



**Unified Government Wyandotte County/Kansas City, Kansas
Parks and Recreation**

Youth Flag Football Rules and General Information

Purpose

The Unified Government of Wyandotte County/Kansas City, Kansas Parks and Recreation Youth Sports Programs are non-competitive with the emphasis on basics, fundamentals, and sportsmanship. The idea is to provide knowledge of the game that will stay with them later on in life and to provide youth with encouragement so they will learn how to compete, not to destroy one's confidence to participate in athletics.

All games will be governed by the National Federation High School rules, with exception to where parks and recreation has added or modified the rules.

Uniforms

- Mouth guards are required. No player will be allowed to enter the game without a mouthpiece.
- All participants will be given a team t-shirt. Shorts or sweat pants may be worn.
- Cleats with rubber soles or tennis shoes are recommended. Absolutely no metal cleats will be permitted. No one is allowed to play without shoes.
- Players shall not be permitted to wear equipment which might lead to the injury of another player. Helmets, shoulder pads, special braces, casts of any kind, and pads while protecting the player wearing them, often injure other players in the game.
- Clothing which might tend to conceal the flags will be prohibited. Shirts must be worn tucked in trousers. Coats worn on cold days will also have to be tucked in trousers, or will not be allowed.

Rainout Number 913-573-8398

In case of inclement weather, please call our rainout line. The rainout line will be updated as needed to inform teams of changes. If the games are cancelled due to weather once the day has begun, we will notify the team's contact person as soon as possible.

As a coach of the team, you assume responsibility for the conduct of your players, coaches, and fans.

Team Roster and Contracts

All youth teams will be limited to 18 players on each team. The coach must turn in for each player a completed contract and entry fee. The contract must include the signature of his/her parents or legal guardian. A contract is not valid until entry fee is received and receipt number recorded on contract by a parks and recreation representative. **No team will be allowed to play until all players have turned in contracts and entry fees have been paid in full.**

No roster changes will be allowed after the second week of play. Any and all roster changes have to be approved by the Recreation Specialist. In the event of illness or injury a doctor's note must accompany a roster change.

Time Limits

- Game time is forfeit time. No grace periods will be allowed. A forfeit game will only be officiated by the referees if both teams are present and only one half will be played.
- The referee with the stopwatch will be the official timer.
- A coin toss will determine first possession, by two captains from each team. Coin toss options are receive, kick-off, defend a certain goal or defer to 2nd half.
- For the K/1st age division, quarters will be 7 minutes running clock, with a 5 minute halftime.
- For the 2nd/3rd and above age divisions, quarters will be 10 minutes running clock, with a 5 minute halftime.
- The clock will be stopped only in case of injury and timeouts.
- Timeouts will be one minute or a shorter duration if requested when both teams are ready to resume play.
- Each team is allowed two timeouts per halves (timeouts do not carry over).
- Offensive team will have 30 seconds to snap the ball.

Game Guidelines

AGE DIVISIONS

All divisions will be age based. Each of the ages will have their own unique set of guidelines, but will fall under the same playing rules.

K/1st

- Each team will consist of 7 players.
- Must have three (3) players on the line of scrimmage in a three point stance.
- No score or standing will be kept.
- Field dimension is 60 yards.
- During kickoff, teams line up behind their 30 yard line. Kickoff from the 30 yard line.

2nd/3rd and above

- Each team will consist of 9 players.
- Must have five (5) players on the line of scrimmage in a three point stance.
- Score will be kept. Standings will not be kept.
- Field dimension is 80 yards.
- During kickoff, teams line up behind their 40 yard line. Kickoff from the 40 yard line.
- Have the option of passing or kicking on kickoff.

DE-FLAGGING

- The flag must be cleanly taken from ball carrier. The defensive player cannot hold the ball carrier when removing the flag; this will result in a foul with a 10 yard penalty.
- If defensive player knocks the ball carrier down in attempting to capture the flag, it is a foul with 10 yard penalty.
- The ball is declared dead when the flag is cleanly removed from the ball carrier's belt. The defensive player should immediately hold the flag above his head at the spot where the capture occurred.
- Should the ball carrier lose their flag, the runner is down where the flag came off.
- Should a receiver lose his/her flags prior to catching a pass, they will be down at the spot where they caught the ball.

BALL-CARRIER

- The ball carrier may not use their hands or arms to avoid being de-flagged. The ball is dead at that spot.
- Neither the defensive or offensive player are allowed to strike an opposing player above the shoulders. If this violation occurs, a 10 yard penalty from last spotted down.
- While trying to advance the ball, ball carrier must "keep his feet". Attempts to avoid an opponent by jumping, spinning or diving over or into him, shall be a penalty of 10 yards from the spot.

FUMBLES

- **There are none!** The ball is dead, belonging to the team with last possession at that point.
- On punts and kicks, the ball is dead as a fumble if touched by a member of the receiving team and dropped.

BLOCKING

- Blocking shall be done by use of arms and body without the use of hands. Body must be in upright position. No part of the blocker's body except his feet shall be in contact with the ground throughout the block.
- Blocking or pushing a ball-carrier running near side lines for the purpose of knocking him out of bounds will be a foul with a 10 yard penalty.
- Neither the defensive or offensive players are allowed to strike an opposing player above the shoulders. If this violation occurs 10 yard penalty from last spotted down.

PUNTS

- Teams must declare on 4th down if they will punt. **No fake punts!**
- When punting, teams will receive a free kick. Neither team will be allowed to rush, until the ball is kicked.
- Punt receiving teams may send no more than two players back to return the punt.

SUBSTITUTIONS

- Substitutions may be made on dead balls. Substitutes must report to the huddle.
- Dead ball occurs when the ball goes out of bounds in flight, strikes the ground, removal of the flags, touchdowns, touchbacks, safety or fair catch.

SCORING

Touchdown = 6 points

Safety = 2 points

Extra points, scoring team will have one play from the 5 yard line for one (1) point, or one play from the 10 yard line for two (2) points.

PROTESTS

Eligibility protests will be ruled on by the Sports Committee. Protests must be made known to the referee prior to the end of the game. Any team guilty of using an ineligible player will forfeit all games in which the ineligible player participates.

TIES/OVERTIME

In case of a tie, a second coin flip will be held immediately following the end of regulation. Coin flip winner has choice of offense or defense. Each team will have four (4) downs to attempt to score from the 20 yard line. If at the end of one (1) overtime period, teams remain tied, game ends in a tie. Each team is given an extra timeout for overtime period.

ANY OTHER CIRCUMSTANCES THAT ARISE DURING THE SEASON WILL BE HANDLED BY THE RECREATION SPECIALIST, PROGRAM COORDINATOR, AND DEPUTY DIRECTOR OF RECREATION.

UNIFIED GOVERNMENT PARKS AND RECREATION DOES NOT EXCLUDE ANYONE FROM PARTICIPATION IN, DENY ANYONE THE BENEFITS OF, OR OTHERWISE SUBJECT ANYONE TO DISCRIMINATION BECAUSE OF THE PERSON'S RACE, COLOR, NATIONAL ORIGIN, OR HANDICAP. IF ANYONE BELIEVES HE OR SHE HAS BEEN SUBJECT TO DISCRIMINATION ON THE BASIS OF RACE, COLOR, NATIONAL ORIGIN OR HANDICAP, HE OR SHE MAY FILE A COMPLAINT ALLEGING DISCRIMINATION WITH THE PARKS AND RECREATION OFFICE, 5033 STATE AVE., KANSAS CITY, KANSAS 66102; UNIFIED GOVERNMENT HUMAN RELATIONS DEPARTMENT, 5TH FLOOR, MUNICIPAL OFFICE BUILDING, 701 N 7TH STREET, KANSAS CITY, KANSAS 66101; OR THE OFFICE OF EQUAL OPPORTUNITY, U.S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240.