

2022 Fresh Faith Flag Football

RULES

Division 2 Rules (D2: 4-6 years)

1. Fumbles are dead balls and a loss of down.
2. QBs have 5 seconds to get rid of the ball.
3. Teams consist of 3 to 11 players on the field at once.
4. 30 seconds to run the play once the whistle is blown. (The last 2 minutes in each half the running clock will end so stalling by coaches will not be allowed. The clock will restart on the whistle).
5. 2 timeouts per half.
6. 20-minute running halves depending on time. Only timeouts are prolonged injuries/water breaks, etc stop the clock. This might be reduced if the game does not stay within the time parameters.
7. Touchdowns are worth 6 points.
8. Extra points are worth 1, 2, or 3 points depending on which location tried from.
9. The offensive team gets 3 downs to cross midfield and receive a first down.
10. Once the midfield is crossed, the offense gets 3 downs to score a touchdown.
11. When a flag is retrieved the defense should hold it up or point out where the flag is.
12. Off-sides or illegal motion is a five-yard penalty, as most penalties are.
13. Illegal contact is 5-15 yards depending on the severity.
14. Arguing with the ref(s) can lead to a 15 yards penalty and potentially a disqualification of the member.
15. Coaches arguing can lead to forfeit.
16. If a girl or a 4/5 yr old catches/earns an extra point, the value of the extra point doubles (only for one-point conversions).
17. Blitzing is NOT legal for D2.
18. No knocking players down for ANY reason.
19. No diving for flags.
20. Defensive players must be two steps (2 yards) away from the line of scrimmage.
21. Defense can be man to man or zone.
22. Flags must be located on each hip, attached correctly, and easily seen.
23. Play starts on the 5-yard line.

24. Practice 30 minutes before your game starts.
25. Most other rules are applied from NFHS or Ohio High School Rules.
26. No metal cleats
27. No foul language or arguing with refs or coaches
28. Coaches refrain from yelling.
29. Poor sportsmanship results in sitting out for a period of time agreed to by the referee - at least until the child calms down. If a second occurrence, the child must sit out the rest of the half, or the game if necessary.
30. Stay Positive and always use the principal WWJD.

Division 1 Rules (D1: 7-9 years)

Rules that differ from D2

1. Teams will have their own player QB (not the coach)
2. QBs will have up to 5 seconds to throw the ball or a loss of down is the consequence.
3. The defense can opt to blitz the QB, but the QB can run as a result of being chased.
4. QBs cannot run the ball unless they are being blitzed.
5. Blitzers must be 3 yards behind the line-of-scrimmage before the play starts or the offense will get to restart their offense without penalty or loss of yardage.
6. The Coach will face the player and underhand toss the QB the ball to start the play. The QB should have a cadence or some way to start the play (ball being hiked to the QB).
7. We allow a passive blocker(s) for the QB. This would mean the Blocker could shuffle to get in the way of the defender and put their hands on the defense, but NEVER knock them down. NOTE: The Offense needs a "hot read" or QB that can run from the pressure.
8. NEVER is holding or knocking a player down acceptable. If intentional or repeated, expect a 15-yard penalty.
9. Coaches get up to 2 timeouts per half. Water breaks can be suggested to the refs that both teams can take w/o using a timeout.