



2020 Flag Football Rules

Stillwater Area Sports Assoc. (SASA)
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You can also sign up to have rainout info emailed to you.
www.stillwaterareasports.com



Park Rules for all SASA Sponsored Events (Games and Practices)

- ~ No Tobacco products of any kind.
- ~ No pets.
- ~ No alcohol.
- ~ No profanity.
- ~ Parents are required to supervise the children in which they are responsible for at all times when in the facility(s).
- ~ No skateboards, bikes, rollerblades, scooters.
- ~ Each team is expected to clean up the facility after they use it. Please throw away water/gatorade bottles.

PLEASE NOTE: If a parent or spectator refuses to follow the park rules, they will be removed from the complex immediately. If this non-compliant behavior happens repeatedly the parent and subsequently the player can both be banned from participation by the SASA Board of Directors.



Flag Football

Program Organization and Administrative Personnel

The SASA Rec. Flag Football Program shall be operated under the direction and supervision of the SASA Directors and their staff, all of whom are employed by SASA. **The final decision(s) on anything covered or not covered in this rule book will be made by the SASA Board of Directors and/or its representatives. Be it understood that by registering for this program, you accept the purpose, direction and philosophy of the program.**

Liability

The program directors, umpires, sponsors, coaches, managers, scorekeepers or any other supervisory personnel are not responsible for injuries to persons or damages to property. This is entirely the responsibility of persons participating such as: players, coaches, managers, parents, and spectators – all of whom participate at their own risk.

Purpose

The general purpose of the SASA Rec. Flag Football Program is to provide a common interest in sportsmanship, fellowship, skill improvement and physical fitness: to bring area youth closer together through the means of recreational competition: and to keep the welfare of the youth first and foremost.

Specific purposes are:

1. To promote safety first by encouraging only programs with strict controls over ages and equipment.
2. To acquaint each and every player with such baseball fundamentals as hitting, fielding, running bases, throwing mechanics and physical fitness.
3. To inspire players in good habits such as sportsmanship, fellowship and respect for coaches and umpires.

Philosophy

The established philosophy of the SASA Board of Directors is that all participants enrolled in youth sports have the guaranteed right to play in every game regardless of skill level. As a result of this guiding philosophy, rules and regulations governing play, eligibility, and sportsmanship have been developed. It is always the duty of the coach to inform SASA of adverse conduct or situations.

It has been the philosophy of SASA to provide a recreational based youth league program for the players of all age groups. SASA will provide this recreation program under the following guidelines:

1. That every participant is able to play and will be allowed to have fun.
2. SASA will provide a recreational program for which the main concern is fun for all players.
3. SASA will make every attempt to provide equity of play by dividing ability levels into several classifications.

Ethics & Sportsmanship During SASA Sponsored Events

Coaching Ethics

A youth coach, by example of his/her behavior effects hundreds of youngsters in the City of Stillwater, as well as the entire baseball/softball program. A coach should:

1. Keep winning and losing in its proper perspective. Stress effort rather than winning and losing.
2. Be considerate of player's feelings and exhibit self-control at all times.
3. Show respect for opposing players, coaches and fans.
4. Cooperate with officials and treat them with respect.
5. Make sure that all players get in the game at least one inning (defense).
6. Allow the players to have fun.
7. Teach players fundamentals.
8. Teach players sportsmanship.

A Coach shall refrain from:

1. Use of alcohol and/or participating in team functions (games or practice) under the influence of alcohol or having alcohol on their breath.
2. Use of tobacco products of any kind while in the presence of players (Games and practice).
3. Bawling out players on the field.
4. Baiting officials or disrupting their decisions on the field.
5. Riding the opposition or fans by word or gesture.

NOTE: The player's safety and well-being should be any coaches main concern at all times. Injured players should not be allowed to re-enter the game where they could risk further injury.

Sportsmanship

1. Poor sportsmanship and/or foul language will not be tolerated. Any derogatory remarks to officials, opposing coaches, fans, or players can result in suspension from play or forfeiture of the game.
2. Refs are tasked with keeping the peace to allow the kids to compete in a recreational atmosphere. If you are interfering with this atmosphere the umpire(s), site director or SASA Management will remove you.
3. **Any coach/fan/parent ejected from a SASA event (games or practices) must leave SASA property immediately and may not re-enter SASA property for the remainder of the day. Additionally, the ejected coach/fan/parent will not be allowed to attend/participate (suspended) in the next game. Ejected coaches/fans/parents may petition to the SASA Board of Directors through the Grievance Chair to have their suspension nullified.**
4. **Repeated ejections or acts of poor sportsmanship and/or use of foul language could result in suspension or removal from all SASA programs for the remainder of the calendar year.**

The Basics:

1. SASA will provide flag belts, flags for games.
2. SASA will provide color coordinated T-Shirt game jerseys to all teams that request them for game play.
3. A coin toss determines the first possession.
4. The offensive team takes the ball on the 15 yard line and has four plays to cross the next line to gain. If the offense fails to cross the next line to gain or score, the ball changes possessions and the new offensive team will start their offensive possession at their own 15 yard line.
5. All possession changes, **except interceptions**, start at the offenses 15 yard line
6. Teams change sides of field after the first half. Possession changes to loser of coin toss.
7. 7 players on the field per team.
8. Side snap allowed 6U divisions. Snaps between legs for all others.
9. 1 Offensive and 1 Defensive Coach are allowed on the field between snaps. They must remove themselves from the action by going to the sideline or dropping back from the line of scrimmage after they call a play or set alignment.

Ball Size:

10. 6U: Nerf or “similar” of ball. (Prior to the beginning of the game both coaches and refs are to agree on the balls used by each team during their offensive possessions)
11. 8U: Pee Wee size ball (Prior to the beginning of the game both coaches and refs are to agree on the balls used by each team during their offensive possessions)
12. 10-12U: TJD size ball (Prior to the beginning of the game both coaches and refs are to agree on the balls used by each team during their offensive possessions)

Field Size:

13. 60 yards by 32 yards. (Goal line to goal line is 60yds in length + 2, 5yd end zones)

Timing:

14. Games will consist of two, twenty-minute half's with a running clock. The one official will keep the game clock and will communicate game time remaining frequently
 - a. The game clock will only stop on change of possession, injury or touchdown.
 - b. PAT's are untimed.
15. The other official will keep a 30 second play clock that will start once the ball has been set for play.
 - a. 10 Seconds remaining on the play clock will be signaled with 1 arm vertically in the air.
 - b. 5 seconds remaining on the play clock will be signaled with 1 arm horizontally.
 - c. 0 seconds remaining will be signaled with a whistle
16. Each team will get 2, 1 Minute time outs per half.
17. Halftime will be 4 minutes.

Scoring:

18. Touchdown: = 6 points
19. Extra point(s) = 1 point (played from the 5 yard line) OR = 2 points (played from the 10yard line)
20. Safety = 2points

Running:

21. The quarterback may run with the ball in any age division with the following exceptions...
 - a. The quarterback may not run the football if he did not take the snap under center. (No Wildcat (QB keep) out of Shotgun)
22. After the QB makes an initial handoff or pass they become an eligible runner/receiver.
23. There must be a clear center-to-“other offensive player” before the offense may attempt to advance the ball.
24. Offense may use multiple handoffs in 1 play. (Double or triple reverse plays)
25. A player can throw the ball from behind the line of scrimmage after a handoff(s).
26. Once the ball crosses the line of scrimmage, all defensive players are eligible to pull the ball carriers flag(s) irregardless of the ball carrier’s forward or behind the line of scrimmage.
27. The ball is spotted where the ball carrier’s feet are when the flag is pulled, **not where the ball is.**

Receiving:

28. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
29. As in the NFL, only one player is allowed in motion at a time.

Passing:

30. Incomplete backwards passes will be whistled dead balls at the spot where the ball hits the ground with loss of yardage.
31. Interceptions of a traditional forward pass may be advanced and returned. The intercepting team will get the ball at the spot the runner is down or out of bounds.

Dead Balls:

32. Substitutions may be made at any dead ball.
33. Play is ruled “dead” when:
 - a. The football hits the ground. **No fumble recoveries or diving after the ball.**
 - b. Ball carriers flag is pulled.
 - c. Ball carrier steps out of bounds.
 - d. Touchdown or safety is scored.
 - e. Ball carriers knee hits the ground.
 - f. Ball carriers flag falls out (pulled or otherwise).
 - g. Ball snapped over quarterback’s head or is dropped by the quarterback, the play will be whistled dead and the ball will be spotted at the point where the ball hit the ground.
 - i. Safety’s will be awarded for a ball dropped in the offenses end zone or ball carriers flag pulled while his lead foot is still in the end zone.
 - h. Quarterback may not pick up bad shotgun snap and attempt to advance it at their own will.
 - i. **Should a pass receiver flag inadvertently falls out while in the process of making a catch then secures the catch the play will be dead at the spot of the catch; no additional yds can be attempted.**

Rushing the Quarterback (Offensive Backfield):

34. Markers will be set by the back judge prior to each play.

- a. One marker will denote the line of scrimmage and placement of the football prior to the snap. Another marker will be placed 1 yd into the defensive line of scrimmage to establish a neutral zone.
- 35. In the 6U division rushing the QB (Offensive backfield) is not allowed. Defensive players are not allowed to cross the line of scrimmage until the ball does.
- 36. In the 8U-12U divisions:
 - a. All defensive players regardless of position must be clear of the 1 yd neutral zone established by a marker prior to each snap.
 - b. Only one player may rush the quarterback (offensive backfield) per snap.
 - c. Teams may rush the quarterback on any down as long as they do not violate the neutral zone rule prior to the snap.

Use of Hands (Offensive and Defensive Players)

- 37. Offensive players are allowed to establish their blocking zone prior to each play. A players blocking zone is considered the space they physically occupy prior to each snap. Within each offensive players blocking zone they are allowed to use their hands to:
 - a. Protect themselves from a bull rushing defender.
 - b. Protect themselves from a falling or out of control player.
- 38. Defensive players may use their hands to:
 - a. Protect themselves from a charging offensive player.
 - b. Protect themselves from a falling or out of control player.
 - c. Pull flags.

Sportsmanship, Rough Play Un-Necessary Use of Hands:

- 39. Swiping at the football or arm(s) of the ball carrier to create a fumble is not allowed at any age division.
 - a. With safety in mind...a defender may not swat/swipe/rip at the football while possessed by a offensive player. This includes "taking" swatting at an attempted handoff in the offensive backfield. Example...The 1 defensive rusher may not take the hand off between the QB and the tailback should he make it to the mesh point before the tailback. Should this happen the ball is marked dead where the defensive player gains possession. Should the defender make contact with an offensive player see rule 48 for penalty.
- 40. If the referee witnesses any acts of tackling, elbowing, kicking, tripping, cheap shots, un-necessary use of hands or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game after 1 warning.

Foul play will not be tolerated and will be handled by the Refs, Site Supervisor, Operations Director, Executive Director and/or SASA Board of Directors.

Specific Rules for 6U Division:

- 41. Side snaps are allowed in the 6U division.
- 42. No offensive player may handle the ball on consecutive plays. This includes an incomplete pass.
- 43. No defensive rushing is allowed in the 6U division.

Penalties:

- 44. Referees are to determine incidental contact that may result from normal run of play.

45. Games cannot end on a defensive penalty, unless the offense declines it.

Defensive Penalties:

46. **Offside** - 5 yards

47. **Pass Interference** - 5 yards and automatic first down.

48. **Illegal Contact** (holding, swiping at ball to create fumble, illegal use of hands, etc..) + 5 yards and replay the down if happened behind the line of scrimmage, spot of foul + 5yds passed line of scrimmage.

49. **Illegal Flag Pull** (before receiver has ball) – Ball will be placed at the spot of the foul + 5yds

50. **Illegal Rushing** (More than 1 rusher entering the offensive backfield) + 5 yards and replay the down

Offensive Penalties:

51. **Illegal Motion/False Start** (more than one person moving,.) - 5 yards and replay down

- a. With young players False Start could be called on every single play. We want to see action not a flag fest. Please train your players to move on the snap of the ball rather than player movement. Its awfully hard for young players to stay in a stance for any length of time. This rule will be enforced as much as competitively necessary.

52. **Illegal Forward Pass** (pass thrown after the ball crosses the line of scrimmage) - 5 yards and loss of down.

53. **Offensive Pass Interference** (illegal pick play, push off/away defender) - 5 yards and loss of down.

54. **Flag Guarding** - 5 yards (from spot of the foul).

- a. In the event of defensive players pulling a flag and the flag belt is seemingly affixed incorrectly the ref will perform a flag check on the ball carrier. If the belt is affixed incorrectly the ball will be placed 10yds behind the line of scrimmage (of previous play) and loss of down.

55. **Delay of Game Play Clock Hits 0** - 5 yard penalty and replay the down.

56. **Illegal Contact** (holding, illegal use of hands, etc..) - 5 yards and repeat down.