

# *Extreme Team Sports*

## **4 & 5 Year Old FLAG FOOTBALL RULES**

*This game is for those little athletes that love to play football just like their dad,  
older brothers or sisters or just want to get in the game!*

*The rules are very minimal as we don't want to make it too complicated for the little ones.*

- Players can wear tennis shoes, or rubber cleats. NO Metal cleats.
- Jerseys must be tucked into pants or shorts.
- No clothing should be in the way of any players flag.
- Players flags must be clipped around waist.
- There is NO tackling.

### **THE BALL:**

- The ball will be a small size Nerf type material.
- Offense has the choice to play with their own team ball.
- Teams will receive (1) practice football from the league.

### **SCORING:**

- Touchdown = 6 points
- Extra Point = 1 (from the 5 yard line)
- NOTE: At this age there are NO Safety points.
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### **THE GAME:**

- Games are played 4 on 4, 5 on 5 or 6 on 6, depending on the size of the teams.
- A Coin toss will determine first possession. Home Team calls the toss.
- Games are played in 2 (two) - 20 minute halves with a 5 minute halftime.
- Each team is allowed two 1 minute time outs per half.
- Players can be substituted on any dead ball or time out.
- The offense takes possession of the ball at its 5 yard line and has 4 plays to cross mid field for a first down. If they cross midfield they will have 4 more plays to score a touchdown. If the offense fails to cross midfield after four plays the ball changes possession and the new offense starts its drive from its 5 yard line. The same applies, if offense fails to score a touchdown after the 4 plays, then the ball changes possession and the new offense takes over from its 5 yard line.
- Huddles should be kept to a maximum of 45 seconds.
- Snapping the ball: The center must snap the ball the traditional way (through the legs) to the quarterback. The quarterback MUST either pass the ball or handoff the ball to another offensive player.
- Quarterback CANNOT run with the ball.
- Defense CANNOT rush the quarterback or cross the line of scrimmage till the ball leaves the quarterbacks hands. If Defense crosses the line of scrimmage before the ball is passed or handed off, then Offense can replay down.
- Quarterback has 7 seconds to pass or handoff the ball. If the ball is dropped on the snap that will be considered a dead ball and loss of down.
- The ball does NOT have to cross the line of scrimmage. The quarterback can pass the ball overhand, underhand or shovel pass, but the pass MUST be FORWARD!
- Interceptions are allowed. Ball is dead where interception occurred.
- There are no loss of yard penalties.

*Extreme Team Sports*  
4 & 5 Year Old Rules Cont.

**NO BLOCKING OR TACKLING:**

- Any player that is intentionally blocking or tackling will receive ONE warning. If the player continues to tackle or Block, the official will have the child removed from the game for a minimum of 5 minutes. If the same child comes back into the game and tackles or blocks again, they will be sat out for the half.

**HOLDING:**

We know kids at this age try to grab for anything they can. We encourage the coaches to teach the kids to go for the flags. Officials will try to warn the kids about pulling on shirts or shorts. Although there is no real penalty for holding, if a child is “holding” onto another player it could result in a tackle and the child may get suspended on the tackling rule.

**DEAD BALLS:**

- When a players flag has been pulled.
- If a players knee hits the ground.
- If the ball touches the ground.
- A the ball carrier steps out of bounds.
- Teams will change sides after the first 20 minutes, and possession of the ball changes to the team that did not have possession at the beginning of the game.
- Two (2) coaches are allowed to be on the field to help direct and coach the kids.
- All players **MUST** have their shirts tucked into their pants or shorts.
- All players must play half the game regardless of their skill level.
- The only time a child may not play half the game is if they have been penalized/disciplined for tackling or blocking.
- Players are required to wear mouth pieces.

**FLAG BELTS:**

- Coaches can cut the belts down to the size of the players so no excess belt is hanging down. We don't want the kids to confuse the long belt as a flag, so please try to cut the belts to size.

***Remember, this game is for the kids to learn the Extreme basics and to be kept FUN! The main objective is to teach them how to catch and throw the ball. Mistakes will be made by these little players and expectations should not be too high. The kids just want to play and have fun and that is what Extreme Team Sports is all about!***

