

CIRCLE FLAG FOOTBALL

GUIDING FUNDAMENTALS OF OUR LEAGUE

MAKE IT FUN

EVERYONE PLAYS

TEACH EVERY POSITION TO EVERY PLAYER

STRESS FUNDAMENTALS

PROMOTE SKILL DEVELOPMENT OF ALL PLAYERS

YELL ENCOURAGEMENT, WHISPER CRITICISM

Guiding Fundamentals of the Circle Flag Football League

In order to accomplish the goals of this league, it is imperative that the following guidelines be followed by each head coach.

PLAYER PARTICIPATION

Grades PreK – 2nd

Each head coach has the responsibility to make an honest attempt to provide every player equal and quality time at every position. This can be accomplished by rotating players to different positions every play, series, half or game. Regardless of which method is used, each head coach shall have a plan in writing prior to the first game of the season, that attempts to accomplish equal and quality time for each player at each position over the course of the entire season. These plans should be shared with parents early in the season. Should the commission deem it necessary, coaches may be asked to provide such a plan to the commissioners for review.

BASIC FORMATIONS PLAYBOOK

In order to promote continuity with the Circle Middle School and Circle High School programs, coaches, are required to use the terminology (patterns, position, hole numbers, etc)

Circle District Flag Football
RULES OF COMPETITION
2019

1. Overview of Game Structure
2. The Clock
3. Scoring
4. Offense
5. Defense
6. Miscellaneous Game Rules
7. Penalties/Game Management

Unless otherwise noted, rules apply to all divisions.

OVERVIEW OF GAME STRUCTURE

DEFAULT:

When there is no CDFF rule for a given situation, by default KSHSAA rules are used.

DIVISIONS

Junior (Co-ed) – Pre-k/Kindergarten (Boys and Girls)

Varsity (Co-ed) – 1st/2nd Graders (Boys and Girls)

ELGIBILITY:

Eligibility is determined by the participant's grade as of the current school year. A participant may play in a division for older ages, with the approval of the coach and the Football commission made up of Circle Youth Football, the Towanda Recreation Board and Benton Sports and Athletic Commission. But only participants with special circumstances and the approval of the Football commission may participate in a younger age division. All participants from outside the Circle school district will be allowed to participate as long as they meet the registration deadline and are involved in the initial team selection process.

NUMBER OF PLAYERS:

Eight players per team on the field.

FIELD DIMENSIONS:

The field is 50 X 25 yards, with 5 yard end zones and a fixed first down at the 25 yard line.

FIRST DOWNS:

One first down will be marked at midfield.

POSSESSION CHANGES:

All possession changes except interceptions start at the offensive team's 5 yard line. If the offensive team fails to make a first down or a score, the ball changes possession and the new offensive team takes over on its 5-yard line.

RUSHING THE QUARTERBACK:

A 3 second rush count will be counted out loud by the official. During this time NO Flag can be pulled behind the Line Of Scrimmage.

BLITZING:

NO BLITZING is allowed. Blitzing is defined as rushing the quarterback with any defender not lined up on the line of scrimmage.

FUMBLES: Play may continue if the fumble is during the QB/Center exchange, The QB is the ONLY player who can pick up the ball and continue the play. If a ball is fumbled, it is live and can be advanced as long as the recoveree's knee or elbow does not touch the ground. If a player covers the ball, it is down at that spot. If recovering team is offense, it's a loss of down. If recovering team is defense, they start from that spot with a first down.

DEAD BALLS – Play is ruled dead when any of the following occur:

- *Flag is pulled
- *Ball carrier steps out of bounds
- *Touchdown or successful extra point is called
- *Ball carrier's knee hits the ground
- *Ball carrier's flag falls off
- *If during the play, the ball carrier's jersey covers the flags and the defense cannot with ordinary effort pull the flag, then ball carrier is down when a defender touches the ball carrier with one hand.

OVERTIME: No overtime will be played.

THE CLOCK

GAME LENGTH:

Games consist of two 20 minute halves with a 3 minute halftime.

STOPPING THE CLOCK:

Prior to the last two minutes of each half the only time the clock stops is during timeouts or at the referee's discretion. During the last two minutes of each half, the clock stops on all change of possessions, offensive penalties and scores. Note: All extra points in the last two minutes of each half are not timed. After scores and change of possessions the clock starts on the referee's "ready to play" whistle. On offensive penalties the clock starts on the snap of the ball.

TIME OUTS:

Each team receives two 60 second timeouts per half, which cannot be carried over into the next half. If an injured player delays the game, causing the officials to stop the clock, the injured player must sit out at least on play. The team with the injured player may not substitute one of their time outs for the official's time out.

PLAY CLOCK:

The offensive team is allowed 30 seconds between plays. The 30 second count begins when the linesman set the ball for the next play. Team will receive 1 warning before "delay of game" is called.

SCORING

TOUCHDOWN:

6 Points

FIELD GOAL:

No field goals are allowed.

SAFETY:

There are no safeties. Offense retains possession at the 5 yd line.

EXTRA POINT:

2 points if kicked from the 10 yard line or 1 point if ran or passed from the 5 yard line, 2 points from 10 yard line.

INTERCEPTED EXTRA POINTS: If the offense tries to pass the ball for an extra point, the defense can intercept and return it across the other goal line for 1 point.

OFFENSE

CARRYING THE BALL:

The ball carrier may never:

Flag guard (using the hand or ball). Flag guarding is a hand to the defender's face or head, a forceful shove of the defender, holding the flag or slapping a hand away.

The ball carrier is allowed to jump or hurdle a defensive player.

Note: We don't encourage ball carriers to run over defender, but if it is a football play...Play will continue.

MOTION: No "man in motion" plays may be used. All players must stay set prior to the snap.

QUARTERBACK RUSHING:

Quarterback can run after the rush count has expired.

FORMATIONS/PLAYS:

Use of the **ONLY** formations and plays shown in the **Circle Flag Football Playbook** are allowed.

LATERALS:

Laterals are allowed behind the line of scrimmage only. No downfield laterals are allowed.

BLOCKING:

Blocking should be open hands with contact between waist and chest only. Any close handed blocking or contact above the shoulders will constitute a holding penalty. Blocker may not leave their feet to make contact. Only **ONE-ON-ONE** BLOCKING is allowed.

OFFENSIVE LINE/ELGIBLE RECEIVERS:

The center and two guards are not eligible receivers.

GOING OUT OF BOUNDS:

A player without the ball that steps out of bounds on his own is ineligible to re-enter during that play.

LEGAL CATCH:

For a legal catch the player must control the ball throughout the act of touching on foot, or any other part of the body except the hands, to the ground in bounds.

CENTER'S EXCHANGE:

The ball must be snapped through the center's legs. At that time, possession of the ball must be transferred from the center to another player (quarterback) and cannot remain with or come back to the center.

DEFENSE

RUSHING THE QUARTERBACK:

After the 3 second rush count. No defense can cross the line of scrimmage until the 3 second count or a handoff or pass has been made.

PASS DEFENSE:

No Defensive lineman lined up over the center.

DEFENSIVE AUDIBLES:

The defense is not allowed to simulate offensive calls by trying to sound like the quarterback. This includes, but is not limited to; saying things as "hut-hut" or "go-go" This is called "imitating the offensive calls."

NO COVERING THE CENTER:

Must be at least 4 yards back, makes for a clean snap.

MISCELLANEOUS GAME RULES

EQUIPMENT:

- *Each participant shall be given a flag belt to wear both during practices and games.
- *Each participant shall receive a shirt, designated in a team color, with a number identification on the back. Shirt must be tucked in at all times.
- *Protective mouthpiece will be provided and are MANDATORY for participation.
- *Cleats are allowed, except for metal spikes with inspections prior to the beginning of each game.
- *Football will be size K2.

SPOT OF THE BALL:

The ball is spotted where the ball is when the flag is pulled or lost and at the discretion of the officials.

COACHES:

Junior Division: Can have up to five coaches are allowed on the field during play.

Varsity Division: Two coaches from each team are allowed on the field during play. Coaches are allowed to be in the huddle for play calling, if they so choose.

TOSS OF THE COIN:

The team that wins the toss can choose 1) to be on offense first 2) to be on defense first, 3) direction, or 4) defer their choice to the second half. The team not choosing for the first half will choose for the second.

PENALTIES/GAME MANAGEMENT

GAME MANAGEMENT:

The officials on the field will call all penalties. THEIR JUDGEMENT CALLS WILL BE STRONGLY BACKED BY FLAG FOOTBALL COMMISSIONERS who will be present at all games. They will conference with officials when indicated or conference with coaches when rule violations are observed.

DEFENSIVE PENALTIES:

- *Off-sides: 5 yards +Replay the down
- *Diving at flags (coming off the ground): 5 yards + first down
- *Pass interference: 10 yards + first down
- *Illegal flag pull: 10 yards + first down
- *Illegal contact (initiating): 10 yards + first down
- *Unsportsmanlike Conduct: 15 yards + first down
- *Illegal rush: 5 yards + replay the down

OFFENSIVE PENALTIES:

- *Off-sides: 5 yards + *replay the down*
- *Illegal motion: 5 yards + replay the down
- *Illegal forward pass: 5 yard + loss of down
- *Pass interference: 10 yards + replay the down
- *Flag guarding: 10 yards + loss of down
- *Delay of game: 5 yards + replay the down
- *Unsportsmanlike Conduct: 15 yards + loss of down
- *Holding: 10 yards + loss of down
- *Blocking should be open hands with contact between waist and chest only. Any closed handed blocking or contact above the shoulders will constitute a holding penalty

SPORTSMANSHIP/ROUGHING:

If the official on the field or league commissioner witnesses any acts of elbowing, cheap shots, hard blocking, or ANY unsportsmanlike act, **THE GAME WILL BE STOPPED AND THE PLAYER WILL BE EJECTED IMMEDIATELY...FOUL PLAY WILL NOT BE TOLLERATED.** Trash talk by either PLAYERS OR COACHES is illegal. Officials have the right to determine offensive language. Trash talk is considered to be talk by a player or coach is considered to be offensive to the officials, opposing players, teams, or spectators. If trash talking occurs, the official will give ONE warning. If it continues, the guilty party or parties will be ejected. If a coach is involved, the league commission has the right to TERMINATE the coach's right to coach his/her team after meeting with the game official. **UNSPORTSMANLIKE** fouls will result in team warning and possible player/coach ejection (ex. Tacking, trash talking, or intentional rough play). Incidental contact resulting from the normal running of a play is a discretionary call and will be determined by the referees.