

# GRAHAM LITTLE LEAGUE FOOTBALL ASSOCIATION

## RULES OF PLAY FOR 8U FLAG FOOTBALL – 2024 Season

Each team will field a maximum of 8 players to play during games or a minimum of 6 players. The Texas High School 11-Man Rulebook will be used in conjunction with the following EXCEPTIONS AND CLARIFICATIONS (see below).

### EXCEPTIONS AND CLARIFICATIONS:

- The Field of Play will be 80-yards long from goal line to goal line and 40-yards wide. End zones will be 10-yards deep. (These basic field dimensions may be scaled down based on limitations of the field.)
- First Downs: The field will be divided into 20-yard segments for a first down. Cones will be placed on the sideline every 20-yards marking the zones. If a team turns the ball over 5-yards from the next zones, it would be 1<sup>st</sup> and 5-yards to go.
- Official Football Size: PeeWee
- The 8U Flag Football Division is restricted to children in 1<sup>st</sup> and 2<sup>nd</sup> grades.
- Only the flags issued by the Association may be used during games.
- Any player carrying the football must have his/her shirt tucked in and flags on the sides of their hips. If shirt is untucked or flags are not positioned on the sides, then they are down where they took possession of the ball.
- No tackling allowed. Tackling is a 10-yard penalty.
- If flag falls out at any time, or player starts playing without a flag, player is still eligible of possession of ball, but will be down with one hand touch.
- The QB cannot rush the ball immediately, it must be handed off or passed, the RB or WR may hand the ball back to the QB to make him an eligible runner. The QB has 7-seconds to throw or hand off the ball.
- Ball carriers must not run directly at a defender (as if to run them over) or drop their shoulder and hit a defender. “Bull rushing” is a 10-yard penalty with a loss of down.
- Ball carriers must not guard their flags, even inadvertently, with their hands or arms. Flag guarding is a 5-yard penalty from the spot of the foul with a loss of down. Stiff arms are NOT allowed.
- Blocking must be performed with the blockers hands up at chest level, and they must only make contact with a defender in their torso (chest and abdomen). Blocking with the hands is allowed up to 3-yards downfield from the line of scrimmage. Illegal blocking is a 5-yard penalty.
- Unnecessary roughness will be called by a referee if a player is playing in such an aggressive manner that the risk of harm to another player is high. This is a judgment call by the official and will be honored by all.
- A coin toss will be used at the start of the game per HS rules.
- The ball will be placed on the 20-yard line in place of a kick-off.
- Fumbles will be down or whistled dead at the spot of the fumble with team A keeping possession. If the spot of the fumble makes the line to gain, first down. If not, the succeeding down will be played.
  - Exception – fumbled snaps will not stop play, the 7-seconds rule applies to allow QB to hand off or throw the ball.
- In the event of a “Safety”, the defensive team will score 2 points and will then take possession of the football on their own 20 yard-line.
- The offense must have EXACTLY 5 players on the line of scrimmage, 3 of which must be lined up as such: Guard // Center // Guard.
- The 2 guards and the center are not eligible for a pass; the other 5 offensive players are eligible for a pass.
- The offensive linemen must use “splits” that allow them to touch their neighbors’ shoulders when their arms are fully extended.
- The offense is not allowed to rush with the football between the offensive guards.
- Punts will be allowed, but they will not be rushed. The punter will line up at least 5-yards from the line of scrimmage and may hold the football. Once the ball is punted it becomes a “live ball” situation.

- Punts fielded in the air may be returned. Uncaught punts will be down where the ball stops rolling or leaves the field.
- “Fake punts” are not allowed.
- The defensive line must have a minimum of 2 players and a maximum of 4 players.
- The offensive center will not be “covered” by a defensive lineman.
- Defense can only rush on the second exchange.
- Defensive linemen may not “shoot the gaps”.
- All linemen (offensive and defensive) who line up in the “box” (from offensive left tight end to offensive right tight end) must start the play from a 3- or 4-point stance. The only exception is that an “uncovered” defensive end may start the play from a standing-type stance.
- The remaining four defensive players must start the play from at least 3-yards behind the line of scrimmage, and they must not cross the line of scrimmage until a second exchange occurs (center to QB is the first exchange).
- Penalties will be 5-yards. Personal fouls will be 10-yards.
- Extra points will start from the 3-yard line. Rushes will be worth 1 point and passes worth 2 points.
- Two coaches will be allowed on the field during play to help with play selection and lining players up in their correct positions. Coaches must remain at least 10-yards from the nearest player once the play starts. Coaches are not to call out opponents plays or assist players in that capacity. Will be warned once, then assessed unsportsmanlike penalty for this behavior.
- Quarters will be 8-minutes long. The clock will run continuously except during the last minute of each half. During the last minute of each half, the clock will start and stop per Texas HS Football rules.
- A 2-minute water break will be held between quarters.
- A 5-minute water break will be held at halftime.
- 2 one-minute time outs are allowed per half.
- The offense will have 45 seconds to start their next play from the time the ball is set.
- Shirts must remain tucked in at all times.
- All players must wear a mouth guard on the field.
- Tie breakers to determine playoffs or final standings:
  - 1<sup>st</sup> head-to-head
  - 2<sup>nd</sup> Points For (highest wins)
  - 3<sup>rd</sup> Difference between points for and against (highest wins)

**Acts of deliberate tackling, cheap shots, or an unsportsmanlike act will not be tolerated. Player may be ejected from the game and will result in unsportsmanlike penalty at the sole discretion of the referee.**

- Depending on severity, player may be subject to suspension or expulsion from the league without refund. Player safety is of the utmost importance.

• Any player instigating or encouraging a fight, taunting or throwing a punch/kick will be immediately removed from the game and be subject to further disciplinary action at the sole discretion of the league director.

**• Trash talking is illegal and may result in unsportsmanlike penalty. Any player, coach or spectator verbally abusing a player, spectator, referee, or agent of Graham Little League Football will be immediately removed from the game and escorted from the facility.**

• Personal fouls/unsportsmanlike penalties will result in an automatic first down and 15 yards from the end of the play. Player assessed the foul may be subject to removal from the game for the remainder of the half, or longer at the referee’s sole discretion based on severity of incident. If a player is ejected from a game, a suspension will likely follow – same applies for coaches.