

Oxford Flag Football Rules 7-9 age group

- 1) Score is not kept for the lower league
- 2) Coin Toss to start.
- 3) **Player is considered down if his knee touches the ground**
- 4) The offensive team takes possession of the ball and has 4 plays to cross midfield. Once a team crosses midfield it has four plays to score. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5 yard line.
- 5) If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts from its own 5 yard line.
- 6) All possession changes start on the five yard line.
- 7) Teams change sides after 25 minutes. The clock does not stop.
- 8) **There will be a 45 second play clock.**
 - a) **The referee will warn the offending sideline once for each offense.**
 - b) **If after 2 warnings the coach takes too long in the huddle, a loss of down will be enforced.**
- 9) Teams consist of 7 players on the field. You must have three linemen in a three point stance.
- 10) There is no blocking allowed. **This includes shadowing the defender.**
- 11) Linemen are eligible to catch the ball.
- 12) All players must play equal time in each game.
- 13) All player **MUST** touch the ball
 - a) **Roster/Touches Print outs will be provided to all teams to ensure that everyone adheres to this rule throughout the season and into the playoffs.**
 - b) **A parent from the opposing team will be asked to fill in these print outs at every game. After the game the parent can turn the sheet into the referee.**
 - c) **If, in the odd event, that a coach does not have an opportunity to get a touch for a particular player in a given game, that player touches it twice the next week.**
 - d) **A pass intended for (thrown in the direction of) a player qualifies as a touch.**
- 14) The quarterback can run with the ball.
- 15) No running/blitzing zone 5 yards from midfield and 5 yards from endzone.
 - a) Quarterback has 7 seconds to pass the ball. Play is dead if pass is not made.
 - b) Referee will hard count to 7.
- 16) **Absolutely no tackling!!!!!!**
- 17) Interceptions can be advanced by the defense until the flag is pulled. Possession is returned to the offense with a loss of down.

- 18) One foot in bounds in receiving a pass.
 - 19) Ball is spotted where the ball carriers feet are when flag is pulled.
 - 20) Fumbles are a dead ball. If the ball is fumbled in the backfield; the ball is spotted at the line of scrimmage and the down is replayed. Two consecutive fumbles in the backfield will result in a loss of down.
 - 21) Defensive players will line up 5 yards from the line of scrimmage. The referees will determine the spot.
 - 22) If there is any trash talking, offensive language elbowing, elbowing, or cheap shots of any kind that player will be immediately suspended from the game.
 - 23) Any foul language or unsportsmanlike activities from the coaches will mean an immediate suspension from the game and possibly the league.
 - 24) All players must wear mouth pieces at all times.**
 - 25) No metal spikes.**
- *** Please remember --- the league is intended to be instructional and fun.