**Coach QB NFL Flag Rules 2022**

**Teams**

* The game will be played 5v5. The coach will play QB with 5 players eligible to run/catch.
* Mix up teams if one of the teams is short players.

**Time**

* 15-minute practice then 2 - 15-minute halves with a running clock. 3-minute halftime.
* Teams may take a maximum of 1-minute between plays. Try to go quickly so the kids get more playing time!

**Scoring**

* We do not keep score in this league. After you score a touchdown, the other team will start with the ball. If coaches choose to keep score, the game can end in a tie.

**Field**

* The game will be played on 1 half of a field. The drive will start at the 5-yard line by the midfield line.
* The offense will have 4 plays to score a touchdown. Whether they score or not, the other team gets the ball at the start line.

**Live/Dead Ball**

* The ball is live when the offensive coach says ‘hike’ or ‘go’ and is live until the defensive coach calls the ball dead (1 electronic whistle per game. Switch when possession switches.)
* Dead ball is when:

1. The ball hits the ground (including a fumble), the ball carrier’s flag is pulled or falls off, the ball carrier steps out of bounds, a touchdown is made, the ball carrier’s arm or knee touches the ground, the receiver catches the ball and their flag falls off beforehand so they will be down when they catch the ball.
2. Ball carrier cannot jump or spin.
3. When a player flag guards.

* There are no fumbles. Next play starts from where the ball hits the ground.

**Coaches**

* Start with the ball in your hands. Do not have a kid hike the ball to you.
* Cannot run the ball.
* Are the referees.
* Pass must be thrown from behind the line of scrimmage (or close to it).
* Defensive coach will have the whistle to call when the play is dead and penalties.

**Running**

* Only a direct handoff, no pitches or laterals.
* If a player receives a handoff, they may run or throw the ball if behind the line of scrimmage.
* No blocking or screening (offensive players cannot physically get in the way of a defender trying to make a play on the ball). **No contact at any point in the game.**
* Shirts must be tucked in and flags must be over the shirt.

**Rushing**

Defense cannot rush the quarterback. Must be behind the line of scrimmage until the ball is handed off.

**Receiving**

* All players are eligible to receive passes.

**Misc.**

* Interceptions can be returned. Running the ball to the start line will count as a touchdown.
* Visiting team will start the game with the ball. Home will start with the ball for the second half. They will start on the 5-yard line by midfield. Home/Away listed on schedule.

**Ball Size**

* Coach QB - Mini

**Penalties**

The coaches will call all penalties. They determine incidental contact that may result from normal run of play. Only the head coach may respectfully ask the other coach questions about clarification and interpretations.

* If there is any tackling or unnecessary roughness, talk to the kid immediately (the coach whose kid is at fault) and let them know it's not okay to do that. Explain that they need to try to pull off the flag.
* This is a no contact sport. If offense or defense makes unnecessary contact, talk to the players about what they did wrong and replay the down.
* Flag guarding, pushing, holding, tackling, blocking (stopping a defender from getting to an opponent’s flag) are all penalties.

Words of encouragement go a long way. Talk positively to players, opponents and spectators!