

**Catholic Football League
2007 Flag Rules for 3rd and 4th Grade**

Officiating – volunteer refs (2 high school players per game) in addition one coach per half will be designated to assist the HS referees. Home team will assist the officials in the first half and visitor team will assist in the second half. The “officiating” coach can not be the same as the on-field coach

Game (8 man rules)

- **Played on 65yd field**
- **One coach per team allowed on field during game**
- **No kick offs**
- **Start on 15yd line**
- **Moving 1st down (parent volunteers)**
- **20 minute halves, 8 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)**
- **6 points for touchdown. 1 point for extra point from 3 yard line and 2 points for extra point from 5 yard line**
- **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.**

Offense

- **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. 5 other offensive players are “eligible”.**
- **QB is allowed to run.**
- **Blocking (live line play and rush)**

- Above belt only
 - Can use hands from arm to arm on front side only
 - Players are allowed to block downfield
- Fumbled ball or dropped lateral will be blown dead at sight of fumble stays in possession of offense unless fumbled on 4th down. Exception is ball fumbled into end zone is placed at goal line if offense fumbled into scoring end zone. If offense fumbles into own end zone touch back for defense and 2 points.
 - 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.
 - Declared punts with no rush. If offensive team catches they may advanced the ball. If punt hits the ground, the ball is dead at the spot it hits the ground.
 - Offensive ball carrier may not shield or block their flags or spin excessively. “Hurdling” another player will result in dead ball at the spot of the “hurdle”.

Defense

- 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
- Defense is allowed to blitz one additional player (besides 3 lineman)
- No diving for flags
- Can advance interception
- No tackling or tripping
- Defense may not shove the ballplayer out of bounds
- An intercepted pass during an extra point play may be returned for 3 points.