

KALAMAZOO VALLEY ROCKET FOOTBALL LEAGUE
FLAG FOOTBALL

OFFICIAL RULES

2008

Rule 1. Sign Ups

- A. The League Director will make every effort to publicize sign ups; i.e. mailings, flyers, school announcements, newspaper ads, etc.
- B. Sign-ups will remain open until the first game
- C. Players must be a resident of their respective school district or attend a KVRFL school under the school of choice rules.
- D. When teams are split up, every effort will be made to make the teams as equal as possible for size, age and talent.

Rule 2. Age Groups and Weight Restrictions

- A. All children entering 1st or 2nd grade will be eligible. In addition 3rd graders who will not turn 8 until after 9/01 of the current school year will be eligible as well.
- B. Since flag football is completely non-contact there will not be any weight limits for participation nor any limitation on what position a player may play.

Rule 3. Equipment

- A. The league will use the Pee Wee size ball
- B. A turf shoe or rubber molded cleat is preferred. However, any athletic shoe is acceptable. Skateboarding shoes or hard soled shoes such as boots are not permitted.
- C. Mouth guards are permissible.
- D. Protective padding such as arm, elbow, or knee pads are allowed.
- E. Sweatpants or baseball pants are recommended.

Rule 4. Practice and scrimmages

- A. No player will be allowed to participate in practice or games without a registration form, which must be signed by their parent or legal guardian.
- B. Practice will begin three weeks prior to the beginning of games.
- C. No Saturday or Sunday practices are permitted.
- D. Maximum practice time is 1 ½ hours.
- E. There is a maximum of two practices allowed per week and a minimum of one practice per week is required.
- F. All players signing up late must have a minimum of two practices before participating in any game.
- G. No scrimmages can be held until after the first full week of practice.
- H. All games and scrimmages must be against teams in the KVRFL.

Rule 5. Game Schedules

- A. Scheduling of games will be done by the League director no later than one week prior to the first game.
- B. All games will be played against teams from the KVRFL.
- C. All games will be played on Saturday. There will be no make up games.
- D. Games will begin at 10:00 and played every hour until all teams have played.

Rule 6. Coaches

- A. The league director will be responsible for screening and selecting coaches for the respective teams.
- B. Behavior of coaches will be strictly monitored by all league officials.
- C. Coaches using abusive or profane language toward any player, official, or spectator will be relieved of his coaching duties. This league is intended to be fun and instructional for the kids. It will have no place for overzealous parents who think every game is the “Super Bowl”.

- D. Coaches will be permitted in the huddle to call plays and arrange players. Coaches are not permitted to coach after the play begins.

Rule 7. Officials

- A. The league will provide an official for each game. This official will be responsible for keeping the games moving. They will call basic penalties such as illegal procedure, pass interference, and unsportmanslike conduct. These games will not be “over” officiated. Small infractions will be corrected rather than penalized.
- B. Abuse toward officials of any kind will not be tolerated.

Rule 8. Participation

Coaches should make an effort to include all players in the offense.

This league is for everyone, not just a few more advanced players.

League officials reserve the right to make personnel decisions for coaches.

Rule 9. Game Rules

A coin toss will determine first possession. The team who wins the coin toss can choose to take the ball or play defense. Which ever teams starts on defense in the first half will get the ball to start the second half.

The offensive team will take possession of the ball at its own 5 yard line and has four (4) plays to cross midfield. Once a team crosses midfield, it has four (4) more plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its own 5 yard line.

If the offensive team has failed to cross midfield, possession of the ball changes and the offensive team starts its drive from midfield.

A drive after an interception will begin at mid field if the or on the intercepting teams own five yard line depending on when the interception occurs. If a ball is intercepted after a team crossed midfield, then possession will begin at the intercepting teams five yard line. If the ball is intercepted before a team crosses midfield, then possession will begin at midfield.

Teams change sides at half time.

Teams are allowed two 30 second time outs per half.

A team consists of five players. If a team cannot field a five player team due to injury or absence, then the opposing team will reduce its number of players on the field to an equal number. At no time can a team play with less than three (3) players.

Games are played in two 20 minute halves, with a five minute half time. The clock will run continuously with the exception of time outs and injuries occurring within the last two minutes of a half. The official will use his discretion for any other clock stoppages.

Each time the ball is spotted, a team has 30 seconds to put the ball in play.

Scoring:

Touchdowns 6 points

Extra Points 1 point

Safety 2 points

Extra points will be tried from the five yard line. The scoring team will have one play to score in order to receive the extra point.

Running:

The quarterback cannot run with the ball across the line of scrimmage. (Scrambling and running to make a hand off is allowed)

Pitches are allowed behind the line of scrimmage.

“No running zones” located 5 yards from each end zone and 5 yards on either side of midfield, are designated to avoid short yardage power running situations. If the ball is spotted in the “no running zone” the ensuing play must be passes. This included extra points.

The player who takes a handoff or pitch can throw the ball from behind the line of scrimmage.

Once the ball has been handed off or pitched, all defensive players are eligible to rush

Spinning is allowed, but players cannot leave their feet to avoid a defensive player. Excessive spinning is not allowed (continually spinning as a player proceeds down the field). The official will whistle this play dead and mark the ball where the spinning began.

The ball is spotted where the ball carrier’s feet are when the flag is pulled, not where the ball is.

Receiving:

All players are eligible to receive passes (including the quarterback if the ball has been handed off or pitched behind the line of scrimmage.)

Only one player is allowed in motion prior to the beginning of a play.

A player must have at least one foot inbounds when making a reception.

Dead Balls:

The ball will be put in play by the quarterback. He may receive the snap from under center or begin the play with the ball in his hands.

Substitutions may be made on any dead ball.

A play is over when;

- Ball carrier's flag is pulled.
- Ball carrier steps out of bounds
- Ball carrier's flag falls off
- Touchdown or safety
- Interception
- Ball carrier's knee hits the ground.
- Fumble (the ball is spotted where the ball hits the ground and retained by the offensive team unless the fumble happens on fourth down)

Defense:

All defensive players will begin the play five yards back from the line of scrimmage. One player designated prior to the begin of the play may rush immediately. No other players may cross the line of scrimmage until the ball has been exchanged from the quarterback to another offensive player.

Defensive players may not leave his feet to make a tackle. This is for injury prevention.

Blocking:

The offensive players may run interference for the ball carrier but, they may not make contact with the defensive player) Incidental contact is allowed.

Penalties:

Offensive Holding – If a defensive player is being held that precludes them from making a tackle the play will be blown dead and the ball spotted where the ball carrier was at the time of the infraction.

Flag Guarding – If a ball carrier impedes the defensive player from pulling his flag the play will be blown dead and the ball spotted where the infraction occurred.

Pass Interference – If a defensive player interferes with a receiver opportunity to receive a pass the ball will be spotted at the point of the infraction. (In essence resulting in a completed pass)

All other normal football penalties (offsides, illegal motion, encroachment, etc) will result in the replaying of the down.