



**2007**

**AMENDMENTS TO FLAG FOOTBALL RULES FROM JERSEY SHORE**  
**Cub Divison 5 and 6 year olds**

**Flag Commissioners:**  
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**PLAYING FIELD**

- 1) 80 yard field with two 10-yard end zones. Field is spilt down the middle from goal post to goal post. Two games can be played at once.
- 2) After each play the ball goes to the center hash mark. (Center of the playing field).
- 3) Play starts 30 yards from the opposite end zone. (30-yard line).
- 4) No punting. Play starts 30 yards from the opposite end zone when punt is declared. (30-yard line).

**EQUIPMENT**

- 1) Cups are mandatory.
- 2) Mouthpiece is mandatory.
- 3) Cleats are optional.
- 4) The color of the flags worn must be of contrast to the uniform color.

**REFEREES**

- 1) Home team supplies two referees.
- 2) Referees must be over 15 years old.
- 3) Referees must know these rules.
- 4) One coach from each team can referee. If no referees are available.

**RULES OF THE GAME**

- 1) **2 coaches from each team are permitted on the field.**
  - A) Coaches behind safety when play starts. While on defense.
  - B) Coaches behind running backs when play starts. While on offense.
  - C) Coaches discuss the rules with the coaches from the opposing team prior to the beginning of the game.
  - D) Coaches should always act in a positive manner. (Yelling or belittling the children is unacceptable).

**2) Game is one hour**

- A) Two 25-minute halves. With a running clock.
- B) Ten minutes between halves. Half time is for the flag cheerleaders.
- C) One time out per half.
- D) Thirty seconds allowed between plays.

**3) Defense**

- A) 4-player defense line.
- B) 2 players lined up on offensive guards.
- C) 2 players lined up on offensive ends
- D) No one lined up the center.
- E) Other 4 players at linebacker or safety. At least five yards off the line of scrimmage.
- F) Every one wears a flag. Except for 2 interior linemen.
- G) Two interior linemen are the only ones that can rush the quarterback. They must make contact with the offensive linemen.
- H) No goal line defense is allowed.

**4) Offense**

- A) No unbalanced line.
- B) One fumbled snap. Per four downs.
- C) 3 interior linemen not eligible.
- D) Center is the only player on the field permitted to be in a 3-point stance.
- E) If a team is ahead by three touchdowns, or has scored three times the other team maintains possession of the ball until they score.
- F) Interceptions cannot be advanced. Change of possession is at point of interception.
- G) Team cannot go on silent count.
- H) There will be no quarter back sneaks. **The quarter back must run out side the tackles...**
- I) No flag guarding or stiff arming allowed at the flag level.

**5) Good Sportsmanship**

Remember that this is for **FUN** and instruction. There is no score in these games. We want the parents and the children to always be kind and fair to the opposing team.



