="text-align: center;">PASS INTERFERENCE</p> <p style="text-align: center;"><i>Making contact with the intended receiver</i></p>	+10 YARDS FROM THE SPOT & AUTOMATIC 1 ST DOWN
<p style="text-align: center;">UNNECESSARY ROUGHNESS</p> <p style="text-align: center;"><i>Stripping the ball, pulling another's flag unnecessarily, etc</i></p>	+10 YARDS FROM THE SPOT & AUTOMATIC 1 ST DOWN
<p style="text-align: center;">UNSPORTSMANLIKE CONDUCT</p> <p style="text-align: center;"><i>Actions or speech directed at injuring another person</i></p>	+15 YARDS FROM THE SPOT & AUTOMATIC 1 ST DOWN

REFEREES & PENALTIES

Sports is one of very few places in our society where a child can experience an immediate consequence for breaking a rule. You must blow the whistle loud enough for the play to stop, and clearly state the penalty. Done consistently, a player's performance will change.

COMMUNICATION

It is the referee's job to talk to players and coaches during the game. To a player, the referee can be like an on-the-field coach. Encourage and training are your main job. Saying things like, "Don't guard your flag," or "Move up to the line of scrimmage," can stop a penalty from happening, keep the game going, and improve a player's performance. However, there are times the penalty must be called.

All penalties will be called by the referee. If a penalty happens near the end zone, where the penalty yardage would place the ball in the end zone, then the penalty will be half the distance to the goal. **Coaches have the right to accept or decline the penalty.**

Referees reserve the right to give warnings and not penalties during the first few weeks of games. As the season progresses, call more penalties. At the beginning of the game, discuss with the coaches any penalties that you will be enforcing more than others.

BEFORE THE SNAP

Set a cone at the line of scrimmage. Place a football beside (not on top of) the cone. Also, set a cone 7 yards away from the line of scrimmage. This designates the defense's 7-yard rush line. When the ball is ready for play, begin a 30-second play clock.

If the line of scrimmage is within the "No Run Zone," the offense must execute a pass play to gain a first down or score a touchdown. A loss of yardage behind the "No Run Zone" nullifies it. *Note the diagram below. It shows the orientation of Fields 1-4 on the Football Field and the locations of the "No Run Zones." Fields 5 and 6 are setup like Field 4.*

MANAGING SUBSTITUTIONS

Substitutions are to be done as quickly as possible. Substitutions occur on possession changes and after the Half. Any other substitutions (for example, a player injury) must occur with the referee's approval.

POSITIONING

Our goal is to have two referees for each game. One referee needs to be positioned near the line of scrimmage. The other referee needs to be positioned behind the defense. It is also good for each referee to monitor one sideline each.