

Instructional Flag Football Rules

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I. LEAGUE RULES

- a. Practices/Games will be played at City Center Park (300 E Center St, Orem UT).
- b. Practice will be held during your scheduled game time. The first 20 minutes will be practice, followed by a game.
- c. Games will consist of two 12-minute halves (running time) with a 3-minute halftime. Clock will stop only for timeouts and emergencies.
- d. Two 60-seconds timeouts per half. Timeouts do not carry over.
- e. Coin toss winner picks to start on offense or defense. The other team will pick which endzone they will defend.
 - i. The team who starts with the ball and the direction will flip for the 2nd half.
- f. ONE official will be provided. Coaches will help facilitate/referee games.
- g. A team consists of 7 players on the field. Teams may play short-handed
- h. All players are required to play at least half the game.
- i. Players must swap positions for each possession.
- j. Sportsmanship is a key priority for this program.

II. PLAYER ELIGIBILITY

- a. Players must play in the division for the age/grade they are currently enrolled in.
 - i. Each player may only play for one team.
- b. A team roster will consist of 8 players. Players shall not be added by coaches.
- c. Players are assigned teams by the League Coordinator based on neighborhood.
- d. Only registered players may participate. Players must be wearing an issued jersey or have proof of registration to play.

III. EQUIPMENT

- a. Jerseys MUST be tucked in so they do not interfere with the flags.
- b. Players must wear closed toe athletic shoes or cleats. No bare feet, crocks, etc. will be allowed.
- c. No metal spikes or jewelry.
- d. Orem Parks & Rec will provide a game ball and flags.
 - i. Flags must be worn with one flag on the back and the other two flags on the hips.
 - ii. Tying, wrapping, or altering flags is illegal.
- e. Ball will be a Pee-Wee sized football.

IV. FIELD DIMENSIONS

- a. 60 yards x 100 feet (10-yard zones w/ 10-yard endzone)

V. GAME RULES

- a. Coaches will be allowed on the field during play as follows. Coaches must not make contact with any players once the ball is ready for play, or interfere with play in any way.
 - i. 1st/2nd Grade: Coaches allowed on the field for offense and defense.
- b. The field of play will be divided into 4 zones. The offense will have 4 downs to advance the ball to the next zone to get a first down. Failure to advance to the next zone will result in a turnover.
- c. There will be no kickoffs. Possessions start from the zone marker going into zone 2.
- d. The game shall be played by a 5-man team. At least 3 offensive players must be on the line of scrimmage at the snap (sideline to sideline).
- e. Neutral Zone
 - i. The defense must line up at least 5 yards behind the line of scrimmage.
 - 1. A 5 yard rope will be used to mark the neutral zone.
 - ii. Goal Line Offense
 - 1. If an offensive player is downed within 5 yards of the endzone, the ball will be placed at the 5-yard line. The defense must line up behind the goal line.
- f. Scoring
 - i. Touchdown – 6 Points
 - ii. Extra Point
 - 1. 1 Point try – 5-yard line
 - 2. 2 Point try – 10-yard line
 - 3. A turnover on a PAT cannot be returned.
 - iii. Safety – 2 Points
 - 1. A safety can be caused by a flag pull, fumble, or penalty in the endzone.
 - iv. No official score/standings will be kept. Focus is on fun and development.
- g. Punting
 - i. A team must announce their intention to punt on 4th down. All players other than the punter and returner must line up on the line of scrimmage and cannot move until the ball is punted.
 - ii. Punts may be kicked or thrown.
- h. Offense
 - i. 25 seconds to put the ball in play once it is declared ready for play by the official.
 - ii. All players are eligible to receive a pass.
 - iii. Only 1 forward pass per play (laterals are okay)
 - iv. No diving or hurdling is allowed (5 yard penalty)
 - v. A legal snap may be between the legs or a side toss to start the play.
 - 1. A legal snap must be a distinct transfer of the ball from the Center to another player.
 - vi. Only one player may be in motion at the time of the snap (not toward the opponent's goal line).
 - vii. A minimum of 3 players (not counting the QB) must be on the line of scrimmage at the time of the snap (sideline to sideline). The QB does NOT count even if lined up under center.
 - 1. Players on the line of scrimmage are ineligible to receive a snap.
- i. Illegal Forward Pass
 - i. A forward pass is illegal if...
 - 1. A passer's entire body is beyond the line of scrimmage when the ball is thrown.
 - 2. If thrown after teams possession has changed during a down (interception/punt)
 - 3. If more than one forward pass beyond the line of scrimmage is made.
 - 4. If ball is intentionally thrown to the ground or out of bounds within the pocket.
- j. Ineligible Receiver

- i. A player who goes out of bounds on his own during a passing down loses his eligibility until the ball has been touched by another player. (loss of down at previous spot)
- k. Hideouts
 - i. A hideout is a player who is trying to conceal themselves or be concealed by teammates on or off the field. Hideouts are not allowed. (Unsportsmanlike Conduct)
 - ii. Substitutions must enter the game in a clear and obvious position in a timely manner.
- l. Running the Ball
 - i. All ball carriers are legal runners anywhere on the field with the following exceptions.
 - 1. The QB is ineligible to rush when lined up under center unless the defensive rush crosses the line of scrimmage.
 - 2. A QB under center may not hand off to offensive lineman. They must leave the line to become an eligible receiver. (Fumblerooski play)
 - ii. A ball carrier may only spin one time in succession. They must establish balance and direction before they can spin again (5 steps usually).
- m. Fumble
 - i. A fumble which touches the ground in the field of play is dead on the spot and belongs to the offensive team unless a loss on downs. The ball will be placed by the spot first touched by ball.
 - ii. A fumble on a snap can be picked up and played by the QB if done in a timely manner.
 - 1. The officials will blow the play dead if they determine the offense/defense may collide.
 - iii. A fumble caught in flight can be returned (treated as an interception).
- n. Offensive Use of Hands
 - i. Stiff arms are not allowed.
 - ii. Lineman may block for the QB. Crossed arms and open hand blocks are okay. Arms cannot be extended to hold the defender.
 - iii. All other players may block for the ball carrier, but should act as a “shield” between the ball carrier and defender. Blocker can use their hands to protect themselves but cannot initiate contact or “throw a block”.
 - iv. Interlocking blockers is not allowed.
- o. Defensive Use of Hands
 - i. All defensive players are eligible to blitz/rush on all plays.
 - ii. It is the responsibility of the defender to avoid excessive contact. They may use their hands to get past the blocker (swim moves are okay) but should not run through the blocker. Running through the blocker is a penalty (like a charge in basketball).
 - iii. Defenders must go for the flags of the ball carrier. Stripping or punching the ball is not allowed.
- p. Removing the Flag
 - i. A ball carrier is downed when a flag is pulled. If the flag falls without being pulled, the runner will be marked down by one hand touch.
 - ii. The ball carrier cannot protect their flags by blocking, guarding, hacking, or holding flags so their opponent cannot remove the flag (Flag Guarding).
 - iii. Defender can put his hands on the body when attempting to pull flag but cannot hold ball carrier
 - iv. If loose clothing/untucked jersey interferes with pulling the flag, ball carrier is down on contact.
- q. Tackling
 - i. It is illegal to tackle, trip, push, hold, hack, stiff-arm or rough another player.
 - ii. Pushing a ball carrier out of bounds is considered a tackle and will be penalized.
 - iii. If a defensive player tackles or trips a ball carrier who, in the judgement of the referee had an open field for a touchdown, a touchdown will be awarded to the ball carrier.
- r. Roughing the Passer

- i. The defender must go for the flags when rushing the passer.
- ii. Contact with the QB's arm, or with the ball while in the QB's hand that interferes with their follow-through is roughing the passer if in the judgement of the official, the defender was not attempting to pull the flag.

VI. PENALTIES

- a. All penalties are at the officials' discretion.
- b. Offsetting penalties will result in a replay of down.
- c. Minor Penalties (5 yards)
 - i. Flag Guarding or Stiff Arm (spot foul)
 - ii. Delay of Game
 - iii. Offsides/Encroachment
 - iv. Illegal Procedure (early movement on punts/2 players in motion – replay down)
 - v. False Start
 - vi. Offensive/Defensive Holding (replay down)
 - vii. Diving/Hurdling (spot foul/loss of down)
 - viii. Illegal Spinning (spot foul/loss of down)
 - ix. Snap Infraction
 - x. Illegal Forward Pass/Grounding (spot foul/loss of down)
 - xi. Illegal Substitution
- d. Major Penalties (10 yards)
 - i. Tackling, tripping, clipping, pushing the ball carrier out of bounds, etc. (auto 1st down)
 - ii. Pass Interference (auto 1st down)
 - iii. Roughing the Passer (auto 1st down)
 - iv. Tying/Altering Flags (from previous spot/loss of down)
 - v. Illegal Block (spot foul)
 - vi. Bull Rush (running through another player)
 - 1. Offensive (loss of down), Defensive (auto 1st down)
- e. Unsportsmanlike Conduct (Half the distance to the goal – auto 1st down)
 - i. Hideouts, trash talking or taunting opponent, swearing, yelling at officials by players or coaches.
 - ii. Pulling or removing a flag of an offensive player without the ball with the intent of making that player ineligible.
 - iii. Officials may give a warning for minor incidents but are not required to.
 - iv. Any players fighting will be removed from the game.

VII. PLAYER CONDUCT

- a. Players may be asked to sit out for behavior issues or excessive roughness by officials' judgement. Any players fighting will be removed from the game and suspended at the League Coordinator's discretion.

VIII. WEATHER

- a. This program is held outdoors and will usually be held despite uncomfortable weather conditions. Games/practices will be held whether it is sunny, raining, windy, etc., with the following exceptions.
- b. Field Conditions
 - i. If the playing surface is determined to be unsafe, games/practice may be cancelled.
- c. Lightning

- i. If there is lightning within 4 miles, play will be suspended immediately, and all players/spectators must go to their cars. Play can resume after 30 minutes of no lightning. If there is another strike, the clock resets.
- d. In case of Inclement Weather, please call the Rainout Hotline at 801-229-7101
- e. An effort will be made to reschedule any postponed games within the program calendar.

IX. COACHES/PARENTS

- a. Coaches, parents, and spectators of any kind are expected to follow the Orem Parks & Recreation Code of Conduct (see attached). Coaches are responsible for ensuring all patrons associated with their team abide by the Code.
- b. There will be zero tolerance for arguing, yelling at, or ridiculing staff in any way. If there are any concerns with staff, please notify the League Coordinator.
- c. The officials', site supervisor, and League Coordinator reserve the right to expel any coach, fan, or player from further participation in the program for any action that they deem not in keeping with the rules or philosophy of the Orem Parks & Rec Department.

Subject to Change

Updated: 8/31/2026

City of Orem Parks & Recreation

Code of Conduct



The City of Orem Recreation Department has established a Code of Conduct which applies to all persons participating in any way in any Orem City Recreation Department programs or facilities. All participants, volunteers, coaches, patrons, and spectators are expected to know, promote, and adhere to the following standards of conduct.

1. Promote and encourage good sportsmanship by demonstrating positive support for players, coaches, officials, participants, and employees.
2. Treat everyone with respect, regardless of race, color, age, sex, religion, national origin, disability, or skill level. Putting down or demoralizing others is not acceptable.
3. Adhere strictly to the rules of the game/facility (including official's or employee's decisions) and do not attempt to change or manipulate those rules in order to win or for personal benefit.
4. No smoking, drinking, or being under the influence of alcohol or drugs will be allowed in the facilities or on playing fields.
5. Abuse or harassment of players, volunteers, coaches, officials, spectators, or employees in any form will not be tolerated. Bullying is a form of harassment which is also prohibited.
6. Foul, abusive, profane, or vulgar language is prohibited and will not be tolerated.
7. Fighting is prohibited. Fighting includes physical (hitting, pushing, touching, "getting in the face of") or verbal (threatening, making fun of, calling names, cursing, arguing).
8. Remember that youth programs are for the kids [to learn fundamentals, techniques, sportsmanship, teamwork, and have fun]; they are not for adults! Therefore, **all** kids deserve a right to fairness at all times.
9. Conduct yourself in a manner that would be an example and a role model to youth under your direction or in the vicinity.
10. Coaches agree to support and work with assigned team throughout the designated season, and agree to hold regular practices (at least once a week) and show up to scheduled games.
11. Any equipment issued does not become personal property and all equipment must be returned in good condition to the City at determined time.
12. Promote team work, physical conditioning and teaching skills appropriate to the sport. Do not teach, encourage, or allow rough or dirty tactics of play.

Anyone who does not comply with this policy, or who conducts himself or herself in any unbecoming manner, will be subject to disciplinary action including (but not limited to) verbal or written warning, being asked to vacate the premises, suspension, or expulsion from the program, class, facility, or field and associated privileges will be terminated without refund. Financial restitution may be required when appropriate. Criminal violations will be prosecuted to the fullest extent of the law.