

Wamego Recreation Department
6 on 6
Flag Football Rules

1. EQUIPMENT

ALL PLAYERS MUST WEAR A MOUTHPIECE DURING PLAY (Mandatory to be able to play)

- SHIRTS MUST BE TUCKED IN with FLAGS worn on HIPS
- Shoes must be tennis, running, sneakers or soccer (**rubber cleats only**)
- Prior to start of games, officials will line up teams and check the three previously mentioned equipment policies
- 1st-2nd grade will use an official “peewee” size football
- 3rd-4th grades will use an official “junior” size football
- Officials will provide game balls on game day

2. PLAYER ELGIBILITY

Teams will field six (6) players on defense and seven (7) on offense.

3. PLAYING FIELD

The field will be 60 yards long and 30 yards wide. The field will be divided into two zones of ten yards (end zones), and two zones of 20 yards each.

4. TIME LIMIT

There will be two (2) 20-minute halves with clock stopping under normal rule and regulations during the last minute of each half and a five (5) minute half time. If the last play of the half or the game ends with a defensive penalty being accepted, one more untimed play will be added. *There will be a 30 second play clock on each down. The play clock starts when an official has placed the ball. All times will be kept on the field by the lead official.

5. TIME OUTS

One (1) 1-minute time out per half will be allowed.

6. GAME START

The winner of the toss shall select one of the following options:

- The ball first
- Defend the choice of goals

There is no option to defer. The team losing the toss shall have the choice of options at the start of the second half.

7. SUBSTITUTIONS

Substitutions may be made only when the ball is not in play and the official is aware of the substitution. Sleeper plays will not be permitted.

8. THE GAME

The team on offense will begin on their five (5) yard line and are given four (4) downs to cross the midfield (first down) line. A team that crosses the midfield line then has four (4) additional downs to reach the end zone. Failure to do so results in the defensive team taking over the ball from their own five (5) yard line. Every new possession will begin at your own five (5) yard line.

9. OFFENSE

The quarterback may hike the ball to him/herself but must drop back three (3) steps before releasing the ball. There must be two players other than the quarterback on the line of scrimmage at the snap of the ball. All players are eligible receivers. The quarterback is not allowed to advance the ball by running down field. The quarterback will have five (5) seconds to pass or completely transfer the ball to another player. Failure to release or transfer the ball within five (5) seconds will be considered a sack and result in an immediate dead ball and loss of down.

10. DEFENSE

There are no restrictions on the defensive team as to formation. There is no rushing of the quarterback.

*Defensive players may not cross the line of scrimmage until there has been a complete transfer of the ball from the quarterback to another player. Defensive players rushing and pressuring the quarterback or crossing the line of scrimmage prior to a complete transfer will result in a defensive offside penalty.

11. DEAD BALL

Whenever the ball touches the ground, it is dead. On a bad snap from the center, the ball is dead where it first touches the ground. No fumbles, **THE BALL IS DEAD.**

12. INTERCEPTIONS

An interception by the defensive team results in an IMMEDIATE dead ball and that team will take over possession from their own 5-yard line.

13. SCORING

- Offensive: Touchdown 6 points
- Point After 1 point (from 3-yard line)
- Point After 2 points (from 10-yard line)
- Safety 2 points

14. BLOCKING

The offensive team is only allowed to SCREEN/SHADOW BLOCK. No extension of the hands/elbows are permitted. Downfield blocking on completed passes and laterals will be allowed. NO blocking below the waist is permitted. All blocks must be between the waist and shoulders. The defensive team may not use their hands to push past blockers. The defense must move around a blocker while avoiding contact.

THE FUNDAMENTALS OF SCREEN/SHADOW BLOCKING INCLUDES:

- Screen/Shadow blockers hands/elbows shall remain at their side, behind their back or across their chest.
- Any use of hands, arms, elbows, legs, or body to initiate contact during an offensive player's screen/shadow block is illegal.
- A player must remain on their feet before, during, and after screen/shadow blocking.

15. PUNTING

No Punting. Teams will run a play on their fourth down in an attempt to gain a first down or score, depending on the location of the line of scrimmage. If a team fails to cross the first down or goal line, the defense will take possession of the ball on their own five (5) yard line.

16. BALL ADVANCEMENT

The ball may be thrown only once on each play from the scrimmage. The ball must be thrown from behind the line of the scrimmage. Advancement of the ball is via the forward pass, handoff or quarterback toss. A backward lateral may be made only after a forward pass has been complete.

17. SAFETY

An offensive player whose flag is pulled behind their own goal line shall result in a safety. At no time shall an offensive player guard his flag. The defensive team takes over the ball at their own 5-yard line.

18. INTENTIONAL UNNECESSARY ROUGHNESS

If a player commits intentional unnecessary roughness in the course of the game, that individual's actions will be reviewed by the Recreation Administration and the player may be ineligible for competition for the remainder of the football season.

19. OFFENSIVE PENALTIES:

- UNNECESSARY ROUGHNESS- 10 YARDS
- ILLEGAL BLOCKING- 10 YARDS
- STIFF ARMING- 10 YARDS
- INTERFERENCE WITH PASS DEFENDER- 10 YARDS
- OFFENSIVE HOLDING- 10 YARDS
- GUARDING THE FLAG- 10 YARDS
(from point of infraction)
- ILLEGAL FORWARD PASS- 5 YARDS
- ILLEGAL USE OF HANDS- 5 YARDS
- ILLEGAL OFFENSIVE FORMATION- 5 YARDS
- ILLEGAL MOTIONS- 5 YARDS

20. DEFENSIVE PENALTIES:

- UNNECESSARY ROUGHNESS- 10 YARDS
- ILLEGAL BLOCKING- 10 YARDS
- STIFF ARMING- 10 YARDS
- PASS INTERFERENCE Ball placed at point of infraction
 - INTERFERENCE WITH RECEIVER IN THE END ZONE, BALL PLACED ON 3 YARD LINE & 1ST DOWN
- DEFENSIVE HOLDING- 5 YARDS
- OFFSIDES- 5 YARDS

*Ball is DEAD when received by a player without flags

21. GAME EJECTION

Any of the following may lead to ejection of a player from a game (OFFICIALS JUDGEMENT).

- Any use of profane language
- Using fists, kicking, etc.
- Tackling the ball carrier
- Unsportsmanlike conduct/ taunting towards any player, coach or official
- Intentional unnecessary roughness
- Any other deliberate or flagrant action