

PeeWee Flag Football RULES

I. GAME

1. At the start of each game, coaches from both teams shall meet at midfield for the coin toss to determine who shall start with the ball.
3. The offensive team takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield for a first down. Once a team crosses midfield it has four (4) plays to score a touchdown.
4. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
6. All possession changes start on its own 5-yard line.

II. Equipment

1. The league provides each player with a flag belt and jersey. Teams will use the footballs provided by their league.
2. A PeeWee size football will be used.
3. Players must wear shoes. Rubber football cleats are encouraged. Cleats with exposed metal are not allowed and must be removed.
4. Player's jerseys must be tucked into the pants if they hang below the belt line.
5. Pants or shorts with belt loops or pockets are not permitted.

III. Rosters

1. PeeWee flag is played 5 on 5 or 7 on 7 depending on number of kids that show up for each team. Teams will consist of up to 13 players.

IV. Timing

1. Games are played on a 30-minute continuous clock with two 15-minute halves
2. Halftime will be five minutes in length.
3. Each team has two time-outs.

- V. Scoring:** Though a touchdown changes possession, scores and win/loss records will not be kept.

VI. Coaches

1. Coaches are volunteer parents or family members helping the players learn and enjoy the game. Parents are encouraged to always support the coach.
2. A coach is allowed on the field to direct players for offense and defense in the Pee Wee divisions.
3. Coaches are expected to adhere to all City of Des Moines youth sports guidelines and codes of conduct.

VII. Formations

1. The quarterback will be lined up directly behind the center (the center can be a coach.)
Everyone on the field is eligible to receive a pass

VIII. Live Ball/Dead Ball

1. The ball is live at the snap of the ball and remains live until one of the coaches whistles the ball dead.
2. The coaches will indicate the neutral zone and line of scrimmage. Coaches will teach their players proper stances and alignments to use, stressing not crossing the line of scrimmage before the ball is snapped.
3. A player must have possession of the ball and come down with at least one foot in bounds.
4. Substitutions may be made on any dead ball
5. A coach can whistle the play dead.
6. Play is ruled "dead" when:
 - a. The ball hits the ground.
 - b. The ball carrier's flag is pulled.
 - c. The ball carrier steps out of bounds.
 - d. A touchdown is scored.
 - e. The ball carrier's knee or elbow hits the ground.
 - f. The ball carrier's flag falls out and they are touched with one hand.

***Note: There are no fumbles. The ball is spotted where the ball was when it was let go at the time of the fumble. ***

IX. Running

1. The ball is spotted where the runner's ball is located at the time when the flag is pulled.
2. The quarter back is not allowed to run the ball, their job is to pass the ball (without scrambling), hand the ball off to another player behind the line of scrimmage or to pitch the ball to another player behind the line of scrimmage.
3. Once the ball has been handed off or pitched all defensive players are eligible to rush.
4. Runners may not leave their feet.
5. No downfield blocking is allowed. Contact initiated by any player will be an illegal contact penalty which is enforced by the coaches.
6. Flag Obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding. A player without flags or whose flags are not easily accessed can be ruled down when touched by a defender with one hand.

X. Passing

1. All passes must be from behind the line of scrimmage.

XI. Receiving

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
2. A player must have at least one foot in bounds when making a reception.
3. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
4. Interceptions are returnable.

XII. Rushing the Passer

1. Rushing the passer is not allowed. The defense can rush across the line of scrimmage if the quarterback hands or pitches the ball to another player.

XIII. Flag Pulling

1. A legal flag pull takes place when the ball carrier is in full possession of the ball.
2. It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.
3. If the player's flag inadvertently falls off during the play, the player is down when touched with one.
4. A defensive player may not intentionally pull the flags off a player who is not in possession of the ball.
5. Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm, or shoulder, or intentionally covering the flags with the football jersey.

XIV. Unsportsmanlike Conduct

1. Ball carriers MUST try to avoid defenders with an established position.
2. Defenders are not allowed to run through the ball carrier when pulling flags.
3. Fans must also adhere to good sportsmanship
 - a. Cheer for your players, do not engage with the opposing team's coaches or players.
 - b. Keep comments clean and free from profanity.
 - c. Compliment ALL participants.
4. Fans are required to keep fields safe and kid friendly.
 - a. Keep younger kids and equipment such as coolers, chairs and tents a minimum of 10 yards off the field of play.