

2016
KITSAP PENINSULA PEE WEE
FLAG FOOTBALL RULES

1. NUMBER OF PLAYERS: Each team will consist of 8 players on the field.
2. LENGTH OF GAME: Playing time shall be 50 minutes, two halves of 25 minutes each. Half-time shall be 10 minutes. Playing time will be a running clock with no dead ball time except for time outs (two time outs of 60 seconds allowed).
3. FIELD DIMENSIONS: The game should be played on a field marked as 60 X 30 yards whenever possible or as close as possible to this.
4. LINE OF SCRIMMAGE: The offensive team must have a minimum of 5 players on the line of scrimmage. Once the center has placed his hands on the ball no offensive player may enter the neutral zone. The center may snap the ball either between the legs or sidewise. The defensive team will line up at least one (1) yard from the line of scrimmage.
5. THE FLAG BELT: All shirts must be tucked in, and are not permitted to hang over the flag belt. The home team should have enough flag belts for both teams in order for both teams to be on equal basis. If the home team does not have enough flags the visiting team may use their own flags. Flags will be of the removable type (Velcro strip break-away with 2 Flags).
6. GUARDING THE FLAG BELT: Runners shall not flag guard by using their hands, arms or the ball to deny the opportunity for an opponent to pull or remove the flag belt. Flag guarding includes:
 - a. Swinging the hand or arm over the flag belt to deny the opportunity for an opponent to pull or remove the flag.
 - b. Placing the ball in possession over the flag belt to deny the opportunity for an opponent to pull or remove the flag.
 - c. Lowering the shoulders in such a manner which flag guards.
 - d. Stiff arming is considered flag guarding.
 - e. The flags will be worn correctly at all times (i.e., no looping the flag around the belt, tying the flag, etc.)
 - f. Cannot purposely strip the ball.
7. PLAY: There will be no kickoffs or punts. The offensive team will take possession on their own 5 yard line. They will have 4 downs to make it to the 30 yard line. If they succeed in making it past the 30 yard line they will have 4 more downs to move the ball across the goal line. There will be no try for extra points. If there is a fumble the ball is dead at the spot of the fumble and the offensive team retains possession. In the event of a Safety there will be a change of possession. If the defensive team intercepts a pass they may attempt to advance the ball and will retain possession on the 5 yard line. One coach for each team may be on the field and behind the play. Once the play has started the coach must be silent and stay out of the action. This is an instructional league and as such **NO SCORE WILL BE KEPT IN ANY WAY.**
8. BALL: Teams are encouraged to use a Nerf ball but may use a junior ball. The offensive team may use their own ball.
9. OFFICIALS: The home team is responsible for supplying officials. The visiting team may if requested supply an additional official.
10. Because some contact is expected, the use of mouth guards will be a requirement. Clubs may provide these, or tell the parents to provide them; play will not be possible without them. Also they should have soccer type molded rubber cleats. Removable cleats are not allowed whether in practice or play.

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11. There should be a coin flip at the beginning of the game to decide who defends which end and who starts on offense.
12. Flag football is to be an instructional league. As such non-aggressive blocking should be taught. This is a difficult concept and means something different to each person but as a starting factor there should be no use of the hands while blocking.
13. Rosters must be exchanged with the other coach before the start of the game and completed (with exception of the score since score is not to be kept) and mailed or faxed to the county registrar after each game.
14. All players present and in uniform must play.
15. Concussion Rule:
 - a. The referee and the official who determined the player exhibited the concussion symptom(s) will tell the head coach the player is removed from the game for exhibiting symptoms of a concussion.
 - b. The player may only return to the game (same game, that day) with written authorization (letterhead is required, if the health care providers letterhead is not on the note/letter it is not acceptable) from the following health care providers:
 - i. Medical Doctor (MD)
 - ii. Doctor of Osteopathy (DO)
 - iii. Advanced Registered Nurse Practitioner (ARNP)
 - iv. Physician's Assistant (PA)
 - v. Licensed Certified Athletic Trainer (AT/L)
 - c. The referee will retain the written authorization. No other person may authorize the player's return. This includes the player's parents, guardians, family members or coaching staff.

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