



## Age 4 - K Grade Rules: Micro Division

Flag Football Fanatics Operates Under a ZERO Tolerance Policy.

### I. Game **All Grade Levels will be 5 on 5.(Exception Micro Can Play 4 on 5)**

1. At the start of each game, captains/coaches from both teams shall meet at midfield for the coin toss to determine who shall start with the ball. The visiting team shall call the toss.
2. The winner of a coin toss gets a choice of possession. The Loser of the coin toss will have a choice of direction. These will alternate in the second half; teams may NOT choose to defer to the second half.
3. The offensive team takes possession of the ball at its own 8-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, they have four (4) plays to score a touchdown.
4. If the offense fails to score or obtain a first down, the ball changes possession and the new offensive team takes over on its own 8-yard line.
5. Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping of head, hand, arm or shoulder, or intentionally covering flags with the football or jersey. Flag Guarding will be called at the full discretion of the referee.
6. Interceptions can be returned for 2 points. After an interception, the defensive team can try to return the interception for 2 points and will gain possession at their own 8 yard line regardless if they score on the interception. An interception on a PAT the defensive team can try to return the interception for 2 points and will gain possession at their own 8 yard line regardless if they score on the interception. Furthermore, if the team who threw the INT commits a penalty during the return, the intercepting team will be awarded (2) Points. \*Interceptions are extremely rare in the Micro Division\*
7. There are NO FUMBLES. The ball will be spotted where the player lost control of the ball.
8. There will be NO NEGATIVE PLAYS and NO SAFETIES in the Micro Division. If a play results in negative yardage, the ball will be spotted back at the original line of scrimmage. Exception: The offense can lose yardage if an offensive penalty occurs.
9. **The coach will be the Quarterback in the Micro Division** and must have his/her coach's shirt on that will be provided by Flag Football Fanatics.
10. **Coaches who fail to wear Authentic FFF Coach Shirts as the outermost layer will be penalized 5 yards per possession. Please see your Field Director if the size provided does not fit.** Coaches are expected to adhere to Flag Football Fanatics Philosophies, Coaching Guidelines and Flag Football Fanatics Code of Conduct at all times.
11. To avoid snapping, **there will not be a center.** The coach must be on the line of scrimmage with the ball in his/her hand to start each play (No Shotgun Formations).
12. The coach (QB) must ask the opposing coach or referee if they are ready before the ball is snapped.
13. The coach (QB) has approximately seven (7) seconds to throw or hand-off the ball after he/she snaps the ball. It will be at the full discretion of the referee to determine if the coach is taking too long, which will result in the play being blown dead.
14. Coaches must cut the excess belt off so that it does not hang down from the players' waste. If the belt is hanging down, making three (3) belts visible, the referee can rule the player down when they

**\*\*ALL Rules and Guidelines are subject to change at the discretion of the League Director\*\***

gain possession of the ball.

15. If a child's flag comes off inadvertently or is pulled off by his/her own teammate, **the player is marked down.**

16. Games are played 5 on 5. Micro teams must field a minimum of four (4) players at the start of the game. Showing up with (3) or less players will result in a forfeit. Teams can play a scrimmage or intrasquad game, with the team that had less than 4 players receiving the loss.

17. After each game, participants are expected to shake hands at midfield no matter the outcome of the game. (Exception: COVID Restraints)

## II. Coaches

1. Coaches are expected to adhere to Coaching Guidelines and Flag Football Fanatics' Code of Conduct at all times.

2. The League Director has full authority to remove a coach at any time from his/her coaching duty indefinitely.

3. Only four coaches (including the stat keeper) per team are allowed on the coach/player sideline. Two (2) of these coaches may be on the field at a time (with one (1) being the Quarterback).

## III. Touch Rule/Playing Time

1. **Snake Rule** - A child cannot possess the ball for the 2nd time until all players have received their 1st touch. A child cannot possess the ball a 3rd time until every child has received their 2nd touch. A child cannot possess the ball for the 4th time until every child has received their 3rd touch and so on.....

2. When the offense runs a reverse, only the last player running with possession of the football will receive the touch for that play.

3. Incomplete passes or dropped passes will not be considered a touch.

4. If the coach hands the ball off to a child and the child passes the football, the child throwing the ball will receive a touch for the play. If the child he/she is throwing to catches the ball, he/she will also receive a touch for that play.

5. Once a child gains possession of the ball, the ball cannot be pitched or handed-off back to the coach.

6. Games will consist of **4 9-min quarters** with a running clock until the last min of the game.

7. **Coaches in the Micro Division may substitute players at any time.**

## IV. Equipment

1. All players must wear mouth guards at all times while on the playing field.

2. Shorts and Pants CANNOT have pockets.

3. Players' jerseys must be tucked into the pants, with the complete belt showing at all times. If a coach notices an opposing player's jersey is untucked, he must ask the referee to have the player tuck his/her Jersey in before the start of the next play.

4. The excess belt must be cut off so that it does not hang down from the player's waste. If the belt is hanging down, making three (3) belts visible, then the referee can rule the player down when they gain possession of the ball.

5. Players must wear the Flag Football Fanatics jersey that is provided to them at the beginning of the season.

6. **Football balls will be provided to each coach by Flag Football Fanatics and these football balls will be used as the game balls.**

7. Players must remove all jewelry and hats.

## V. Field and No-Run Zone

1. In the Micro Division, the offense is permitted to run the football at any time.

## VI. Timing and Ties

1. Games will consist of four 9-minute quarters and a two minute half-time. Playoffs + Tournaments are subject to different timing formats.

2. Game times can be shortened at the discretion of the League Director.

**\*\*ALL Rules and Guidelines are subject to change at the discretion of the League Director\*\***

## VII. Scoring

1. Score will be kept in the Micro Division. Touchdown: **6 points**

2. PAT (Point After Touchdown) **1 point** (4-yard line), **2 points** (8-yard line), or **3 points** (12-yard line).

Note: 1 point PAT is in the No-Run Zone so the conversion must be a pass only, 2 and 3 point PAT's can be run or pass plays. Safety: **2 points**. **Defensive interception that is run back for a TouchDown = 2 points** **Defensive interception during a P.A.T that is run back for a Touchdown. = 2 points**

3. PAT: If there is an offensive penalty during an extra point, the attempt is **automatically no good**. If there is a defensive penalty on an extra point, the attempt is **automatically good**.

## VIII. Flag Pulling

1. Defenders can dive to pull flags, but cannot tackle, hold or run through the ball carrier when pulling flags.

2. It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.

3. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.

4. Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping of head, hand, arm or shoulder, or intentionally covering flags with the football or jersey. Flag Guarding will be called at the full judgment of the referee.

## IV. Formations

1. The offense must have ONE player on the line of scrimmage at the time of the snap.

2. One (1) player at a time may go in motion.

3. No motion is allowed towards the line of scrimmage.

4. Offensive players must come to a complete stop for one (1) second before the ball is snapped unless he/she is the one (1) player in motion.

5. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start. Referees will be very lenient to the movement of younger players before the ball is snapped.

## XIII. Unsportsmanlike Conduct

1. If the league director or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the player will be warned or ejected from the game based on the severity of the situation. Foul play will not be tolerated.

2. Offensive or confrontational language is illegal. Referees have the right to determine offensive language. If offensive or confrontational language occurs, the player or coach can be ejected from the game and removed from the league indefinitely.

3. Players may not physically or verbally abuse any opponent, coach or referee.

4. Defenders are not allowed to run through the ball carrier when pulling flags.

5. Fans must also adhere to good sportsmanship, as well:

- Yell to cheer on your players, not to harass referees or other teams.

- Keep comments clean and profanity free.

- Compliment ALL players, not just one child or team.

6. Fans are required to keep our fields safe and kid friendly:

- Keep younger kids and equipment such as coolers, chairs and tents away from the sidelines.

- Stay on the designated Parent/Fans sideline.

7. Parents and Fans not following the guidelines of the league will be removed from the organization premises indefinitely.

**\*\*ALL Rules and Guidelines are subject to change at the discretion of the League Director\*\***

**XIV. PENALTIES – They are rarely called during Micro Games**

- 1. Two (or more) delay of game penalties in one game will result in a loss of down.
  - 2. The referee will call all penalties.
  - 3. Referees determine incidental contact that may result from normal run of play.
  - 4. All penalties will be assessed from the line of scrimmage, except as noted (spot fouls).
  - 5. Only the head coach may ask the referee questions about rule clarification and interpretations. Players and coaches cannot question judgment calls.
  - 6. Games cannot end on a defensive penalty, unless the offense declines it.
  - 7. Penalties will be assessed half the distance to the goal yardage if the distance to the goal is less than the penalty yardage.
  - 8. Extra points: If there is an offensive penalty during an extra point, the attempt is automatically no good. If there is a defensive penalty on an extra point, the attempt is automatically good.
  - 9. Judgment calls will NOT be debated.
  - 10. Penalties deemed as Intentional or Flagrant will be enforced at the referee’s discretion (anywhere from giving EXTRA YARDAGE to GRANTING a breakaway TOUCHDOWN).
- 5 Yard Penalties (All PRE-SNAP Penalties)

Off-sides on the Defense.....	5 yards from the LOS & replay the down
Illegal motion (more than one person moving, false start, etc.) .....	5 yards from the LOS & replay the down
*Delay of game.....	5 yards from the LOS & replay the down
*Two (or more) delay of game penalties in one game will result in a loss of down*	
Offense	
Illegal forward pass.....	10 yards from the LOS & loss of down
Offensive pass interference.....	10 yards from the LOS & loss of down
Offensive Spot Fouls	
Flag guarding.....	5 yards & loss of down
Charging.....	5 yards & loss of down
Screening, Blocking, or Running with the ball carrier.....	5 yards & loss of down
Defense	
Illegal rushing (Starting rush from inside 7-yard marker).....	5 yards from the LOS & automatic first down
Pass Interference.....	5 yards from the LOS & automatic first down
Roughing the passer .....	5 yards from the LOS & automatic first down
Defensive Spot Fouls	
Illegal contact.....	5 yards & automatic first down

**Buffer Zone (applied to the Micro Division only) –** This is the 2 yard zone from the LOS of scrimmage, in which the players cannot cross until the ball leaves the Coach/QB’s hands. **\*\*See Graph on last page\*\***

We have and will do our best to provide a fun, safe atmosphere for our children.  
 It is important that the safety and welfare of the children is never compromised.  
 We ask everyone to do their part to continue to make our league a success.  
 Flag Football Fanatics Operates Under a ZERO Tolerance Policy.

Thank You!

**\*\*ALL Rules and Guidelines are subject to change at the discretion of the League Director\*\***

## Flag Football Fanatics

**\*\*ALL Rules and Guidelines are subject to change at the discretion of the League Director\*\***

Page 5 of 5

(Updated 7/5/22) **changes highlighted**