



Talbot County Department of Parks & Recreation

I. AGE DIVISIONS – as of September 1

Kiddie Conference	Co-ed	6 – 8 year old
Pee Wee Conference	Co-ed	9– 11 year old
Senior Conference	Co-ed	12 – 14 year old

II. EQUIPMENT

Footballs (sized for each age group) and flags will be provided to all teams.

III. OFFICIATING GAMES

The Parks and Recreation Department will not tolerate unsportsmanlike behavior towards any coaches or referees serving as an official for a game.

IV. PLAYING RULES

1. Coaches on the field and in the Huddle (expect for Senior Division)
2. The offensive team takes possession of the ball at the 40-yard line and has four (4) plays to cross midfield (20-yard line) for a first down. Once a team crosses midfield it has four (4) plays to score a touchdown.
3. If the offense fails to score, the ball changes possession and the new offense takes over on the 40-yard line.
4. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from the 40-yard line.
5. All possession changes, except interceptions returned for a TD, start on the 40-yard line. Interceptions returned for a TD require an extra point attempt before the team that threw the interception starts again at the 40.
6. 5 yard no run zones established for all age groups prior to midfield & end zone. No Run Zones are in place to prevent teams from conducting power run plays with short yard to gain situations. While in the No Run Zones (a 5-yard imaginary zone before the midfield and before the end-zone), teams cannot run the ball in any fashion for positive yardage. All plays, including those that begin with a handoff, must end up as a pass play. Violation of this rule is a 5-yard penalty and repeat of down.
7. No blocking at all
8. No Quarterback sneaks
9. If ball touches the ground, it is dead and the down is over (expect for center/Quarterback exchange – where there is no loss of down and the second snap must be a hand-to-hand (no Shotgun)
10. One blitz per 4 downs from 10 yards out by one defensive player.
11. Pitches/laterals behind the line of scrimmage are OK (dead ball and loss of down if dropped)



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12. The quarterback has a seven (7) second "pass clock." If a pass is not thrown, handed-off, lateral, or pitched within the seven seconds, play is dead, the down is consumed, and the ball is returned to the line of scrimmage.
 - a. Once the ball is handed off, pitched, or lateraled, the 7-second rule is no longer in effect.
13. No kick offs.
14. Avoid contact and no flag guarding
15. Extra points – 1 point from the 5 yard line or 2 points from the 10 yard line
16. The ball is dead when an opponent removes the ball carrier's flag or the ball carrier loses a flag either accidentally, inadvertently, or on purpose. If a player loses a flag, he is still eligible to catch a legal forward pass but cannot advance the ball; the ball is dead where it is caught.
17. One (1) timeouts per team per half. Two (2) minute timeouts.
18. Any official size weight ball may be used. During the game, each team may use a legal ball of its choice when it is in possession.
19. NATIONAL FLAG FOOTBALL LEAGUE rules will be followed except for the above changes will govern play.

V. SCORING

1. Touchdown: 6 points
2. PAT (Point after Touchdown) 1 point (5-yard line) or 2 points (10-yard line).
Note: 1 point PAT is pass only, 2-point PAT can be run or pass.
3. A team that scores a touchdown must declare whether they wish to attempt a 1-pt. conversion (from the 5-yard line) or a 2-pt. conversion (from the 10-yard line). Any change, once a decision is made to try for the extra point, requires a charged time out.
4. If the score is tied at the end of 40 minutes, the game will be determined a tie.



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X. DIVISION RULES

Kiddie Conference – Pee Wee Football size

1. Field Size: 40 yards long by 40 yards wide with a 10-yard end zone
2. 5 v 5 OR 7 v 7
3. 20-minute halves, running clock

Pee Wee Conference – Junior Football size

1. Field Size: 40 yards long by 40 yards wide with a 10-yard end zone
2. 5 v 5 OR 7 v 7
3. 20-minute halves, running clock

Senior Conference – Youth Football size

1. Field Size: 40 yards long by 40 yards wide with a 10-yard end zone
2. 5 v 5 OR 7 v 7
3. 20-minute halves, running clock

Code of Conduct

Good Sportsmanship

We have always encouraged good sportsmanship. Good Sportsmanship is in our Bylaws. If players, volunteers and parents understand what is expected of them when it comes to good sportsmanship, that's probably how they will act. Good sportsmanship doesn't just happen. It needs to be taught, encouraged and demonstrated.

Coach's Code

- Enthusiastically support and practice "Everyone Plays" and Positive Coaching" philosophies
- Be reasonable in your demands on the young players' time, energy, enthusiasm, and their performance on the field.
- Impress on your players that they must abide by the rules of the game at all times
- Develop team respect for the ability of opponents, and for the judgment of referees and opposing coaches.



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- Ensure that your players' playing experience is one of fun and enjoyment (winning is only part of it). Players sure never be yelled at or ridiculed for making mistakes or losing a game.
- Set a good example and be generous with your praise when it is deserved. Children need a coach they can respect.
- Keep informed about sound principles of coaching, growth, and development principles relating to children.
- Enlist the support of your team's parents in your efforts to instill the proper attitudes and values in the players.
- Check equipment and facilities that you use. They should meet safety standards and be appropriate for the age and ability of your players.
- Follow the advice of a physician when determining when an injured child is ready to play again.

Parents' Code

- Do not force an unwilling child to participate in sports.
- Remember children are involved in organized sports for their enjoyment, not yours.
- Teach your child to always play by the rules.
- Teach your child that hard work and an honest effort are often more important than a victory.
- Help your child work towards skill improvement and good sportsmanship in every game. Your child will then be a winner, even in defeat.
- Do not ridicule or yell at your child for making a mistake or for losing a game.
- Set a good example. Children learn from the best example.
- Applaud good plays by your team and be members of the opposing team.
- Do not publicly question referee judgment and never their honesty.
- Recognize the value and importance of volunteer coaches, referees, and officials and give them their due respect. Without them, the league would not be possible.
- Support all efforts to remove verbal and physical abuse from youth sporting activities.

Player's Code

- Play for the fun of it, not just to please your parents or coach.
- Play by the rules.
- Never argue with or complain about the referees calls or decisions.



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- Control your temper and resist the temptation to retaliate when you feel you have been wronged.
- Concentrate on playing the game and on affecting the outcome of the game with your best effort. Work equally hard for your team as for yourself.
- Be a good sport by cheering all good plays, whether it is your team or your opponent's.
- Treat all players as you would like to be treated.
- Remember that the goals of the game are to have fun, improve skills, and feel good. Don't be a showoff or a ball hog.
- Cooperate with your coaches, teammates, opponents, and referees.