



WHEATON RAMS
YOUTH FOOTBALL
PROGRAM OF THE WHEATON PARK DISTRICT

Rams Flag Football | 1st & 2nd Grade Football Rules

- General Rules -

Field:

- Length of the field will be a total of 60 yards, plus two 10-yard end zones
- The width of the playing field will be 42 yards wide

Game Start:

- Coin toss with players from each team at mid-field; visiting team calls the toss
- Winner of toss may choose offense or defense, loser of toss chooses direction
- Direction changes in second half
- Possession begins at the 20 yard line at start of game, at start of 2nd half, and after every touchdown scored
- Home team in charge of running game clock & moving sticks (4 volunteers required each game from home team)

Equipment:

- Players must always wear mouth guards and league-provided helmets
- "NFL mini" size football
- Players will wear 2 flags in games (1 on each side); No flag will be used on players back

Time:

- Two 25-minute halves with running clock; 5 minute half-time
- Each team has one 30-second timeout per half (clock starts on snap after timeout)
- Clock will stop for any injury
- Huddle time – 45 second play clock - 5 yard penalty from LOS after warning

Scoring:

- Touchdown = 6 points
- PAT from 2-yard line = 1 point
- PAT from 5-yard line = 2 points
- Safety = 2 points (team scoring the safety, receives ball on their 20)
- No PATs for a team with a 25 point or greater lead
- 10 yards = 1st down
- Head coaches verify score with one another at halftime and at end of game
- Winning team head coach reports score to league commissioner

Coaching:

- 2 defensive coaches and 2 offensive coaches are allowed on field per team.
- 1 coach is assigned to line play; ensuring proper splits and helping avoid mismatches in lineman abilities



WHEATON RAMS
YOUTH FOOTBALL
PROGRAM OF THE WHEATON PARK DISTRICT

Rams Flag Football | 1st & 2nd Grade Football Rules

- Offense -

Positions:

- **1 Center / 2 additional lineman (1 on each side of center)**
Splits can be no wider than fingertip-to-fingertip from the outstretched arm of the offensive lineman next to them / (Center & Guards are not eligible receivers)
- **1 QB**
5 additional eligible receivers / running backs
None of these players can line up on the line of scrimmage as lineman
Any players lined up as wide receivers or slot receivers must be at least 1 yard wider than the end lineman and off the ball

Ball Carrying:

- There are no fumbles. The ball is spotted where the fumble occurs.
- If the ball carrier falls down, the ball is dead at the spot.
- If a ball carrier loses a flag from their belt, the ball will be spotted at the spot where the flag dropped.
- Running plays through the "A" gap (to the immediate left or right of the center) are not allowed
- NO "stiff arms" allowed

Ball Snaps:

- The ball must be snapped between the legs, not off to one side, to start play.
- One dropped snap per offensive possession will be allowed without the loss of down. This includes bad shotgun snaps. Any additional bad snap per offensive possession will result in a loss of down from the original line of scrimmage
- A bad snap on a extra point conversion attempt results in failed attempt regardless of if there was a bad snap throughout the drive

4th down:

- No kicks of any kind allowed
- If offense fails to make a 1st down within their first three downs, they may declare a punt on 4th down. In this case the ball is placed fifteen yards from the line of scrimmage (as if a punt occurred) and possession changes. If the offensive team chooses not to declare a punt on 4th down and they do not make a 1st down, possession changes hands at the spot of 4th down play.

Blocking:



**WHEATON RAMS
YOUTH FOOTBALL**
PROGRAM OF THE WHEATON PARK DISTRICT

Rams Flag Football | 1st & 2nd Grade Football Rules

- Blocking must be with hands placed between defender's waist and shoulders
- Block with hands only with body remaining upright (PANCAKES ARE NOT ALLOWED)
- Center is free to block any defensive player
 - On running plays, center may pull down the line of scrimmage or move up field to block;
 - On passing plays, Center must remain at line of scrimmage to block until pass is thrown.

- Defense –

Positions:

- 2 defensive linemen (one yard off the line of scrimmage)
 - Lined up head-up from the opposing offensive lineman
 - No D-lineman can line up over center
- 7 additional defensive players (at least 2 yards off the line of scrimmage)

Downing A Player:

- one flag pulled equals a downed ball carrier
- when flag is pulled, defensive player must immediately stop and raise flag into the air to help with the spot
- A player is also considered down if any part of their body other than a hand or foot touches the ground
- no tackling allowed

Blitzing:

- The 2 defensive linemen can rush/blitz/pursue the QB at any time and will be considered standard, acceptable line play
- 1 additional defensive player may blitz on 3rd and 4th downs only, and from a starting distance of at least 2 yards off the line of scrimmage
- No blitzing through "A" gaps allowed by anyone at anytime

Other Defensive Gameplay:

- Defense may play man or zone defense or any combination
- Interceptions may be returned for touchdown or intercepting team will take possession where downed
- No jamming receivers at the LOS



WHEATON RAMS
YOUTH FOOTBALL
PROGRAM OF THE WHEATON PARK DISTRICT

Rams Flag Football | 1st & 2nd Grade Football Rules

- Line Play –

- All linemen must begin in a 3-point stance
- Offensive lineman splits can be no wider than fingertip-to-fingertip from their outstretched arms
- Defensive lineman must line up 1 yard off the line of scrimmage. ALL OTHER DEFENSIVE PLAYERS MUST BE AT LEAST 2 YARDS OFF THE LINE OF SCRIMMAGE.
- Coaches are responsible for avoiding mismatches.
- No moving around your biggest lineman to attempt a mismatch
- Offensive line sets first / then D line can adjust to avoid mismatches

- Penalties –

Protocol:

- Officials will call all penalties
- Officials may determine if incidental contact occurred (as opposed to penalty)
- Only coaches may discuss a penalty call with officials
- Games and halves may not end on a penalty unless the opposing team declines the penalty
- Penalties will be assessed half the distance to the goal line when the penalty yardage is more than yardage to end zone
- If official has an inadvertent whistle, offense can decide either:
 - Take ball at the yard line where play was stopped by inadvertent whistle, or
 - Replay the down
- Coaches are allowed to use a timeout to question an official's interpretation or assessment of a rule (not the call itself)
 - If official's ruling or interpretation was correct, team will be charged with the timeout
 - If official's ruling or interpretation was incorrect, team will not be charged with the timeout

Offensive Penalties	
BALL CARRIER LEAVES FEET (jumping/diving for any reason)	5 YARD LOSS FROM SPOT OF FOUL
BALL CARRIER USES "STIFF ARM"	5 YARD LOSS FROM SPOT OF FOUL



**WHEATON RAMS
YOUTH FOOTBALL**
PROGRAM OF THE WHEATON PARK DISTRICT

Rams Flag Football | 1st & 2nd Grade Football Rules

BALL CARRIER FLAG GUARDING (Using hand to knock away defender's hand or shielding flag with ball carrier's hand is considered "Flag Guarding.")	5 YARD LOSS FROM SPOT OF FOUL
BALL CARRIER INITIATING CONTACT (not attempting to avoid contact / lowering head to engage contact)	5 YARD LOSS FROM SPOT OF FOUL
BLOCKING BELOW WAIST OR ABOVE SHOULDERS	5 YARD LOSS FROM LINE OF SCRIMMAGE
ANY RUNNING PLAY THROUGH "A" GAP <i>*Player Safety Rule to Avoid Collisions and Center Injuries*</i>	5 YARD LOSS FROM LINE OF SCRIMMAGE
Delay of Game	5 YARD LOSS FROM LINE OF SCRIMMAGE
False Start	5 YARD LOSS FROM LINE OF SCRIMMAGE
Holding	10 YARD LOSS FROM LINE OF SCRIMMAGE
Unnecessary Roughness	10 YARD LOSS FROM LINE OF SCRIMMAGE
BLOCKER FALLING ON TOP OF DEFENDER (A "PANCAKE") <i>A second penalty of this kind called on the same player results in player's ejection</i>	15 YARD LOSS FROM LINE OF SCRIMMAGE
Taunting	15 YARD LOSS FROM LINE OF SCRIMMAGE
Unsportsmanlike Conduct	15 YARD LOSS FROM LINE OF SCRIMMAGE

Defensive Penalties	
Pass Interference	Offense moves to spot of foul & Automatic First Down
Offsides	Offense +5 yards from line of scrimmage (<5yrd line-> First Down)
Blitzing (On 1st / 2nd Down) or Through "A" Gap	Offense +5 yards from line of scrimmage (<5yrd line-> First Down) /
Holding	Offense +10 yards from line of scrimmage & Automatic First Down
Unnecessary Roughness	Offense +10 yards from line of scrimmage & Automatic First Down
Taunting	Offense +15 yards from line of scrimmage & Automatic First Down
Unsportsmanlike Conduct	Offense +15 yards from line of scrimmage & Automatic First Down

- Other Rules & Clarifications -

Overtime Play:

- Teams will alternate four plays from the 15-yard line with no first downs
- Coin toss as start of overtime to determine who will play offense first; alternate team first on offense for each session thereafter
- For any 3rd overtime and beyond, all PATs must be 2-point attempts from 10-yard line

Misc:

- Simultaneous possession by both an offensive and defensive player goes to offense
- Defense may return Interception PAT; 2 points awarded to defense if returned successfully
- No intentional ball stripping



WHEATON RAMS
YOUTH FOOTBALL
PROGRAM OF THE WHEATON PARK DISTRICT

Rams Flag Football | 1st & 2nd Grade Football Rules

- Substitution of players may be made after any dead ball; no extra huddle time or time to snap allotted
- If 9 players cannot be fielded, teams will play 7v7 with no forfeit.
 - 2 eligible RB/WR's will be removed on Offense
 - 2 defensive players will be removed

Standings:

- Will be published weekly
- If 2 teams are tied at the end of the season, tiebreakers are: 1) head-to-head records, 2) points allowed, 3) points scored, 4) coin flip
- Playoff brackets / seeding will be based on final standings



WHEATON RAMS
YOUTH FOOTBALL
PROGRAM OF THE WHEATON PARK DISTRICT

Rams Flag Football | 3rd & 4th Grade Football Rules

- General Rules -

Field:

- Length of the field will be a total of 60 yards, plus two 10-yard end zones
- The width of the playing field will be 53 yards wide

Game Start:

- Coin toss with players from each team at mid-field; visiting team calls the toss
- Winner of toss may choose offense or defense, loser of toss chooses direction
- Direction changes in second half
- Possession begins at the 20 yard line at start of game, at start of 2nd half, and after every touchdown scored
- Home team in charge of running game clock & moving sticks (4 total Volunteers / game)

Equipment:

- Players must always wear mouth guards and league-provided helmets
- K2 size Football
- Players will wear 2 flags in games (1 on each side); No flag will be used on players back

Time:

- Two 25-minute halves with running clock; 5 minute half-time
- Each team has one 30-second timeout per half (clock does not start until snap after timeout)
- Clock will stop for any injury
- Huddle time – 45 second play clock - 5 yard penalty from LOS after warning

Scoring:

- Touchdown = 6 points
- PAT from 2-yard line = 1 point
- PAT from 5-yard line = 2 points
- Safety = 2 points (team scoring the safety, receives ball on their 20)
- No PATs for a team with a 25 point or greater lead
- 10 yards = 1st down
- Head coaches verify score with one another at halftime and at end of game
- Winning team head coach reports score to league commissioner

Coaching:

- 2 defensive coaches and 2 offensive coaches are allowed on field per team.
- 1 coach is assigned to line play; ensuring proper splits and helping avoid mismatches in lineman abilities



WHEATON RAMS
YOUTH FOOTBALL
PROGRAM OF THE WHEATON PARK DISTRICT

Rams Flag Football | 3rd & 4th Grade Football Rules

- Offense -

Positions:

- **1 Center / 2 Guards**
Splits can be no wider than fingertip-to-fingertip from the outstretched arm of the offensive lineman next to them / (Center & Guards are not eligible receivers)
- **2 Tight Ends**
1 on each side of line. Splits can be no wider than fingertip-to-fingertip from the outstretched arm of the offensive lineman next to them
- **Tights Ends are eligible receivers or may stay and block.** If running a route, TE's may chip block.
- **1 QB**
- **3 additional eligible WR's / RB's**
None of these players can line up on the line of scrimmage as lineman

Ball Carrying:

- There are no fumbles. The ball is spotted where the fumble occurs.
- If the ball carrier falls down, the ball is dead at the spot.
- If a ball carrier loses a flag from their belt, the ball will be spotted at the spot where the flag dropped.
- Running plays through the "A" gap (to the immediate left or right of the center) are not allowed
- NO "stiff arms" allowed

Ball Snaps:

- The ball must be snapped between the legs, not off to one side, to start play.
- One dropped snap per offensive possession will be allowed without the loss of down. This includes bad shotgun snaps. Any additional bad snap per offensive possession will result in a loss of down from the original line of scrimmage

4th down:

- No kicks of any kind allowed
- If offense fails to make a 1st down within their first three downs, they may declare a punt on 4th down. In this case the ball is placed fifteen yards from the line of scrimmage (as if a punt occurred) and possession changes. If the offensive team chooses not to declare a punt on 4th down and they do not make a 1st down, possession changes hands at the spot of 4th down play.



WHEATON RAMS
YOUTH FOOTBALL
PROGRAM OF THE WHEATON PARK DISTRICT

Rams Flag Football | 3rd & 4th Grade Football Rules

Blocking:

- Blocking must be with hands placed between defender's waist and shoulders
- Block with hands only with body remaining upright (PANCAKES ARE NOT ALLOWED)

(Center play cont.)

- On running plays, center may pull down the line of scrimmage or move up field to block;
- On passing plays, Center must remain at line of scrimmage to block until pass is thrown.

- Defense –

Positions:

- 4 defensive linemen (each lined up one yard off the line of scrimmage)
 - Lined up head-up from the opposing offensive lineman/TE
 - No D-lineman can line up over center
- 5 additional defensive players (each lined up at least 2 yards off the line of scrimmage)

Downing A Player:

- one flag pulled equals a downed ball carrier
- when flag is pulled, defensive player must immediately stop and raise flag into the air to help with the spot
- A player is also considered down if any part of their body other than a hand or foot touches the ground
- no tackling allowed

Blitzing:

- The 4 defensive linemen can rush/blitz/pursue the QB at any time and will be considered standard, acceptable line play
- 1 additional defensive player may blitz ON 3RD AND 4TH DOWNS ONLY, and from a starting distance of at least 2 yards off the line of scrimmage
- No blitzing through "A" gaps allowed by anyone at anytime

Other Defensive Gameplay:

- Defense may play man or zone defense or any combination



WHEATON RAMS
YOUTH FOOTBALL
PROGRAM OF THE WHEATON PARK DISTRICT

Rams Flag Football | 3rd & 4th Grade Football Rules

- Interceptions may be returned for touchdown or intercepting team will take possession where downed
- No jamming receivers at the LOS

- Line Play –

- All linemen must begin in a 3-point stance
- Offensive lineman splits can be no wider than fingertip-to-fingertip from their outstretched arms
- Defensive lineman must line up 1 yard off the line of scrimmage. **ALL OTHER DEFENSIVE PLAYERS MUST BE AT LEAST 2 YARDS OFF THE LINE OF SCRIMMAGE.**
- Coaches are responsible for avoiding mismatches.
- No moving around your biggest lineman to attempt a mismatch
- Offensive line sets first / then D line can adjust to avoid mismatches

- Penalties –

Protocol:

- Officials will call all penalties
- Officials may determine if incidental contact occurred (as opposed to penalty)
- Only coaches may discuss a penalty call with officials
- Games and halves may not end on a penalty unless the opposing team declines the penalty
- Penalties will be assessed half the distance to the goal line when the penalty yardage is more than yardage to end zone
- If official has an inadvertent whistle, offense can decide either:
 - Take ball at the yard line where play was stopped by inadvertent whistle, or
 - Replay the down
- Coaches are allowed to use a timeout to question an official's interpretation or assessment of a rule (not the call itself)
 - If official's ruling or interpretation was correct, team will be charged with the timeout
 - If official's ruling or interpretation was incorrect, team will not be charged with the timeout

Offensive Penalties	
BALL CARRIER LEAVES FEET (jumping/diving for any reason)	5 YARD LOSS FROM SPOT OF FOUL
BALL CARRIER USES "STIFF ARM"	5 YARD LOSS FROM SPOT OF FOUL
BALL CARRIER FLAG GUARDING (Using hand to knock away defender's hand or shielding flag)	5 YARD LOSS FROM SPOT OF FOUL



WHEATON RAMS
YOUTH FOOTBALL
PROGRAM OF THE WHEATON PARK DISTRICT

Rams Flag Football | 3rd & 4th Grade Football Rules

with ball carrier's hand is considered "Flag Guarding."	
BALL CARRIER INITIATING CONTACT (not attempting to avoid contact / lowering head to engage contact)	5 YARD LOSS FROM SPOT OF FOUL
BLOCKING BELOW WAIST OR ABOVE SHOULDERS	5 YARD LOSS FROM LINE OF SCRIMMAGE
Running Play Through "A" Gap <i>*Player Safety Rule to Avoid Collisions and Center Injuries*</i>	5 YARD LOSS FROM LINE OF SCRIMMAGE
Delay of Game	5 YARD LOSS FROM LINE OF SCRIMMAGE
False Start	5 YARD LOSS FROM LINE OF SCRIMMAGE
Holding	10 YARD LOSS FROM LINE OF SCRIMMAGE
Unnecessary Roughness	10 YARD LOSS FROM LINE OF SCRIMMAGE
BLOCKER FALLING ON TOP OF DEFENDER (A "PANCAKE") <i>A second penalty of this kind called on the same player results in player's ejection</i>	15 YARD LOSS FROM LINE OF SCRIMMAGE
Taunting	15 YARD LOSS FROM LINE OF SCRIMMAGE
Unsportsmanlike Conduct	15 YARD LOSS FROM LINE OF SCRIMMAGE

Defensive Penalties	
Pass Interference	Offense moves to spot of foul & Automatic First Down
Offsides	Offense +5 yards from line of scrimmage (<5yrd line-> First Down)
Blitzing (On 1 st / 2 nd Down) or Through "A" Gap	Offense +5 yards from line of scrimmage (<5yrd line-> First Down)
Holding	Offense +10 yards from line of scrimmage & Automatic First Down
Unnecessary Roughness	Offense +10 yards from line of scrimmage & Automatic First Down
Taunting	Offense +15 yards from line of scrimmage & Automatic First Down
Unsportsmanlike Conduct	Offense +15 yards from line of scrimmage & Automatic First Down

- Other Rules & Clarifications -

Overtime Play:

- Teams will alternate four plays from the 15-yard line with no first downs
- Coin toss as start of overtime to determine who will play offense first; alternate team first on offense for each session thereafter
- For any 3rd overtime and beyond, all PATs must be 2-point attempts from 10-yard line

Misc:

- Simultaneous possession by both an offensive and defensive player goes to offense
- Defense may return Interception PAT; 2 points awarded to defense if returned successfully
- No intentional ball stripping



**WHEATON RAMS
YOUTH FOOTBALL**
PROGRAM OF THE WHEATON PARK DISTRICT

Rams Flag Football | 3rd & 4th Grade Football Rules

- Substitution of players may be made after any dead ball; no extra huddle time or time to snap allotted
- If 9 players cannot be fielded, teams will play 7v7 with no forfeit.
 - 1 TE and 1 RB/WR will be removed on Offense
 - Conversely, 1 D lineman and another defensive player will be removed

Standings:

- Team Standings will be published weekly
- If 2 teams are tied at the end of the season, tiebreakers are: 1) head-to-head records, 2) points allowed, 3) points scored, 4) coin flip
- Playoff brackets / seeding will be based on final standings



WHEATON RAMS
YOUTH FOOTBALL
PROGRAM OF THE WHEATON PARK DISTRICT

Rams Flag Football | 7 v 7 Football Rules

- General Rules -

Game Start:

- Coin toss with players from each team at mid-field; visiting team calls the toss
- Winner of toss may choose offense or defense, loser of toss chooses direction
- Direction changes in second half

Equipment:

- Players must always wear mouth guards and league-provided helmets
- TDJ size Football

Time:

- Two 25-minute halves with running clock; 5 minute half-time
- Each team has one 30-second timeout per half
- Clock will stop for any injury

Scoring:

- Touchdown = 6 points
- PAT from 5-yard line = 1 point
- PAT from 10-yard line = 2 points
- Safety = 2 points
- [No PATs for a team with a 25 point or greater lead]

Basic Play:

- All passing league (no hand-offs or running plays), except in the event the defense sends one "blitzing" defender to rush the QB, which gives QB the option to run (see below details)
- QB has 4 seconds to pass, can only make forward passes from behind line of scrimmage
- One-hand touch
- Interceptions may be returned for touchdown or intercepting team will take possession where downed
- Offense starts possession with 40 yards to end zone
- Offense has 3 downs to achieve 10 yards for a 1st down
- Turnover by loss of downs results in new offensive possession with 40 yards to end zone

Offense Play (more detail pgs 3-4):

- No center will be used in this league
- 6 eligible receivers
- At least 2 receivers must be on the line of scrimmage to start play
- Other receivers can be in slot or other formation
- Motion is allowed by one receiver at a time
- "Shuffle" Blocking allowed by non-ball-carrying receivers after the catch (see details below)

Defensive Play (more detail pgs 3-4):

- Defense may play man or zone defense or any combination
- Defense may "jam" / disrupt receiver at start of route at line of scrimmage
- One defender may blitz/rush the QB on any given play (or not at all)
 - Blitzing/rushing defender may be positioned over a receiver or not, but always outside of 5-yard ball radius at snap
 - No "fake" blitz or rush attempt may occur – any "fake" gives QB option to run
 - No other defender may down the QB until the QB has crossed the line of scrimmage

Other Positioning:

- No Offensive or Defensive player may line up within a 5-yard radius of the football at snap



WHEATON RAMS
YOUTH FOOTBALL
PROGRAM OF THE WHEATON PARK DISTRICT

Rams Flag Football | 7 v 7 Football Rules

- One offensive coach is allowed on the field to participate in the huddle; coach must always stay behind the area of play

- Penalty Chart and Notes -

- Officials will call all penalties
- Officials may determine if incidental contact occurred (as opposed to penalty)
- Only Coaches may discuss a penalty call with officials
- Games and halves may not end on a penalty unless the opposing team declines the penalty
- Penalties will be assessed half the distance to the goal line when the penalty yardage is more than yardage to end zone
- If official has an inadvertent whistle, offense can decide either:
 - Take ball at the yard line where play was stopped by inadvertent whistle, or
 - Replay the down
- Coaches are allowed to use a timeout to question an official's interpretation or assessment of a rule (not the call itself):
 - If official's ruling or interpretation was correct, team will be charged with the timeout
 - If official's ruling or interpretation was incorrect, team will not be charged with the timeout

Penalty Type	Penalty Assessed
Defensive Penalties	
Pass Interference	Offense moves to spot of foul & Automatic First Down
Holding	Offense +10 yards from line of scrimmage & Automatic First Down
Unnecessary Roughness	Offense +10 yards from line of scrimmage & Automatic First Down
Taunting	Offense +15 yards from line of scrimmage & Automatic First Down
Unsportsmanlike Conduct	Offense +15 yards from line of scrimmage & Automatic First Down
Illegal Rush (>1 player or starting w/in 5yds)	Offense +5 yards from line of scrimmage & Automatic First Down
Offsides	Offense +5 yards from line of scrimmage (<5yrd line-> First Down)
Offensive Penalties	
Delay of Game (>20 sec huddle; >25 sec to snap)	Offense -5 yards from line of scrimmage (<5yrd line-> Loss of Down)
Illegal Motion (more than 1 player in motion)	Offense -5 yards from line of scrimmage (<5yrd line-> Loss of Down)
Offsides or False Start	Offense -5 yards from line of scrimmage (<5yrd line-> Loss of Down)
Offensive Pass Interference	Offense -5 yards from line of scrimmage & Loss of Down
Illegal Pass (QB backwards pass, QB past line)	Offense -5 yards from line of scrimmage & Loss of Down
Unnecessary Roughness / Illegal Block	Offense -10 yards from line of scrimmage & Loss of Down
Taunting	Offense -15 yards from line of scrimmage & Loss of Down
Unsportsmanlike Conduct	Offense -15 yards from line of scrimmage & Loss of Down



WHEATON RAMS
YOUTH FOOTBALL
PROGRAM OF THE WHEATON PARK DISTRICT

Rams Flag Football | 7 v 7 Football Rules

- Game Play Details -

Defense

"Downing" an Offensive Player:

- Defense "downs" an offensive player with the ball by one-hand touch
- No contact can be made on an offensive player's neck or head (see Penalty Chart below)
- A player is also considered down if any part of their body other than a hand or foot touches the ground

"Jamming" an Offensive Receiver:

- Defense may "jam" or disrupt a receiver upon the start of their route
 - This must occur at the line of scrimmage at the start of the play
 - No neck or head contact allowed with receiver
 - No holding or charging-through receiver

"Blitzing" or Rushing the QB:

- One defender may blitz/rush the QB on any given play
- The defender may be positioned in any manner (over a receiver or not), but always outside of the 5-yard radius of the ball at snap
- The defender does not need to be designated
- No other defender may down the QB until the QB has crossed the line of scrimmage
- No "fake" blitz or rush attempt may occur
 - If a defender independently (not in coverage) moves towards the line of scrimmage, then the QB has the option to run

Interceptions:

- Defender may intercept the pass and attempt to return the ball to the end zone for a touchdown
- Same "downing" a player (see above) and "shuffle" blocking (see below) rules apply upon occurrence of an interception

Offense

Starting Play:

- 20 seconds allowed in huddle; 25 seconds to snap the ball
 - (Either is a delay of game – see Penalty Chart below)
- Center snap or QB "hike" begins play

QB Play:

- QB has 4 seconds to throw the ball
- QB may only make forward passes and must be behind the line of scrimmage when passing
- Shovel passes are allowed (as long as forward and from behind the line of scrimmage)
- If a defender blitzes/rushes the QB, then QB has the option to run
- Once defender has blitzed/rushed the QB, 4 seconds to pass does not apply
- QB may throw the ball away from behind the line of scrimmage to avoid a sack

Receiver Play:

- Receiver is down upon one-hand contact by a defender
- Receiver must have one-foot in bounds
- A player is also considered down if any part of their body other than a hand or foot touches the ground
- A receiver may make a backwards lateral to another receiver (not to the QB or center)



WHEATON RAMS
YOUTH FOOTBALL
PROGRAM OF THE WHEATON PARK DISTRICT

Rams Flag Football | 7 v 7 Football Rules

"Shuffle" Blocking:

- "Shuffle" blocking is allowed after a reception by receivers without the ball
- "Shuffle" blocking allows receivers to laterally move to block a defender's path; no pushing, grabbing, or driving through a defender is allowed

Center Play (if applicable):

- Center may direct snap or shotgun snap the ball
- Play continues on any type of bobbled snap
- Center may "shuffle" block any blitzing/rushing defender
- Center may not be an eligible receiver
- Center may not run down-field to "shuffle" block defenders

Overtime Play:

- Teams will alternate four plays from the 15-yard line with no first downs
- Coin toss as start of overtime to determine who will play offense first; alternate team first on offense for each session thereafter
- For any 3rd overtime and beyond, all PATs must be 2-point attempts from 10-yard line

Other Rules of Play and Clarifications:

- Simultaneous possession by both an offensive and defensive player goes to offense
- Defense may return Interception PAT; 2 points awarded to defense if returned successfully
- No requirement to ever blitz/rush the QB
- QB is down where the one-hand touch occurs, even if in backfield
- No ball stripping after procession occurs and any fumble results in a "down" player at the point of fumble
- Substitution of players may be made after any dead ball; no extra huddle time or time to snap allotted
- Should a safety occur, defensive team scoring the safety then moves to offense

Standings:

- Team Standings will be published weekly
- If 2 teams are tied at the end of the season, tiebreakers are: 1) head-to-head records, 2) points allowed, 3) points scored, 4) coin flip
- Playoff brackets / seeding will be based on final standings