

KEVA Sports Center – Flag Football League Rules Sheet (7-9 yrs.)

- 2, 20-minute halves.
- Instructors are QBs for entire session.
- Out of Bounds:
 - o Indoors
 - Walls are O.B.
 - o Outdoors
 - Cones should be placed outlining left side of soccer field, and down the middle of the field to represent O.B.
- Endzones:
 - o Indoors
 - Top of penalty area extending horizontally until both walls.
 - o Outdoors
 - Penalty stripe to goal line.
- 1 first down (center line).
- Penalties:
 - o Offsides:
 - Called when defenders line up on offensive side of ball.
 - 5-yard penalty from spot of ball. Down is repeated.
 - o False Start:
 - Called when offensive players move before the ball is snapped.
 - 5-yard penalty from spot of ball. Down is repeated.
 - o Flag Guarding:
 - Called when ballcarrier attempts to swat another player's hand away when pulling their flag.
 - Ball is placed at spot of penalty. Down is lost.
- Rushing the QB is not allowed.
- No Kickoffs – Teams will start with ball on their own 10 yard line.
- No Punts – Must go for it on 4th down.
- Fumbles:
 - o Ball is down at the spot at which it was fumbled, and down is lost.
- Interceptions:
 - o Opposing team must pull defenders flag once intercepted, otherwise the defender is allowed to score. Instructors cannot pull defenders flag after interception.

KEVA Sports Center- Flag Football League Rules Sheet (10-12 yrs.)

- 2, 20-minute halves
- Instructors are QBs for week 1. Instructors can play QB week 2 still, if needed.
- Out of Bounds:
 - o Indoors
 - Walls are O.B.
 - o Outdoors
 - Cones should be placed on both sides of penalty area and be continued vertically down soccer field until cones line entire length of the field.
- Endzones start at penalty stripe and continue all the way back to goal line.
- 1 first down (center line)
- Penalties:
 - o Pass Interference:
 - Called when either an offensive or defensive player contacts another player prior to catching the ball, which causes the pass to be dropped.
 - Ball is placed at spot of penalty. Repeat the down.
 - o Flag Guarding:
 - Called when ballcarrier attempts to swat another player's hand away when pulling their flag.
 - Ball is placed at spot of penalty. Down is lost.
 - o Delay of Game:
 - Called when offensive team takes more than 30 seconds from the time that the huddle starts to the time the ball is snapped.
 - 5-yard penalty from spot of ball. Repeat the Down.
- Rushing the QB:
 - o 5 apples must be counted out loud.
 - o QB may only run if an opposing team player crosses the line of scrimmage.
 - o Opposing team does not have to rush QB.
- Kickoffs:
 - o Indoors
 - No Kickoffs.
 - Ball will be placed at the goal line at start of game, second half, and after TDs.
 - o Outdoors
 - Kickoff at start of game and start of second half
 - Kickoff after each score
 - If kick goes OB, place the ball at the spot it went OB.
- No Punts – Must go for it on 4th down.
- Fumbles:
 - o Ball is down at the spot at which it was fumbled, and down is lost.
- Interceptions:
 - o Opposing team must pull defenders flag once intercepted, otherwise the defender is allowed to score.

