



LSA Flag Football League Rules For K-2 Grade Division

I. Game

1. At the start of each game, captains from both teams shall meet at midfield for the coin toss to determine who shall start with the ball.
2. The winner of the coin toss gets to decide taking possession, defense or defer to the second half, to begin the game.
3. The offensive team takes possession of the ball at its 40-yard line and has four (4) plays to cross the 20 yard line for a first down. Once a team crosses the 20 it has four (4) plays to score a touchdown.
4. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 40-yard line.
5. If the offensive team fails to cross the 20 yard line, possession of the ball changes and the opposition starts its drive from its 40-yard line.
6. All possession changes, except interceptions, start on the offense's 40-yard line.

II. Equipment

1. Football sizes: K2. Each team is responsible for providing their own game balls.
2. Mouth Guard. Every player must wear a mouth-guard to each practice and each game. Kids will not be able to play without a mouth piece.
3. The League provides each player with flag belts at the start of each game and must be returned upon completion of each game.
4. Players must wear shoes. Tennis Shoes ONLY on the indoor fields for the K-2.
5. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads, and kneepads.
6. Players must remove all watches, necklaces, earrings and any other jewelry.
7. Official LSA Spring Football League jerseys must be worn during play and tucked in. Supplied by LSA
8. Player's jerseys must be tucked into the pants.
9. Pants or shorts without loops and pockets only.

III. Field

1. The recommended field size is 40 yards by with one 10-yard end zones and a 20 yard line-to gain.
2. Stepping on the boundary line is considered out of bounds.

V. Rosters

1. Teams must field a minimum of seven (7) players at all times. Max of 15 players per team. Once the league starts there's no adding any players to the team rosters. Each team must provide an official roster at the start of the league.

VI. Timing and Overtime

1. Games are played on a 40 minute continuous clock, two 20 minutes halves. The clock stops only for timeouts. Clock will stop during the last 2 minutes of the 2nd half only.

2. Halftime is three minutes long.

3. Each time the ball is spotted, a team has 35 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.

4. Each team has one 30-second time out per half.

5. Officials can stop the clock at their discretion.

6. In the event of an injury the clock will stop and then restart when the injured player is removed from the field of play.

7. If the score is tied at the end of 40 minutes, the game will go to an overtime period. OT will consist of a coin toss and 4 downs from the 10 yard line. Both teams will have a chance to possess the ball and continued until a winner is determined.

VII. Scoring

1. Touchdown: 6 points

2. PAT (Point After Touchdown) 1 point (5-yard line) or 2 points (12-yard line) .Note: 1 point PAT is pass only, 2 point PAT can be run or pass.

3. A team that scores a touchdown must declare whether they wish to attempt a 1-pt. conversion (from the 5-yard line) or a 2-pt. conversion (from the 12-yard line). Any change, once a decision is made to try for the extra point, requires a charged time out. The PAT decision cannot be changed after a penalty.

4. Interceptions: 3 points

VIII. Live Ball/Dead Ball

1. The play is live when the ball passes through the center's legs. Dropped snaps are a dead ball and loss of down.

2. The official will indicate the neutral zone and line of scrimmage. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regards to the neutral zone, the official may give both teams a "courtesy" neutral zone notification to allow their players to move back beyond the line.

3. The defense may not mimic the offensive team signals, by trying to confuse the offensive players, while the quarterback is calling out signals to start the play.

4. Substitutions may be made on any dead ball.

5. Any official can whistle the play dead.

6. Play is ruled "dead" when: a. The ball hits the ground. b. The ball carrier's flag is pulled. c. The ball carrier steps out of bounds. d. A touchdown, PAT or safety is scored. e. The ball carrier's knee or arm hits the ground. f. The ball carrier's flag falls out. g. The receiver catches the ball while in possession of one flag. h. The 7 second pass clock expires. i. An inadvertent whistle is performed (at the spot where the ball was whistled dead). j. A pass is intercepted (results in 3 points plus change of possession).

7. In the case of an inadvertent whistle, the offense has two options: a. Take the ball where the whistle blown made the play dead. b. Replay the down from the original line of scrimmage.

Note: There are no fumbles. The ball is spotted where the ball hits the ground.

IX. Running

1. The ball is spotted where the runner's feet are when the flag is pulled, not where the ball carrier has the ball. If one foot precedes the other, the forward foot marks the spot. For Line-To-Gain and Goal Lines, the ball AND feet must cross the line.
2. The quarterback can rollout, but must pass, pitch, handoff or lateral while in the backfield. The QB CANNOT ADVANCE the ball for positive yards.
3. QB can pitch the ball or hand off behind the line of scrimmage to a running back. Offense may use multiple handoffs or pitches, behind the line of scrimmage.
4. The player who takes the handoff or pitch can throw the ball from behind the line of scrimmage.
5. Once the ball has been handed off or pitched in front or behind the quarterback, all defensive players are eligible to rush.
6. Runners may not leave their feet to advance the ball. Diving, leaping or jumping is considered flag guarding.
7. Spinning is allowed, but players cannot leave their feet to avoid a flag pull. Ball carrier cannot flagguard.
8. Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.
9. No blocking or "screening" is allowed at any time.
10. Offensive players not with the ball, must stop their motion once the ball has crossed the line of scrimmage. No running with the ball carrier as a shield.
11. Flag Obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

X. Passing

1. All passes must be from behind the line of scrimmage, thrown forward or behind the line of scrimmage.
2. Shovel passes are allowed, and received behind or beyond the line of scrimmage.
3. The quarterback has a (7)second "pass clock." If a pass is not thrown or handed-off, lateral, pitched within the five seconds, play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball is handed off, pitched or lateral off, the 7-second rule no longer is in effect. a. If the QB is standing in the end zone at the end of the 7-second clock, the ball is returned to the line of scrimmage (LOS) for the next progressive down. (This is NOT a safety)

XI. Receiving

1. All players are eligible to receive passes except the center.
2. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted towards the line of scrimmage.
3. A player must have at least one foot inbounds when making a reception.
4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
5. All Interceptions cannot be returned and result in a change the possession and 3 points.

XII. Rushing the Passer IS NOT ALLOWED

XIII. Flag Pulling

1. A legal flag pull takes place when the ball carrier is in full possession of the ball.
2. Defenders cannot tackle or hold or interfere with the ball carrier in the pursuit of pulling a flag.
3. It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.
4. Any player whose flag or flags fall off cannot be eligible to make a defensive or offensive play.
5. If the ball-carrier's flag, while carrying the ball, inadvertently falls off during the play, the play is dead at that point. Specifically, if a running back is in the process of receiving a hand-off without a flag, that play is called dead. If a pass receiver's flags fall off while running a pass pattern and catches the ball, the play is called dead the catch nullified.
6. A defensive player may not intentionally pull the flags off of players who are not in possession of the ball.
7. Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping of head, hand, arm, or shoulder, or intentionally covering flags with the football or jersey.

XIV. Formations

1. An offensive team must have a minimum of 3 players on the line of scrimmage (the Center and 2 receivers or tight ends). The quarterback must be off the line of scrimmage, behind the center or in a 'shot-gun' distance. a. Only one player at a time may go in motion and must be positioned one yard behind and parallel to the line of scrimmage. b. No motion is allowed towards the line of scrimmage.
2. No handoffs are allowed back to the center from the quarterback during the set formations. a. Hiking: may use either: side swipe to the QB, or under the legs.
3. Movement by a player who runs toward the line of scrimmage while in motion is considered a false start.
4. The center must snap the ball with a rapid and continuous motion between or side of his/her legs to the QB only.

XV. Unsportsmanlike Conduct

1. If the referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. .No appeals! FOUL PLAY WILL NOT BE TOLERATED.
2. Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player, players, coach, or fan will be ejected from the playing field.
3. Players may not physically or verbally abuse any opponent or official.
4. Ball carriers MUST make an effort to avoid defenders with an established position.
5. Defenders are not allowed to run through the ball carrier when pulling flags.
6. Fans must also adhere to good sportsmanship: a. Yell to cheer on your players, not to harass officials or other teams. b. Keep comments clean and profanity free. c. Compliment ALL players, not just one child or team.
7. Fans are required to keep fields safe and kids friendly:

XVI. Penalties Offensive All penalties are assessed for 5 Yards. • Illegal Equipment • Illegal motion (more than one person moving, false start, etc.) • Offensive-pass interference (illegal pick play, pushing off/away defender) • Screening, Blocking or Running (along with the ball carrier) • Delay of game (after

the ball is spotted, exceeding the 35 second limit) • Flag guarding (hindering the pull of a flag by the ball carrier) • Charging (not attempting to avoid the defense) Defense All penalties are assed for 5 Yards. • Off-sides • Interference • Illegal contact (Holding, blocking, etc) • Defense Illegal flag pull (before receiver has ball) • Roughing the passer Stripping the ball (attempting to cause a fumble) Team – Below penalties are assessed as automatic first downs (if against defense) or loss of down (if against offense) and carry an individual warning to the player committing the penalty (one warning to the player and team before ejection). • Unnecessary Roughness • Taunting • Unsportsmanlike conduct

**** Golden Rule: Officials are in charge of games at all times. This is for learning and developmental purposes for players. Let them learn and have FUN!!! Sportsmanship at all time by Coaches, players and spectators.