

QUEEN ANNE'S COUNTY PARKS AND RECREATION

2023 FLAG FOOTBALL LEAGUE RULES

I. AGE DIVISIONS – as of September 1

Kiddie Conference	Co-ed	5 – 7 year old
Pee Wee Conference	Co-ed	8 – 10 year old
Senior Conference	Co-ed	11 – 13 year old

II. EQUIPMENT

Footballs (sized for each age group) and flags will be provided to all teams.

III. OFFICIATING GAMES

Officials shall be members of an approved local associations holding a current contract with the Queen Anne's County Parks and Recreation. The Parks and Recreation Department will not tolerate unsportsmanlike behavior towards any coaches or referees serving as an official for a game.

IV. PLAYING RULES

1. Coaches on the field and in the Huddle (expect for Senior Division)
2. The offensive team takes possession of the ball at the 40-yard line and has four (4) plays to cross midfield (20-yard line) for a first down. Once a team crosses midfield it has four (4) plays to score a touchdown.
3. If the offense fails to score, the ball changes possession and the new offense takes over on the 40-yard line.
4. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from the 40-yard line.
5. All possession changes, except interceptions returned for a TD, start on the 40-yard line. Interceptions returned for a TD require an extra point attempt before the team that threw the interception starts again at the 40.
6. 5 yard no run zones established for all age groups prior to midfield & end zone. No Run Zones are in place to prevent teams from conducting power run plays with short yard to gain situations. While in the No Run Zones (a 5-yard imaginary zone before the midfield and before the end-zone), teams cannot run the ball in any fashion for positive yardage. All plays, including those that begin with a handoff, must end up as a pass play. Violation of this rule is a 5-yard penalty and repeat of down.
7. No blocking at all
8. No Quarterback sneaks
9. If ball touches the ground, it is dead and the down is over (expect for center/Quarterback exchange – where there is no loss of down and the second snap must be a hand-to-hand (no Shotgun)
10. One blitz per 4 downs from 10 yards out by one defensive player.
11. Pitches/laterals behind the line of scrimmage are OK (dead ball and loss of down if dropped)

12. The quarterback has a seven (7) second "pass clock." If a pass is not thrown, handed-off, lateral, or pitched within the seven seconds, play is dead, the down is consumed, and the ball is returned to the line of scrimmage.
 - a. Once the ball is handed off, pitched, or lateraled, the 7-second rule is no longer in effect.
13. No kick offs.
14. Avoid contact and no flag guarding
15. Extra points – 1 point from the 5 yard line or 2 points from the 10 yard line
16. The ball is dead when an opponent removes the ball carrier's flag or the ball carrier loses a flag either accidentally, inadvertently, or on purpose. If a player loses a flag, he is still eligible to catch a legal forward pass but cannot advance the ball; the ball is dead where it is caught.
17. One (1) timeouts per team per half. Two (2) minute timeouts.
18. Any official size weight ball may be used. During the game, each team may use a legal ball of its choice when it is in possession.
19. NATIONAL FLAG FOOTBALL LEAGUE rules will be followed except for the above changes will govern play.

V. SCORING

1. Touchdown: 6 points
2. PAT (Point after Touchdown) 1 point (5-yard line) or 2 points (10-yard line).
Note: 1 point PAT is pass only, 2-point PAT can be run or pass.
3. A team that scores a touchdown must declare whether they wish to attempt a 1-pt. conversion (from the 5-yard line) or a 2-pt. conversion (from the 10-yard line). Any change, once a decision is made to try for the extra point, requires a charged time out.
4. If the score is tied at the end of 40 minutes, the game will be determined a tie.

X. DIVISION RULES

Kiddie Conference

1. Field Size: 40 yards long by 40 yards wide with a 10-yard end zone
2. 5 v 5 OR 7 v 7
3. 20-minute halves, running clock
4. Coach referee game

Pee Wee Conference

1. Field Size: 40 yards long by 40 yards wide with a 10-yard end zone
2. 5 v 5 OR 7 v 7
3. 20-minute halves, running clock

Senior Conference

1. Field Size: 40 yards long by 40 yards wide with a 10-yard end zone
2. 5 v 5 OR 7 v 7
3. 20-minute halves, running clock