

Catholic Football League 2009 3rd and 4th Grade Flag Rules

Officiating

- We will use 2 Dowling Catholic High School players to referee.
- In addition one coach per half will be designated to assist the 2 High School referees. The Home Team will assist the officials in the first half, and the Visiting Team will assist in the second half. The “officiating” coach can not be the same as the on-field coach. All game complaints should be addressed to the Officiating Coach instead of the High School students.

Overall Game Rules (8 man rules)

- Played on 60 yd field
- One coach per team allowed on field during game
- No kick offs
- Start on 15 yard line
- Moving 1st down (parent volunteers asked to man the 1st down pylon)
- 20 minute halves, 5 minute half time. The clock will run continuously until the last two minutes of each half. Then the clock will stop for incomplete passes, player running out of bounds with the ball, and penalties. During the first eighteen minutes the clock will stop only after each touchdown, timeout, and injury. After a touchdown the clock will restart when the ball is snapped.
- 1-two minute time out per half (no carry over time outs)
- If teams have 16 or fewer players each player needs to start at either an offense or defensive position for the first series of each half. This will help direct equal playing time for each player throughout the game. This is the goal, within reason.
- All jerseys must be tucked in, and are not permitted to hang over the flag belt. Should a player loose their flag/belt during a down, or if a flag falls off before the start of a play, and that player gains possession of a live ball, that player will be considered down when a one hand tag is made.

Offensive Rules

- 5 men on line of scrimmage. Lineman can either be in a two or three point stance.
- One player may be in motion (laterally) when the ball is snapped. No player may be in motion toward the line of scrimmage when the ball is snapped.
- Center and two interior linemen are not eligible to go out for a pass or run the ball, but the 5 other offensive players are considered “eligible”.
- QB is allowed to run.
- Blocking (live line play and rush) must be above the belt only. The player can use hands from arm to arm on front side only, and will be allowed to block downfield.

- Fumbled ball or dropped lateral will be blown dead at sight of fumble. The offensive team maintains possession unless fumbled on 4th down. The only exception is when the ball is fumbled into end zone. If the ball is fumbled in to the scoring end zone, the play will be blown dead. The offensive team will maintain possession, and the ball will be placed on the goal line. If the ball is fumbled in to your own end zone; the play is blown dead, and considered a touch back.
- Offensive QB is allowed to recover dropped snap and proceed with play. Dropped snapped recovered by any other offensive player or defensive player results in dead ball at sight of fumble. (Offense remains possession, unless 4th down.)
- Teams may use own ball as long as it meets the league's standard.
- Punts must be declared with no rush allowed. If offensive team catches the ball in the air, the play will be blown dead at the spot of the catch. The player can **not** advance the ball. If the ball hits the ground, it is blown dead at the spot it stops rolling or goes out of bounds.
- Offensive ball carrier may not shield or block their flags or spin excessively. The "Hurdling" another player will result in dead ball at the spot of the "hurdle".

Defensive Rules

- Minimum of 3 linemen must be on the line of scrimmage.
- Defensive tackles must be lined "head up" or on the outside shoulder of the offensive guards.
- Immediate rush is allowed by the three interior lineman – **no** other defensive players may blitz. On the snap of the ball, the defensive-ends may come across the line of scrimmage for containment only – they are not allowed to blitz.
- No diving for flags.
- The Defensive player can advance an interception.
- NO tackling or tripping.
- Defense may not shove the ballplayer out of bounds.