

Cedarburg Flag Football League

RULES



Program Philosophy

To provide boys and girls ages 4 - 14 the opportunity to participate in an instructional football program that emphasizes fundamentals, teamwork and sportsmanship.

Divisions

- Pee Wee: Boys and Girls ages 4-5 years old
High School: Boys and Girls ages 6-7 years old
College: Boys and Girls ages 8-9 years old
NFL: Boys and Girls ages 10-12 years old
Pro Bowl: Boys and Girls ages 13-14 years old

Schedule

Teams will begin the season with two weeks of practice. The season will then transition into a combination of 15-30 minutes of practice, followed by a game each week. The final weeks of the season may consist of game play only as daylight gets shorter. The season will take place from the end of August into mid-late October. The season will finish with championship games for the two best teams from each division.

Equipment

1. The Town of Cedarburg will provide 1 mouth guard per player, footballs, flags, field marking cones and kicking tees.
2. First aid equipment will be provided.
3. Non metal spikes are permitted but not mandatory.

Conduct

1. Coaches will be responsible for the conduct of their players, parents and themselves before, during, and after each session.
2. No coach, player or parent shall act in an unsportsmanlike manner before, during, or after a game.

Length of Game

1. A game shall consist of two (2) 20-minute halves. Running clock except timeouts with a 3-minute rest between halves.
2. Huddles between plays should last no longer than one minute maximum.
3. Each team is allowed one (1) 30-second timeout per half.

Scoring

Touchdown = 6 pts.

Running Conversion = 1 pt.

Passing Conversion = 2 pts.

Safety = 2 pts.

Fields

Pee Wee fields are 30 yards long by 15 yards wide with a small end zone.

High School, College, NFL, and Pro Bowl fields are 50 yards in length and 30 yards in width.

End zones will be 5 – 10 yards each.

General Rules

1. Number of players on the field for each team is 8.
2. Every player present for a game will play in at least one half of that game.
3. The Quarterback Cadence will be "Ready, Hut."
4. Every player will have an opportunity to play every position through the course of the season.
5. All players are eligible.
6. Free substitutions when ball is not in play.
7. All players on Offense (except the Quarterback and Center) must be in the ready position before the snap of the ball (hands on knees).
8. Offense = QB – 1; RB - 1 or 2; WR - 2 or 3; Center - 1; Guards - 2. Exception: If one team does not have 8 players, both teams will play the number of players present for the smaller team.
9. One player may be in motion after Offensive team is set.
10. Ball will be placed at the 10 yard line for all conversions.
11. There are a maximum of 2 running plays per four downs for all divisions but Pee Wee (there is no limit of running plays in Pee Wee). This count resets when a first down is achieved. (Note: Grafton rule is as follows: Offense is allowed only one (1) running play every 4 downs. Exception: Rookies will be allowed two (2) running plays every 4 downs.)
Coaches must talk before interleague games to decide on # of running plays to allow.
12. A QB run is considered a running play, even if defensive players cross the line of scrimmage on a rush and the quarterback scrambles.
13. Defensive coach will count to 3 apple (loudly). After 3 apple, any player may rush the Quarterback. Pee Wee and High School will use a 5 apple count.
14. There will be one first down at mid field. (Grafton does not have this rule).
15. Blocking must be above the waist with open hands.

Game Rules

1. No tackling.
2. No diving for flags.
3. No blocking below the waist.
4. No guarding flags.
5. Ball carriers may not leave their feet to avoid flag being taken.
6. Defense may not push ball carrier out of bounds.
7. Kick-offs: Beginning of game (Home Team); Beginning of second half (Visiting Team). Pee Wee and High School will kick off from **Mid Field**, and all others will kick off from their **own 40 yard line**.
8. No punting.
9. Sides will change after half-time.
10. A fumbled or stripped ball is ruled a dead ball and possession is retained by the offense. The exception is a fumbled snap: defensive players cannot dive on a fumbled snap but must finish out the apple count (gives the offense a chance to recover).
11. Interceptions can be returned. Exception: Interceptions during conversion of extra points is ruled a dead ball and change of possession will occur.
12. Change of possession (other than interceptions) will result in ball being placed on the team's 10 yard line.
13. Change of possession takes place when:
 - a. Touchdown is scored
 - b. Ball is intercepted
 - c. Drive fails to get First Down
14. The ball is dead when:
 - a. Flag is pulled
 - b. Touchdown is scored

- c. Ball carrier steps out of bounds
 - d. Ball carrier's knee hits the ground
 - e. Ball carrier's flag falls off
 - f. Ball carrier leaves their feet
 - g. Ball is fumbled
15. Two (2) coaches per team will be allowed on field.

Penalties

1. All penalties will be five (5) yards.
2. Penalties will be in effect beginning with the first regular game. Exception: College - second regular game, and High School and Pee Wee – third regular game.
3. Likely penalties are:
 - a. Offense – holding, illegal motion, flag guarding
 - b. Defense – off sides, tackling, pushing ball carrier out of bounds, interference