

Grimes Parks & Recreation Department

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CITY OF
GRIMES



Grimes Flag Football League- Game Rules

- Objective:** To introduce kids to football in a safe and fun way using a games approach for better learning.
- Schedule:** Weeks 1-4- Split into teams and practice for the full time with lead-up games at the end.
Weeks 5-8- Teams warm-up for 10 minutes and then play the actual game the rest of the time.
- Coaches Role:** Make it fun, teach the game, provide basic and easy to run offensive and defensive plays.
One coach will be on the field and in the huddle. Other coach handles substitutions/sideline players.
- Field Size:** Approx. 60 x 30 yards
Includes 5 yard end zones
First down lines every 10-12 yards. Closest line is the first down line. If you go backwards, it's still that same line you started closest too.
- Game Timing:** Two 20-minute halves (running clock)- games end at each half by # of plays left instead of by time
For example- 5 minutes left is usually 3 plays. This will be announced by head official on the field.
2-minute halftime if needed
Approx. 45- 60 seconds between plays- coaches will be warned/flagged if they go past this time limit
- Players:** 7 players on each side. Have 3 on the interior line, LBs must be at least 3 yards off the ball & outside ends. Players rotate in after each series down the field instead of each play. Younger teams shouldn't even huddle with line. Have QB/RB/WR in huddle so they know what play, just tell line either which way or pass/run if you want. Older teams can huddle with whole offensive group.
. K-2- Same formations on each side of ball.
. Grades 3-6- Open Formations, must allow defense time to match up though.
- Playing the game:** 1. Red team starts with the ball at the 2point line beyond the goal line. No kick-offs.
2. Four downs to get to each first down line. If you don't cross first down line, other team receives at their 2-point line at the other end.
3. Scoring: 6 points for TD, 1 point XP from 2 yards, 2 point XP from 10 yards, safety 2 pts.
4. Kindergarten- No score is recorded at the end of the game and standings are not kept.
- Running** . The quarterback can run with the ball on a designed run play like bootleg, keeper, option. No Draws
. Once the ball has been handed off, defensive players are eligible to rush. D can't go in any sooner.
. Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving), no stiff arming or defending your flag. Ball will be spotted at that point.
- Receiving** . WR, RB, and QB can receive a pass. Linemen must stay in their "box" and cannot receive pass.
. Grades 3-6- Only one player is allowed in motion at a time. Grades K-2 No motion is allowed.
. A player must have at least one foot inbounds when making a reception.
- Passing** . Passes can be forward or backwards. If they drop the ball behind line, it's dead at that spot.
. QB is allowed 5 seconds to pass the ball, then the defense can rush. QB can only run if defense crosses line, if they don't, the QB has 5 more seconds to pass the ball. D-Line must stay in "box".
. Defense can't rush the passer until after 5 seconds.
- Dead Balls** . The ball must be snapped between the legs, not off to one side, to start play. If ball touches ground, it's a dead ball at the spot of the ball hitting the ground.
***Note:** There are no fumbles. The ball is spotted where the ball hits the ground.
Play is ruled dead when:
. Ball carrier's flag is pulled.
. Ball carrier steps out of bounds.
. Touchdown or safety is scored.
. Ball carrier's knee hits the ground.
. Ball carrier's flag falls off due to defense pulling the flag
- Rushing the QB** . Once the ball has been handed off, defensive players are eligible to rush, otherwise defense has to wait 5 seconds to cross the line. If you choose not to rush the QB, the QB must pass within a 10 second time period from the snap. D-Line must stay within the "box".

Blocking

. It is illegal to initiate contact using any part of the body. You may legally obstruct an opponent using a **Screen Block**. Screen blocking shall take place with as little contact as possible. The blocker shall have their hands in and not extended. A screen blocker cannot use their elbows, legs, or body to initiate contact. If they do initiate contact it will be called Illegal Contact and penalized 10 yards and loss of down.

. Screen blockers may not:

1. Take a position closer than a normal step when behind an opponent.
2. Make contact when assuming a position at the side or in front of an opponent.
3. Take a position so close to an opponent that they cannot avoid contact by stopping or changing direction.

Spotting the Ball

. Four downs to get to each first down line.

. If team goes backwards behind another white line, then the team's first down does NOT change. They would still have to get to the first down line they started at.

. If the offense does not succeed in getting a first down, the ball is then spotted on the defensive team's 2-point line and then take over on offense.

PENALTIES (Mostly warnings are given. If needed, penalties will be called.)

Defense:

-Offsides- 5 yards and automatic first down

-Interference- 10 yards and automatic first down

-Illegal contact- (*holding, blocking, etc.*) 10 yards and automatic first down

-Illegal flag pull (*before receiver has ball*) 10 yards and automatic first down

-Illegal rushing- (*crossing the line of scrimmage before the ball being handed off*) 10 yards and automatic first down

Offense:

-Illegal motion- (*more than one person moving, false start, etc.*) 5 yards and loss of down

-Offensive pass interference- (*illegal pick play, pushing off/away defender*) 10 yards and loss of down.

-Flag guarding 10 yards (from line of scrimmage) and loss of down

-Delay of game Clock stops, 10 yards and loss of down

***Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.**

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