

Southern CT Pop Warner 2009 Flag Football Rules



The intent of SCPW Flag Football is to expose young children to football and to provide a format so all participants have fun. These rules are less stringent than the national rulebook and we are looking for the adults to use common sense and make this a good experience for all involved with the goal of giving a good first experience with Pop Warner Football.

Registration:

- SCPW form will be used to register players
- Original Birth Certificate must be provided for 1st time player.
- SCPW Medical Form must be filled out by doctor clearing a child to play.

Organization:

- SCPW will appoint a commissioner of Flag Football each season
- Commissioner is responsible for scheduling and rule enforcement
- All associations are eligible to have as many teams as they can field.
- Insurance is mandatory and will be provided by the company that SCPW uses.

Division of Play:

- Flag football is available to 5, 6 and 7 year olds based on their age on July 31st. 7-year-old players should play only if they are not ready for Mighty Mites.
- Associations will divide into teams based on number of participants and available coaches. Ideal team size should be 10-12 players.
- SCPW will provide a schedule for each association and will be available by 3rd week of August.
- Associations must provide team commitments to SCPW by August 1st.

Game Rules

Rule 1: Players

- A game is played between two teams consisting of eight players.
- Mandatory play rule: All players must play a minimum of ten plays.

Rule 2: Playing Fields

- The field can be divided at the fifty yard line to allow two games to be played at the same time. The end zone shall be 10 yards. This means one end zone will be between the 40 and fifty-yard line and the other is the regular designated end zone. The end zones shall be marked by cones.
- The size of the field may be extended at the association's discretion if room exists.
- The sidelines are to be marked with cones every 10 yards only if sidelines are not marked with chalk or painted lines.
- Field boundaries should be reviewed with coaches prior to the beginning of each game.

Rule 3: Equipment

- The ball will be the same as used at the mighty mite level.
- Associations will provide each team member with the jerseys
- Jerseys are to be tucked in at all times and can not cover flags.
- Sneakers or shoes with non-detachable rubber cleats are acceptable.
- Each player must wear a belt **with two or three flags**.

Rule 4: Time

- There will be two 30 minute halves of running time.
- The half time will be 10 minutes.

Rule 5: Kicking

- There are no kick-offs. The offensive team shall receive the ball ten yards from the end-zone.
- There are no punts; the coach of the offensive team must inform the referee that he/she wants to punt. The referee will place the ball ten yards from the receiving team's end-zone.
- There will be no point after touch down attempts.

Rule 6: Game

- The offensive team must have five players on the line and three in the backfield. Linemen must be lined up with two players on either side of the Center. Only players in the backfield are eligible for catching a pass.
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- The defensive line must line up with the offensive guards and tackles but not the center and must make first contact with the opposing player. **NO SHOOTING THE GAPS. NO BLITZING.** If a dominate player is wrecking havoc on the other teams Offense then move the player off the line or find a better match up on the line. Use common sense, no one has fun if the other team can't get a play off.
- Let's teach blocking! Blockers must use their outstretched hands and may only make contact with the upper body of the defensive player, but not above the neck. The blocker must stay on their feet at all times, no diving or cut blocks. Hands must be out straight, palm open, no fists.
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- Fumbled balls by running backs will result in a dead ball, no change in possession. QBs fumbling the exchange with center may advance their own fumble or continue the play. Interceptions result in a change of possession but the ball is immediately blown dead, no advancement.

Possessions. There are no tracking of downs or achieving 1st downs. Each team will alternate 5 play offensive possessions. The offense will get 5 plays to advance the ball or score. If a TD is scored the offensive team takes the ball back on it's own 10 yard line. If two TDs are scored before the 5 plays are up then the ball reverts to the opposing team. **5 plays or 2 TDs, which ever comes first.** All possessions begin on the 10 yard line.

- There shall be no **tackling** of the ball carrier, or passer.
- The ball carrier is down when the flag is removed from the belt. The defensive player shall hold the flag above his/her head and stand still.
- The defensive player cannot hold or push the ball carrier to remove the flag. An accidental touch of the body or shoulder while reaching for a flag shall not be considered a violation.

Rule 7: Officials

- The game officials shall be coaches, league officials or volunteers.
- There should be at least one volunteer official on each sideline.
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- All penalties are 5 yards, and must be obvious and have a direct impact on the play. Coaches are encouraged to replay downs rather than mark of yardage. For example, if a Defensive player shoots the gap and get's the QB, just replay the down. I
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- Referees must use discretion when calling a penalty.

Revision 5/18/2009 – contact Dominic Rapini with questions or feedback at football@mac.com