



Flag Football



Rules of the Game

Age: All players must be of the appropriate age, which is 1st & 2nd grade during season.

Safety: All players are required to wear a mouth guard with no exceptions.

Uniform: Players will receive a team shirt w/flags (returned at seasons end) & a mouth guard but will be required to furnish their own (white) football pants (NO pads) & cleats.

Time: Each game will include (4) 8 minute quarters, a 5 minute halftime with a 1 hour time limit. There will be 35 seconds allowed between plays & each team will receive (3) one minute timeouts per half.

The clock will only stop for change of possession, incomplete pass, out of bounds, injuries or touchdowns.

The clock will then start after the ball is spotted.

Only during the last 2 minutes of each half will the clock fully stop for incompletions or out of bounds plays.

Kickoff: A coin toss will decide the opening kickoff. The ball will be placed at the 20 yard line to start the game, after halftime & after a score. The team that kicks to start the game will receive the ball at the beginning of the 2nd half.

Game: This league is 11 on 11, offense vs defense.

Offense: There must be 7 players on the line of scrimmage with no running over center (up the middle).

Defense: There must be 6 players on the line of scrimmage & they will not be allowed to line up over center.

Blitz: NO blitzing is allowed. Linebackers & defensive backs must be lined up 5 yards off of the line of scrimmage.

Punts: Instead of punts, each exchange of the ball on 4th down will be 20 yards.

Fumbles: There are no fumbles. A fumble is a "dead ball" and will be placed at the point of the fumble and there will be a loss of down. The team with the ball will remain in possession unless the fumble occurred on 4th down. All fumbles under center will be a loss of down and spotted at the point of the fumble.

Shotgun: If the QB drops the ball once, it is still a "live ball". If the QB drops the ball a 2nd time, it will be considered a "dead ball".

Extra Points: 1 point = 2 yards and 2 points = 3 yards

Touchdowns: 6 points

Overtime: A coin toss will determine the opening possession. Each team will receive 4 plays from the 10 yard line.

Penalties: All penalties are 5 yards. They include offside, holding, false start, swearing, clipping & no mouth guard. Penalties need to be enforced.

Flags: A team jersey (provided) with all 3 flags in place is required in order to play.

Injuries: Any injured player must sit for one play. No exceptions.

Coach: Only 1 coach from each team will be allowed on the field for both offense & defense.

Pets: No pets are allowed.

Referee: One coach from each team will be required to help referee another game. For example, the coaches from game #1 will referee game # 2 and vice versa. The same will hold true for the coaches in game #3 and #4 and so on...

Code of Conduct

Sportsmanship: At the conclusion of each game, every coach, player & referee will line up and shake hands. Unsportsmanlike conduct will not be tolerated from any player, coach or fan. Swearing, taunting & excessive arguing with fans, coaches or referees is behavior detrimental to the game. Any player, fan or coach may be ejected from the field without warning for unsportsmanlike conduct. Further discipline will be determined by the league officials.

Policy: The Lapel Optimist Club Youth Football league has and always will provide an atmosphere where players, friends & families can feel comfortable enjoying a day of football. Any players, coaches or family members who jeopardize that environment will be asked to leave. The Lapel Optimist Club Youth Football League operates under a ZERO TOLERANCE POLICY.

Mission Statement: Friend of youth.

Flag Football League Officials

Director: Neal Alexander (765) 606-8868

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Thank you!