



## 2010 KOA GIRLS FLAG FOOTBALL RULES AND REGULATIONS

**MISSION: TO PROVIDE A FUN, COMPETITIVE, ENVIRONMENT FOR OUR ATHLETES!**

Rules	K-2 League	3-4 League	5-6 League	7-8 League
Number of Players	A team's roster can carry no more than 10 players. During a game, the maximum number of players on the field for one team is 7. If a team only has 6 players, then the game will play 6 versus 6.			
Quarterback	Coach	Coach	Coach but can opt for player in lieu of coach	Player
Length of Game	There will be two twenty minute running halves.	There will be two 20-minute running halves (clock will not stop). The last two minutes of the 2 <sup>nd</sup> half will follow NFL rules; the clock will stop when player with ball goes out of bounds). Each team gets 1 timeout per half (the clock will stop). Game shall go no longer than 90 minutes and may result in a tied game if OT goes to 90 minute mark.		
Scoring	Touchdowns are worth 6 points. 1-point conversions only, from 3 yard line. No safeties.	Touchdowns are worth 6 points. A team can opt for a 1-point conversion (3 yard line) or a 2-point conversion (6 yard line). Safeties are worth 2 points.		
Line of Scrimmage	The game begins at your own 20-yard line. The team gets four down to earn a first down, or the team (3-8 only) can punt. Depending on the number of players on the field, either three or four players must be on the line of scrimmage at all times (this must be consistent for both teams). All receivers are eligible, including the center. Defense has a 3 yard buffer to the line of scrimmage, blitzing is allowed at anytime, and any number of players.			
Punting	No punting. 'Receiving' team will begin on own 20-yard line.	A team can elect to punt at any time. A punt results in the opposing team starting at their own 20-yard line.		

<b>Overtime (OT)</b>	There will be no overtime.	In case of a tie, both teams start at the opponents' 20-yard line and have 4 downs to score a touchdown; this format will repeat itself until we have a winner. If offense scores, defense will have 1 chance to redeem/tie score. One timeout will be given to each team during OT.
<b>Interceptions and Fumble Recoveries</b>	Interceptions can be returned until ruled down; no fumbles – if the ball is possessed by an offensive player and is dropped, the ball is ruled dead at the spot.	
<b>Personal Fouls</b>	Punching, striking, tripping, clipping, pushing, and/or tackling an opponent are not allowed (and could result in ejection, as determined by the official). There will be a loss of down if the penalty is on the offense. There will be a repeated down at the offense's option if the penalty is on the defense.	
<b>Blocking</b>	Blocking is not allowed under any circumstances. Picks are allowed, but no use of hands. Defense has a 3-yard buffer to the line of scrimmage.	
<b>Inclement Weather Policy</b>	After thunder and/or lightening, game must be stopped for 30 minutes. If field is playable, game may resume after this time period.	
<b>Officials Authority</b>	An official assumes authority 15 minutes prior to the scheduled game; his/her decision is final. The official has the right to eject players or have them sit out part or all of the game. Fans, coaches, spectators are part of a team and any fouls they commit will go against their team.	
<b>Field</b>	The field will be roughly 35 yard long and 20 yards wide, each team can make only one first down.	The field will be roughly 70 yards and 35 yards wide. First downs can be made at the 40 and 20 yard lines. The team will have four downs to get a first down. A team (3-8 only) may choose to punt at any time.
<b>Additional Regulations</b>	There will be NO: stiff arming, un-tucked jerseys, guarding the flag belt, holding the runner to grab the flag (obstructing), pass interference, off-sides, or holding (hair, clothing). One foot is to be in-bounds to count as completion. Mouth guards are not required but <b>strongly</b> recommended.	
<b>Code of Conduct</b>	Please go to <a href="http://www.koasports.org">www.koasports.org</a> for Code of Conduct expectations for Coaches, Parents, and Spectators.	