



Bethel Recreation Association

Passing League Flag Football K-2nd Grades

RULES (Updated 8-5-26)

This program will follow the National Federation of State High School Associations (NFHS) football rules with the exception of Bethel Recreation's Flag Football rules as outlined below.

GOALS OF THE PROGRAM

The Passing League Flag Football Program is an instructional league designed to teach the proper fundamentals of football in a fun-filled atmosphere. Teamwork, dedication and good-sportsmanship will be strongly reinforced.

TEAMS

1. Coed teams are divided into three (3) separate leagues: Kindergarten, 1st Grade and 2nd Grade.
2. The offensive team will consist of six (6) receivers and a coach quarterback.
3. Defensive teams will consist of six (6) players.

THE FIELD

1. The official size of the field will be approximately (50) yards X (25) yards and includes one (10) yard end zone.
2. Teams and their spectators will be positioned on the same side of the field 8 feet back from the field of play.
3. ***Spectators/teams are not allowed to stand or sit behind the end zones.***

PLAYERS AND EQUIPMENT

1. Ball Size: Kindergarten & 1st Grade- Pee Wee size ball 2nd Grade- Junior size ball.
2. Teams must field a maximum of six (6) players and a minimum of five (5) players at all times. A team can start with five (5) players. A ten-minute (10) grace period from the scheduled start time will be granted prior to the game being forfeited. If the grace period is used the game time will be reduced to 15-minute halves.
3. Every member of a team must wear flag belts provided. Belts and flags must be exposed and worn around player's waist with individual flags around the sides and back.
4. Players may not have on the same color shorts as their flags.
5. All players must wear a mouth guard.
6. Tennis shoes or rubber cleats permitted. ***No metal cleats are allowed.***
7. Shirts must be tucked in. If the shirt is hanging over the flag belt, it will be called a flag-guarding penalty (**official's discretion**).
8. **Every player must play at least half the game and play equally on offense and on defense.** (It is appropriate to give players who show up to practice more playing time than those who do not).
9. ***Jewelry is prohibited. This includes earrings (taping jewelry is NOT acceptable).*** Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible. No metal or plastic hair barrettes or headbands are allowed. Only soft or pliable material is allowed. ***Temporary plastic earring retainers can be worn in the ear in place of studs.***
10. A player shall not wear anything that may be dangerous to other players or themselves. This includes casts/splints, plastic face shields, etc. No player wearing a cast or splint shall be permitted to play.

SUPERVISION/OFFICIALS

1. There will be a Field Supervisor at each game site to answer questions and provide assistance.
2. Each game is controlled by 1-2 officials or a supervisor who has full authority to enforce the rules of the game.
3. *All decisions of officials on all matters are not subject to protest.*

DURATION OF THE GAME

1. Games will consist of two (2) twenty (20) minute halves. Time will be a running clock. Half time will be ten minutes (10) minutes.
2. Cheer squads (if present) will conduct a short half-time performance on the field during half time. Football teams are not allowed on the field at half time during cheer performances.
3. A coin toss will determine who gets first possession with the visiting team, as listed on the game schedule, calling the coin toss. The team that wins the coin toss has the choice to take the ball first, or defer to the second half.
4. Each play will start and stop with the official blowing the whistle.
5. Teams will have 30 seconds to start a play once the ball is spotted and the whistle is blown. Failure to do so will result in a delay of game and loss of down. Two delays in a row in the last 5 minutes of the game will result in a loss of possession.

SUBSTITUTIONS & TIME-OUTS

1. Each team will be allowed two (2) time-outs per half. The time-out period will be one (1) minute. The clock will continue except during time-outs and half time.
2. Unlimited Substitutions can be made on any dead ball ***including between plays.***

GAME GUIDELINES

1. Score and standings will not be kept, as this is an instructional league.
2. Tackling is not allowed.
3. There will be no kick-offs or punts in this league.
4. One (1) coach is allowed on the field on offense and defense. Coaches must never interfere with any play being made.
5. Each offensive series will start at the forty (40) yard line and work toward the end zone. Teams will have four (4) downs to gain ten (10) yards for a first down. This will be repeated until they reach the end zone or turn the ball over. If no first down or touchdown is made or the ball is turned over, the defensive team will take the ball at the forty (40) yard line and be on offense.
6. The offensive team must huddle before each play and all players must be in the huddle.
7. There are no snaps in this league. The quarterback coach can start in the "shot gun" position or from the line of scrimmage. Once play has started, the quarterback has six (6) seconds to pass the ball or the play is ruled dead. The official will count out loud 1001, 1002, etc. to time the start of the play.
8. **Each play must consist of a forward pass across the line of scrimmage.** No hand-offs or laterals are permitted (only forward passes allowed).
9. **Overhand and underhand passes are allowed.**
10. Only one (1) offensive player may be in motion at one time.
11. Forward motion of the ball carrier into the end zone after the flag has been pulled will not count as a touchdown. The ball is down at the point where the flag was pulled free.
6. After a touchdown is made, the team will be allowed one (1) down for an extra-point attempt from the five (5) yard line.
7. It is the responsibility of the coach to make sure the ball is thrown to EACH PLAYER on his team.
8. Zone or man defense is permitted.
9. A defensive player cannot hold the receiver in order to pull the flag.
10. The defense can score a touchdown if the pass is intercepted and returned past the 40 yard line without their flag being pulled.

RUNNING AND RECEIVING

1. The receiver/ball carrier cannot slap at the defenders hands, fan or guard the flags, stiff-arm or hurdle a defender. He will be called down where the infraction occurs.
2. Once the ball carrier has the ball in his possession he is not permitted to run through a defensive player. He must attempt to avoid the defender.
3. Spinning is allowed but players cannot leave their feet to avoid a defensive player (no jumping or diving). **The first infraction will result in a warning. After that any infractions will result in a five (5) yard penalty and a loss of down.**
4. All offensive players are eligible to receive a pass, as this is a passing league. There are no offensive linemen.
5. The player must have at least one foot in bounds when making a catch.
6. If a player catches the ball or is in possession of the ball and loses his flags inadvertently, play will continue with **one hand touch.**
7. If the ball carrier's knee hits the ground, the play will be blown dead and the ball will be marked at the spot the player's knee hit the ground.

BLOCKING

Blocking is **not** permitted. The penalty for blocking is a five (5) yard penalty from the spot of the infraction.

DEAD BALLS

Play is ruled "dead" when:

- A. Offensive player flag is pulled
- B. Ball carrier steps out of bounds
- C. A touchdown is scored
- D. The official blows their whistle
- E. The player with the ball knee hits the ground
- F. Ball hits the ground **(there are no fumbles)**. The ball is spotted where the ball hits the ground. The team that fumbled remains in possession.

PENALTIES

1. All penalties will be called by the Officials.
2. All penalties will be assessed from the line of scrimmage except for unsportsmanlike conduct penalties, assessed from the point of infraction.
3. Officials will determine incidental contact, which may result from normal run of play.
4. Only team captains and head coaches may ask the official questions about rule clarification and interpretations. Players and coaches can't question judgment calls.
5. Games cannot end on a defensive penalty.
6. Fighting and contact too severe will result in player ejection (**official's discretion**).

Defensive Penalties:

- A. Offside= 5 yards & repeat the down
- B. Pass Interference= 10 yards & automatic 1st down
- C. Illegal Contact (holding, blocking, etc.) = 5 yards & repeat the down
- D. Illegal Flag Pulling (before receiver has the ball)= 5 yards & repeat the down
- E. Illegal Motion= 5 yards & repeat the down
- F. All personal fouls or unsportsmanlike conduct penalties= 10 yards & automatic 1st down

Offensive Penalties:

- A. False Start= 5 yards & repeat the down
- B. Illegal Forward Pass (pass thrown lateral or beyond line of scrimmage)= 5 yards and loss of down
- C. Pass Interference= 10 yards and loss of down
- D. Illegal Contact (holding, clipping, blocking, etc.)= 5 yards & repeat the down
- E. Flag Guarding= 5 yards & repeat the down
- F. Illegal Action (diving or jumping to avoid defender)= 5 yards & repeat the down

**All penalties will be marked off from the original spot of the ball.*

**Players or coaches receiving two (2) unsportsmanlike conduct penalties will be ejected from the game and will have a one (1) game suspension for the next scheduled game.*

BETHEL RECREATION CODE OF CONDUCT

1) Coaches, players, and spectators:

- MUST follow all BSD rules and regulations including- NO use of alcohol, tobacco, smokeless and vapor/e-cigarettes, marijuana. No Drones and **NO animals (including DOGS)** on BSD property.
- May not disrespectfully address or yell at an official, other coaches, players, parents or spectators.
- May not attempt to influence an official's decision.
- May not use profane or inappropriate language or obscene gestures.
- May not disrespectfully address, bait, or taunt an opponent.
- May not confront officials before, during or after a game.
- May not make a threat of physical harm or use physical force towards an official, supervisor, staff, or other coaches or players.

2) The head coach is responsible for the conduct and behavior of their team players, bench personnel and spectators.

3) All children/siblings must be supervised and all garbage (including water bottles) needs to be picked up.

4) If coaches or spectators have questions regarding particular calls, rules, or a referee, or wish to give feedback please contact:

During Games: Field Supervisor

Before or After Games: BR Director

PENALTY:

Any coach, player or spectator who fails to comply with the above rules will be subject to Code of Conduct disciplinary action. Depending on the severity of the violation, supervisors and officials have the authority to remove individuals.