

Oxford Flag Football Rules 10-12 age group

- 1) Score IS kept for the 9-12 yr old league
 - a) 6 points for a touchdown
 - b) Extra point – two options
 - i) From 5 yards out – must pass /defense cannot rush
 - ii) From 10 yards – run or pass / defense can rush
 - iii) Turnovers during extra points are a dead ball.
- 2) **Player is considered down if his knee touches the ground**
- 3) Coin Toss to start.
- 4) The offensive team takes possession of the ball on their 5 yard line. Each team has four plays to get a first down. The field will be broken down into thirds to achieve a first down. Therefore a team will have the opportunity to achieve two first downs in a possession.
- 5) If the offensive team fails to gain a first down, 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, except through interception. With interceptions the ball is in play ball will be spotted where flag is pulled.
- 7) Teams change sides after 25 minutes (possession does not change). 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 for all subsequent infractions.
- 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 players 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 end zone.

a) Quarterback has 5 seconds to pass the ball. Play is dead if pass is not made.

b) Referee will hard count to 5.

16) Absolutely no tackling!!!!!!

17) One foot in bounds in receiving a pass.

18) Flags must be on the sides of the players on the outside of the shirts

19) QB MUST say 'Ready-Set-Hike'

a) The Quarterback may vary the snap count to any variation of the above

20) Ball is spotted where the ball carriers feet are when flag is pulled.

21) Fumbles are a dead ball. If the ball is fumbled the down is lost and ball is spotted at point of fumble.

22) Defensive players will line up 7 yards from the line of scrimmage. The referees will determine the spot.

23) If there is any trash talking, offensive language, elbowing, or cheap shots of any kind that player will be immediately suspended from the game.

24) Any foul language or unsportsmanlike activities from the coaches will mean an immediate suspension from the game and possibly the league.

25) One coach on the field at a time.

26) All players must wear mouth pieces at all times.

27) No metal spikes.

28) Penalties:

Tackling – automatic first down; first incident player and coach are warned;

player's second infraction – player is ejected from the game

Grabbing clothing or belt – automatic first down

Blocking/Screening - team's first offense results in a warning; all following infractions result in a loss of down

Pass Interference – Ball is placed at spot of the foul.

Flag Guarding – Ball is placed at spot of the foul.

Delay of game (45 second clock) – team's first 2 offenses result in a warning; all following infractions result in a loss of down

***** Please remember --- the league is intended to be instructional and fun.**

