

AGAWAM FLAG FOOTBALL GRADES 1st – 4th

- Coaches will be on the field with a whistle and act as referees.
- The team listed last on the schedule will be the home team. Home team can either start with the ball or defer to the 2nd half.
- The home team will wear dark jerseys.
- Players on the field: Flag12 – 6 on 6, Flag34 – 6 on 6
(subject to change season to season depending on registration numbers)
- All players shall play multiple positions on offense and defense. Every player should try to play quarterback, as well as every other position.
- All players are eligible receivers/ball carriers including the center.
- The game will consist of two (2) twenty-five (25) minute halves - Halftime will be five (5) minutes.
- Two (2) point conversions will be from the five (5) yard line, it can be a run or pass.

Offense

- Time in the huddle: Please make every effort to be quick in the huddle. Use play cards, no “drawing plays up in the dirt” please.
- **“No run zone”** is five (5) yards on either side of midfield – from the twenty-five (25) to the fifteen (15) yard line. Midfield is the twenty (20) yard line.
- The offensive team takes possession of the ball at the forty (40) yard line and had four (4) plays to cross midfield. Once a team crosses midfield, they have four (4) plays to score a touchdown.
- The quarterback cannot directly run with the ball.
- The quarterback becomes an eligible receiver once he hands the ball off or throws a backwards pass.
- The quarterback has a seven (7) second “pass clock.” If a pass is not thrown within seven (7) seconds, they play is dead, the down is consumed, and the ball is returned to the line of scrimmage.
- No blocking or “screening” is allowed at any time.
- Offensive players must stop their motion once the ball has crossed the line of scrimmage. No running with the ball carrier.
- There are no fumbles. The ball is spotted where the ball carriers’ feet were at the time of the fumble.

Defense

- There will be **NO RUSHING** the quarterback. Defensive players shall not cross the line of scrimmage into the backfield.
- Interceptions change possession of the ball. Play is blown dead, and the offense then starts with the ball at the forty (40) yard line.

Intentionally Tackling

- The penalty for intentionally tackling another player shall be: 5-yard penalty, automatic 1st down.
- If the same player continues to intentionally tackle the penalties shall be:
 - 1st offense, 5-yard penalty, automatic 1st down.
 - 2nd offense by the same player, 5-yard penalty, automatic 1st down and the player sits out for 3 plays.
 - 3rd offense by the same player, 5-yard penalty, automatic 1st down and the player sits the remainder of the game.

ALL FLAGS MUST BE VISIBLE - SHIRTS MUST BE TUCKED IN AND/OR THE FLAGS SHALL BE WORN OVER THE SHIRT. THERE SHALL BE NO “FLAG GUARDING” OF THE FLAG WITH HANDS OR ARMS.

Remember we are here to teach the players and have fun, please do your best to have all players involved.