

CDDA Flag Football/Kingdom Sports Center

5V5 league

8 Week program- For 8 teams we will need a minimum of 40 people per age group maximum of 96

Week 1 Meet your coach and team

Week 2 practice before game 1

Week 3 Practice before game 2

Week 4 Practice before game 3

Week 5 Practice before game 4

Week 5 Practice before game 6

Week 6 Practice before game 7

Week 7 practice before game 8

Week 8 Practice before Championship games

(1st 2nd and 3rd place will be provided with trophies)

Uniforms-

Players will receive the below items

- **Shirt & Mouthpiece included**

Players must wear Black shorts & socks

Game Play

- We will have a minimum of 5 and a maximum of 12 players per team
- We will play 15-minute halves with a running clock k/2 3/4 a 15-minute running clock for 5/6
- 3-minute halftime
- 2-time outs for the game 1 per half
- 4 downs to get passed half field and 4 downs to score a total of 8 downs played
- Coin toss for choice of ball first or at half time other team chooses direction of play
- Ball dead once ball hits the ground on hand off or pass, when flag is pulled, when a player running the ball falls and touches any part of the body besides hands and feet.
- All players must play
- One coach on field for huddling once huddle is broken coaches must stand out the way k-2 you can help line your players up
- Anyone 6 yards back can rush the passer once the ball is hiked
- 25 seconds to run a play k/4 20 seconds for 5/8
- Subs are just come in only 5 can be on the field when ball is snapped
- Injury time outs are called by the ref on field and stops the clock
- Flags must be in three places, one on each hip and one behind
- Shirts must be tucked in during game play
- Mouthpiece must be worn during game play
- No Run Zone- this is a zone within 4 yards of the endzone and halfway point of the field. You will only be able to pass in this no run zone
- Flags will result in a first down no additional yards

- Touchdowns are worth 6 points
- One ref per field
- Extra points
 - 1 point 4 yards from endzone must be pass no run
 - 2 points 8 yards from endzone can run or pass

Overtime-

- 3-minute running clock
- 1 time out
- Coin flip for possession
- First score does not win you do get a rebuttal
- 3 downs to get a first and 3 downs to score 6 downs total

Rules of Flag/ Penalties

- No Contact allowed (blocking, tackling, screens)
- No Flag Guarding (stiff arming, pushing off, covering of the flag)
- Illegal pass- No backward passing all passes must be forward and beyond the line of scrimmage
- Illegal rush- A player beyond the 7-yard rush zone rushes the QB
- Illegal run zone- a team runs the ball in within 4 yards of the endzone or halfway point of the field
- Roughing the passer- an attempt to block the pass (the player must only run to grab the flag and must not try to block to pass)
- Only direct hand offs are permitted
- Illegal QB run- QB can not run the ball unless it is directly handed to him/her
- Once ball is handed off or leaves the QBs hands anyone can rush
- The QB has 7 seconds to get rid of the ball before it's considered a sack
- Interceptions are returnable (even on extra points)
- Ball is dead once it hits the ground no matter a hand off or pass
- All penalties provide offence with a first down no extra yards unless a personal foul (tackling, or coach foul)
- No arguing with a call from player or coach loss of down or first down for second team.

Offense-

- 5 players
 - Quarterback
 - Running back
 - Center must snap the ball
 - Wideout
 - Wideout
- 1 coach aloud in huddle
- Subbing allowed until huddle break
- Must hand ball off directly when running (no pitches)
- Must complete a forward pass when passing (No Backward Passing)

- QB has 7 seconds to throw ball 10 if k/4
- Can not block or run a screen for anyone running the ball they must stay out of the way
- Ball is dead once it hits the ground for a hand off or pass
- Must have three flags visible 2 side and 1 behind

Defense-

- 5 players
 - Tackle
 - 2 corners
 - 1 linebacker
 - Free safety
- Defense can rush anyone beyond the 7-yard rush start
- If ball handed off any player can rush
- All fumbles are dead balls
- All interceptions are returnable even extra point

Spectator Guidelines

1. No profanity, foul behavior is permitted inside Kingdom Sports Center.
2. Spectators may walk and sit on field with lawn chairs if they prefer, however, no food or drinks are permitted allowed on playing field, no matter what
3. No outside food or drink is allowed inside Kingdom due to health code violations