

CARROLLTON BOOSTERS FLAG FOOTBALL

Official Rule Book & Operational Guidelines

Fall Season (Revised: 2026) | www.carrolltonboosters.org

MISSION STATEMENT & CODE OF CONDUCT

We are a volunteer youth sports organization. Our goal is for Carrollton Flag Football to be a rewarding experience for our players and their families. Having fun and learning the skills of the sport are equally important components of a quality youth sports experience. We encourage the spirit of competition, but we demand good sportsmanship from all who participate in our program. Excitement and frustration are never excuses for losing sight of our goal: to provide a safe environment where children can have fun, learn to play better football, and develop into responsible young men and women. It is our collective responsibility as players, coaches, and fans to always act in the best interest of the children. Winning a championship is an important goal, but our greatest aspiration is that playing flag football at Carrollton will be remembered fondly by every participant.

QUICK REFERENCE SHEET (FAQ)

- **Game Length:** Two 25-minute running-clock halves. 5-minute halftime.
- **Play Clock:** Strict 30-second huddle limit.
- **The Snap:** Must travel 2 yards. QB can recover a fumbled snap; anyone else touching it kills the play.
- **Blocking:** Hands must remain behind the back. No initiating contact.
- **Fallen Flags:** If a flag falls off on its own, a simple one-handed touch downs the runner.
- **Goal Line Ingress:** Only the ball needs to break the plane for a score.
- **Spinning & Diving:** 100% legal.
- **The 5-Yard Zone:** No running plays allowed. Passes must travel forward past the line of scrimmage.
- **Minimum Play:** Every child must play at least 50% of the game.

League Administration & Coordinators

- Commissioner:** Marsh Moseley (marsh.moseley@gmail.com)
- 5/6 Division:** Marsh Moseley (marsh.moseley@gmail.com)
- 7/8 Division:** Bobby Quintal (bobby.quintal@gmail.com)
- 9/10 Division:** Dann Cahoon (dann@raultgroup.com)
- 11/13 Division:** Thomas Ogg (ThomasOgg@gulfbank.com)

Age Group Divisions

- Age determined as of April 30 of the current year:
- **1st Grade:** 5 & 6 Years of Age
 - **7 & 8 Years of Age**
 - **9 & 10 Years of Age**
 - **11 to 13 Years of Age**

1.0 GAME FORMAT

- 1.1 Team Size:** Games are played 7 vs. 7. A team may play shorthanded without forfeiting if they have fewer than 7 players. A minimum of 5 players is required to play (5 vs. 7). Having only 4 players results in an official forfeit.
- A team with a full roster (7+ players) can play a full lineup of 7 and cannot be forced to play fewer players for the sake of an even matchup.
 - Shorthanded teams cannot use, and cannot be forced to use, substitute players from other rosters.

1.2 Game Clock: Games consist of two 25-minute halves with a 5-minute halftime. It is a running clock. The referee will signal the start of each half, the 2-minute warning, and the end of the half. Teams have until the scheduled kickoff time to wait for players to arrive and warm up. No early starts are allowed.

1.3 Practices: Practices are scheduled at the discretion of individual team coaches.

1.4 Standings: Official league standings are maintained by the respective League Coordinators.

1.5 Overtime (Playoffs Only): A coin flip determines choice of offense or defense. Each team gets one possession from the 10-yard line with 3 downs to score. Teams flip-flop offensive/defensive order if a second overtime is needed. In a 3rd overtime, teams start from the 15-yard line with no first downs available. Each team gets exactly one timeout for the entire duration of overtime, regardless of how many periods are played. Defensive interceptions can be returned for a touchdown. The QB can run once per series until entering the 5-yard "pass-only" zone.

1.6 Scoring Options: After a touchdown, a team may elect to automatically take 7 points, or opt to attempt a 2-point conversion from the 10-yard line (where the QB is permitted to run). If the 2-point try fails, the team receives only 6 points for the touchdown.

1.7 Inside the 5-Yard Line: Once the ball is at or inside the 5-yard line, a forward pass is strictly required to cross the line of scrimmage. Swing passes or screens executed at or behind the line of scrimmage do not satisfy this requirement.

2.0 & 3.0 DRAFT & ELIGIBILITY RULES

3.1 Player Evaluations: Skill grading will be conducted as thoroughly as possible. Every attempt will be made to grade every registered child.

3.2 No Frozen Players: Roster requests are granted strictly at the discretion of the coaches involved and the League Commissioner.

3.3 Coach's Children: A coach's own children will be automatically assigned to a draft round based on their evaluated skill level. If a coach has two children, they will each be assigned an individual round draft value.

4.0 GENERAL GAMEPLAY RULES

4.1 Eligibility: Co-ed league; all are welcome. No male/female roster or gameplay restrictions.

4.2 Uniform Code: Official team shirt required. Shorts must be a distinctly different color than issued flags. Shorts without pockets are highly preferred.

4.3 Late Arrivals: Late-arriving roster players may enter the game at any time.

4.4 5 & 10 Yard Guidelines: Inside 10-yard line, defensive rush line remains 7 yards back. Inside 5-yard line, offense must pass past line of scrimmage. QB cannot run, even if blitzed.

4.5 Timeouts: Two 30-second timeouts per half (no rollover). Clock stops for injuries. Tactical manipulation of injury stoppages leads to removal.

4.6 First Downs: Line to gain is every 10 yards (marked via beanbag).

4.17 Illegal Forward Pass: QB crossing line of scrimmage and throwing forward pass is dead ball. Returned to original line, advance to next down.

4.18 Defensive Readiness: Defense must set quickly. Offense may run plays at own pace (9/10 & 11/13). Referees override if defense intentionally delays.

4.19 Equipment Restrictions: No hard padding, helmets, or hazardous gear. Hard casts prohibited; soft casts subject to approval.

4.20 Grounding: Intentional grounding is not penalized.

4.21 Goal Line Ingress: Only the ball must break plane for TD.

4.7 Ball Spotting: Spotted exactly where ball is located when player goes out of bounds, touches knee down, or has flag pulled.

4.8 Touchdown Flag Verification: Referee pulls flag after TD. If tied/altered, loss of down, 10-yard penalty, TD nullified.

4.9 Possession Start: Standard offensive series begin at 5-yard line.

4.10 Safety Rule: Flag pulled in own end zone is not a safety; ball placed at goal line.

4.11 The Snap: Center snap must travel 2+ yards (through legs or side motion). Fumbled snap recovered only by QB; touching by anyone else dead ball.

4.12 Downed Players: Flag pulled, knee touches, or out of bounds. If flag falls accidentally, one-handed touch downs runner.

4.13 Fourth Down Options: Attempt conversion or surrender possession (opposing team takes over at own 5-yard line).

4.14 Fumbles & Stripping: Ball hitting ground ends play. Fumble in air dead at spot. Stripping strictly prohibited.

4.15 Play Clock: 30-second huddle max. Warning at 10s, countdown final 5s. 1 warning/game, then loss of down.

4.16 Blocking: Screen-blocking allowed with hands behind back. Moving blocks permitted without initiating contact. Illegal block = immediate whistle, ball marked at spot, no loss of down.

4.22 Offensive Coaches: 1 coach allowed on field to expedite huddle. Must remain behind line of scrimmage and not contact players/ball.

4.23 Defensive Coaches: 1 coach allowed to assist assignments prior to snap, then move outside active play. Obstructing play = option to replay down.

4.24 Substitutions: Any time, following participation rules.

4.25 Eligible Receivers: All offensive players eligible.

4.26 Referee Authority: Default to standard football rules. Calls final; authority to eject players/coaches.

4.27 Kickoff Determination: Coin flip determines half choice.

4.28 Quarterback Runs: QB may run across line of scrimmage once per series.

4.29 Mechanics: Spinning, diving, and jumping permitted.

4.30 Approved Game Balls:

- Under Armour 495: Pee-Wee (7/8), Junior (9/10), Youth (11-13)
- Wilson GST: K2 Pee-Wee (7/8), TDJ Junior (9/10), TDY Youth (11-13)
- Nike Vapor: Pee-Wee (7/8), Junior (9/10), Youth (11-13)
- *5/6 uses standard junior/pee-wee. 9-10 permitted to use 7-8 size.*

4.31 Provided Equipment: League supplies 1 ball, 2 flags/player, beanbags. Balls with drawn plays are illegal.

4.32 Snap Cadence: Called exclusively by QB, never on-field coach.

4.33 Field Restrictions: For 9–10 & 11–13, no coaches on field during active defensive snaps.

5.0 PENALTIES

Note: The opposing team always reserves the right to decline any penalty.

Infraction Type	Yardage Enforcement	Details & Notes
Offsides / False Start	5 Yards	Replay the down. Teams must be set before snap; only one player in lateral motion.
	Spot Foul	Play blown dead at spot of infraction. No yardage penalty.

Infraction Type	Yardage Enforcement	Details & Notes
Flag Guarding / Untucked Shirt		
Tied / Unremovable Flags (Score)	10 Yards & Loss of Down	Touchdown is nullified.
Pass Interference	10 Yards	Automatic First Down from original line of scrimmage.
Defensive Holding	5 Yards	Replay down. Impeding progress without play on flag.
Taunting / Unsportsmanlike	Warning → 5 Yards	1st offense: warning. 2nd: 5 yards. Flagrant actions = ejection.
Unnecessary Roughness	10 Yards	Automatic First Down. Subject to immediate ejection if intentional.

6.0 RUSHING THE QUARTERBACK

6.1 The Rush Line: Beanbag placed 7 yards back from line of scrimmage (including inside goal line). Defensive players not behind rush line at snap cannot cross line of scrimmage unless:

- The ball is successfully passed or handed off.
- The rushing player started completely behind designated 7-yard mark.
- The QB leaves the pocket (5 yards laterally on either side of ball).
- The ball is snapped outside of the pocket.

6.2 Multiple Rushers: Multiple players permitted to rush simultaneously. Both zone and man-to-man schemes allowed.

7.0 & 8.0 SPECIAL PROVISIONS & LOGISTICS

7.1 Minimum Play Rule: All players must play at least 50% of the game. Non-compliance results in automatic forfeit.

7.2 Coach-Referee Relations: Referees explain penalties to head coaches only. Coaches prohibited from arguing judgment calls.

8.0 1st Grade (5/6) League Special Provisions:

- **Coach QB Option:** Coaches permitted to act as QB for handoffs/short passes (encouraged to phase out by season end).
- **Coach QB Restrictions:** Cannot run outside pocket; throws must be < 10 yards.
- **Tagging Coach:** Coach wears no flags; ruled down if tagged with single hand.

Field Setup: Avenger Field uses designated Home (H) and Away (A) sidelines. Teams and supporters must remain on assigned sides.