

***Flag Football Rules and Guidelines:***

**OUTDOOR GAMES @ Trailblazer Stadium:**

* There will be **FIVE** games scheduled at a time; games **15 minutes** long.  The scoreboard will be set to start the 15 minute games per schedule; the clock will run down from 15 minutes to zero, which is the end of a game.  There will be a **five minute BREAK** in between games to give high fives to each other and to allow for the other schools/teams to get ready to play.
* **EACH SCHOOL TO PROVIDE THEIR OWN FLAGS FOR THEIR STUDENT/ATHLETE THAT IS PARTICIPATING. The football flag belts should have at least three flags on the belt; easy to come off and correctly worn by the student/athlete.**
* Football Fields will be 50 yds. in length by 20 yds. in width.
	+ **COLUMBINE HS and DAKOTA RIDGE HS FOOTBALL PLAYERS WILL BE VOLUNTEERING TO OFFICIATE THE GAMES! They also will be able to be the ALL TIME QB IF YOUR SCHOOL WOULD LIKE THAT OPTION FOR YOUR GAME.**
* **RULES:**
	+ **PLAYERS:**
		- Each school to field **SIX** student/athletes for their team to play Flag Football; On Offense, **all** are eligible to receive a pass or handoff to run the ball.
		- **DEFENSE - NO RUSHING THE Quarterback & football MUST** pass the Line of Scrimmage (L.O.S.) before Defense can pull flag of the offense player on a play from the L.O.S.
		- **DEFENSE– NO player over center of opponent who is snapping the football to the Quarterback to begin play.**
		- **OFFENSE** - Each team needs a **center** to snap the ball to begin the play at the L.O.S. on each down when on offense.
		- **OFFENSE** - Each team will have the **OPTION** to have their own Quarterback **OR** a Columbine HS Football Player as their Quarterback to run plays when on offense.
		- **OFFENSE** – after the ball is snapped, **all** players are eligible to receive a pass or hand off.
		- **OFFENSE** – Quarterback **CANNOT** run the ball past the L.O.S.
	+ **DOWNS & CHANGE OF POSSESSION of the FOOTBALL**:
		- Each team will have **five** downs to Score a touchdown.
		- The official after each down will place the football on a poly spot indicating the L.O.S. for the next down.
		- Each team will start at the “Numbers on the football field” for their possession – five downs to score a touchdown.
		- A **change of possession** occurs when a touchdown is scored, an interception occurs, or a team doesn’t score after using their five downs on offense; the opponent will begin on offense at the “Numbers on the football field” while the other team becomes defense.
		- **NO PUNTING OR KICKOFFS.**
		- **DEAD BALL** occurs when the football is fumbled **or** a student in avoiding getting their flag pulled “throws” the football in fear.
	+ **BLOCKING:**
		- **SCREEN BLOCKING ONLY** type of block allowed!
		- **A Screen Block is:** A player must place himself in front of the player he desires to block. This maneuver helps to eliminate the pushing block from behind, or a bigger player overpowering a smaller one. On the L.O.S., the offensive blockers may not go out to prevent the defensive players. The Offense players adhere to the screen block and force the defensive player to go around.
* **PLEASE** make sure not the same student/athletes are making the plays on defense and offense; please insure there is equal opportunity for each student/athlete to catch, pass, or run with the football.
* **Staff is free to sub players in and out during the game; PLEASE make sure you have only SIX student/athletes on the field at a time**

**INDOOR GAME @ Creighton Middle School Gym:**

* There will be one game scheduled at a time.
* The games will last 15 minutes each.
* Staff is free to sub players in and out during the game.