



## **6U FLAG FOOTBALL RULES AND REGULATIONS**

The current issue of the National Federation of High Schools Rule Book will prevail other than the exceptions listed in this publication. FCPR as needed may issue Addendums and Clarifications to these rules. No other local league rule exceptions will be allowed. These are the sport specific rules – you must also obtain a copy of the Basic Rules For All Youth Sports for complete information.

### **1:00 AGE GROUPS / ROSTERS:**

- 1:01 For boys and girls 5 & 6 years old.
- 1:02 League age is determined by the player's age prior to December 1.
- 1:03 There will be no exceptions allowed in the age groups.
- 1:04 There is no weight limit.
- 1:05 Each team should have a minimum of 10 and a maximum of 12 players on roster.

### **2:00 EQUIPMENT:**

- 2:01 Players are not permitted to wear shoulder pads, helmets or any other hard and unyielding item. Personal protective items such as arm sleeves and knee, thigh, hip, tail pads are allowed.
- 2:02 Shoes must be tennis shoes or rubber-molded cleats. No screw-in cleats, metal cleats, etc.!
- 2:03 Mouthpieces are mandatory - players cannot participate without them.

### **3:00 SEASON GAMES:**

- 3:01 Each game will be 45 minutes in length. Coaches will use their discretion for rest and water breaks.
- 3:02 The field will be 40 yards in length.
- 3:03 Each team will have 8 players present to begin the game. If a team has less than 8 players present, they will be allowed to play. Both teams will place an equal number of players on the field. Example: if one team has only 6 players present, then both teams will play with 6 on the field. A game will not be played if both teams cannot place at least 6 players each on the field.

- 3:04 Players will at least play in every other possession. Penalty for violation – verbal warning for the initial violation, with increasing discipline for repeated violations. It is recommended that players be given a chance to play both offense and defense.
- 3:05 There will be no kick-offs or punts.
- 3:06 The game will begin with the home team putting the ball in play at the 40 yard line.
- 3:07 All possessions will begin at the 40 yard line.
- 3:08 Each possession will be 5 consecutive plays, unless the team scores a touchdown in less than 5 plays. After 5 plays (or a touchdown that occurs in less than 5 plays), the opposing team will get the ball and run 5 consecutive plays. Teams will alternate possessions the entire game.
- 3:09 There are no fumbles - the ball is dead when it touches the ground.
- 3:10 The ball-carrier must not use the stiff-arm against a defender.
- 3:11 A ball-carrier may not be restrained by holding at any time.
- 3:12 If a ball-carrier loses his flag, the ball becomes dead and the play is ended.
- 3:13 **ALL PLAYERS ARE ELIGIBLE TO RECEIVE A PASS.** A pass or multiple passes may be thrown from anywhere on the field, behind or in front of the line of scrimmage. A screen pass is legal. If a pass is released beyond the line of scrimmage and is incomplete, the ball is put in play from the point the passer released the ball.
- 3:14 One coach will be allowed on the field with his/her team.  
NOTE: One coach must remain on the sideline with the team at all times.
- 3:15 Scores and won-loss records will not be kept.
- 3:16 Players must have their wrist and hand in contact with their own body while blocking. Blocking must be above the waistline.
- 3:17 Any block where a player leaves their feet is illegal.
- 3:18 Tackling, striking, kicking, or kneeling a player may result in a loss of playing time. If a player tackles a ball carrier, the offensive team will be rewarded with a 1st down at the 1-yard line of the defense. **NOTE:** Tackling is the intentional act of knocking a player off his feet, to the ground, or out-of-bounds.
- 3:19 If the quarterback is in "shotgun" formation, the defender directly opposite the center (snapper) must be 3 yards off the line of scrimmage.
- 3:20 If the quarterback is under center, the defender directly opposite the center (snapper) can be at the line of scrimmage in a standing position (not a three point stance).
- 3:21 The "center sneak" will not be allowed.

## **LIGHTNING & THUNDER POLICY**

All athletic activities conducted on Fayetteville – Cumberland Parks and Recreation facilities or any of its affiliated facilities or programs will follow the lightning policy as written below.

- 1. It shall be the responsibility of the umpire to suspend the game once lightning or thunder is noticed.**
- 2. However, if in the opinion of the field supervisor and/or center staff the umpire is not using good judgment they have the authority and the responsibility to suspend the game and clear the area.**
- 3. Once lightning or thunder is noticed the game shall stop immediately and the area cleared.**
- 4. The activity shall be suspended immediately for a minimum of 15 minutes and a maximum of 20 minutes.**
- 5. This delay will only be allowed if safe cover for all of the participants and players is available**
- 6. Once the game has reached the delay time limit the field supervisor and the umpires shall confer to make a decision to continue the game or to cancel the remainder of the game. If the 1<sup>st</sup> game of the day is cancelled, all remaining games for that site will also be cancelled.**
- 7. Under no circumstances will players be allowed to remain in the dugout during this delay.**
- 8. All participants must have a safe and protected area available for their use.**
- 9. Examples of safe and protected areas include permanent enclosed structures and automobiles.**
- 10. If one participant does not have a safe and protected area available for their use the event is to be cancelled.**
- 11. If a permanent site does not exist automobiles may be used.**
- 12. Do not let pressure from the coaches influence your judgment.**
- 13. Remember, Safety First. A game can always be rescheduled.**