



Winchester Recreation Redzone Flag Football Rules and Regulations

1. Game Setup & Flow

- A coin toss determines first possession. The visiting team calls the toss.
- Winner chooses offense or defense; loser chooses direction. No deferring.
- Teams switch sides at halftime; the team that started with the ball begins the second half on defense.
- The offense starts at its 5-yard line and has four downs to cross midfield.
- After crossing midfield, the offense has four downs to score.
- If the offense fails to cross midfield:
 - Recreation Department Rule: possession returns to the opponent's 5-yard line.
 - If the offense "goes for it" on 4th and fails, the ball is placed at the spot.
- **Punt Rule:**
 - On 4th down, coaches may choose "go for it" or "punt."
 - A punt is a declared possession change, not a kick.
 - Opponents take over at their own 5-yard line.
 - Recommended only for grades 4+.

2. Field Dimensions & No Run Zone

No Run Zone

- No Run Zones are areas marked where teams can no longer run the ball.
- These areas are marked at 5yds before first at midfield and again 5 yards before the goal line

Dimensions

Grades K–5:

- 50 yards long × 25 yards wide
- No-Run Zones: 5 yards before midfield and 5 yards before the goal line

Grades 6–8:

- 25 yards wide × 64–70 yards long
- 7–10-yard end zones
- No-Run Zones: 5 yards before midfield and 5 yards before the goal line

Boundary Rule:

- Stepping on boundary lines = out of bounds.

3. Terminology

Includes: Line of Scrimmage, Rush Line, Live Ball, Dead Ball, Flag Guarding, Shovel Pass, Lateral, etc.

4. Equipment Requirements

- Mouthguards recommended, not required.
- Belts and flags required (provided by Winchester Recreation).
- No jewelry, metal cleats, or hard braces.
- Jerseys must be tucked in.
- No pockets recommended.
- Soft helmets are allowed.
- No electronic communication with players.

5. Timing Rules

- Two 25-minute halves, running clock.
 - Boys K-1 and Girls K-2 will be two 20-minute halves in the first two weeks.
- Clock stops in the final minute of each half for:
 - Timeouts

- Incomplete passes
- Out-of-bounds plays
- One 60-second timeout per half.
- No overtime in regular season.
- Playoffs: Overtime uses structured 1-play rounds.

6. Scoring

- Touchdown: 6 points
- Extra Point:
 - 1 point from 5-yard line (pass only)
 - Boys K-1 and Girls K-2 must Run
 - 2 points from 10-yard line (run or pass)
 - Boys K-1 and Girls K-2 must pass
- Safety: 2 points
- Interceptions:
 - 6 points if returned during regulation
 - No return allowed on Rec Dept conversions
 - 2 points if returned during NFL FLAG conversions or overtime
- **Mercy Rule:**
 - 35-point differential
 - Game continues but score freezes

7. Snapping the Ball

- The ball may be snapped either between the legs or off to the side.

8. Rushing (Hand-off, toss, pitch)

- All handoffs, tosses, or pitches for running plays must be behind the line of scrimmage.

- If the ball is ‘fumbled’ the play results in a dead ball and ball is spotted where it lands.
- There are no down-field laterals.

9. Passing Rules

- One forward pass per play, thrown from behind the line of scrimmage.
- Pass must be clearly forward.
- Shovel passes allowed.
- QB has 7 seconds to throw.
- If the QB catches their own pass, the play is dead.
- There are no down-field laterals.

10. Receiving Rules

- All players are eligible.
- One foot in bounds required.
- Simultaneous catch goes to the offense.
- Interceptions are returnable.

11. Defense/Rushing the Passer

- Defense for Boys K-1 and Girls K-2
 - Defenses must start 7 yards off the line of scrimmage post-snap
- Rushers must start 7 yards off the line of scrimmage.
- Boys grades K–1 and Girls grades K–2: **No Rushers**
- Boys grades 2–5 and Girls grades 3–5: **Up to 2 players can rush**
- Boys & Girls grades 6–8: **Any number of players may rush**
- Rushers must identify themselves pre-snap.
 - 1 rush per set of downs each series.
- Illegal rush = 5-yard penalty.
- If rushing and offense hands off the ball, defense keeps their rush.

12. Dead Ball Situations

A play ends when:

- A flag is pulled
- Ball carrier steps out of bounds
- Knee or arm touches the ground
- Ball hits the ground (no fumbles)
- Flag falls off
- Touchdown or safety is scored
- QB exceeds the 7-second clock
- Inadvertent whistle

13. Flag Pulling Rules

- Must pull the flag, not tackle.
- No stripping the ball.
- If a flag falls off, the runner is down at the spot.
- If a player has 0 or 1 flag and gains possession, the play is dead.

14. Formations

- At least one player must be on the line of scrimmage (center).
- QB must be off the line of scrimmage.
- Only one player may be in motion, moving parallel or backward.
- All shifts must reset for one second.

15. Sportsmanship

- No tackling, blocking, cheap shots, or rough play.
- No trash talk or offensive language.
- Fans must remain in designated areas.
- Two unsportsmanlike penalties = ejection.

16. Penalties

Defensive Penalties

- Offside: +5 yards
- Pass Interference: +15 yards, automatic first down
- Illegal contact/holding: +5 yards
- Illegal rush: +5 yards
- Illegal flag pull: +5 yards
- Roughing the passer: +5 yards
- Unsportsmanlike conduct: +10 yards

Offensive Penalties

- Delay of game: –5 yards
- Illegal motion: –5 yards
- False start: –5 yards
- Illegal snap: –5 yards
- Holding: –5 yards
- Offensive pass interference: –5 yards + loss of down
- Flag guarding: –5 yards + loss of down
- Illegal forward pass: –5 yards + loss of down
- Impeding rusher: –5 yards
- Unsportsmanlike conduct: –10 yards

17. Younger Division Adjustments

Boys Grades K–1 and Girls K-2:

- Coaches allowed on field pre- and post-snap.
- One bad-snap “do-over” allowed per down.

Boys Grades 2-5 and Girls Grades 3-5:

- One coach allowed on field pre-snap.

18. Recreation Department Notes

- Emphasis on fun, safety, and development.
- Coaches should prioritize teaching over competition.
 - ***Everyone should have a chance to play quarterback or see the ball***
- All final scores are to be reported to the rec tent.
- No kickoffs.
- No blocking.
- No metal spikes.
- “Most important rule: Have fun.”

19. Spectator Expectations

Winchester Recreation is committed to providing a positive, safe, and supportive environment for all participants. **Good sportsmanship is expected from every spectator at every game.**

- Arguing calls with referees or confronting coaches will not be tolerated.
- Spectators must treat players, coaches, officials, and other families with respect at all times.
- Failure to follow these expectations may result in **removal from the facility for the remainder of the day.**
- Serious or repeated violations may result in removal **for the rest of the season.**