



Springfield Township Flag Football League



Springfield Township Flag Football League Rule Book for Division I (Grades 3 & 4)

FORMAT:

- The game will be played as 6 on 6 (6 players on offense versus 6 on defense). Officials will reduce this number in any instance where a team cannot field 7 players due to injury, illness, or absence.
- The field dimensions are 50 yards long with 10 yard deep end zones (70 yards from back of end zone to back of end zone) x 30 yards wide.
- Games are run with two 25 minute halves and a two minute half time.
- The clock will stop only for penalties or if a “time-out” is called. Each Team will get two 30-second time-outs per half.
- One coach will be permitted on the field for both offense and defense. Coaches must stay clear of the play as to not interfere with the ball. Starting in week 4, team managers will attempt to have only players on the field (no coach), for both offense and defense, if the team’s general progress allows for this to be the case.

ATTIRE:

- Players are required to wear protective mouthpieces at all times during the game.
- Shirts must be tucked in at all times. Flag guarding will be called if the offensive ball carrier has an untucked shirt preventing a tackle from being made.
- Pants or shorts must be of contrasting color to the flags (No Red Shorts).
- Molded and screw in cleats are permitted.
- No metal cleats are permitted.
- For safety reasons, players are not permitted to wear any type of jewelry or dog-tags during play.
- Players may wear a winter cotton-type hat or ear muffs, as desired.

STARTING THE GAME:

- The referee will flip a coin before the start of the game to determine possession of the ball for the first or second half. The team that wins the coin toss may elect to start the game on offense or defense, or they may choose the field direction in which they prefer. The loser of the toss can then choose the open option.
- In the start of the second half, the teams will switch so that the team starting the game on offense will be on defense, and the field direction is changed.

OFFENSE and DEFENSE:

- No reckless contact will be permitted. This includes any excessive pushing, pulling, kicking, or any other action that can be considered reckless in nature and not incidental.
*1st offense will result in a team warning.
Additional offenses will result in a 10 yard penalty for a personal foul.*