

DeWitt Parks & Recreation
2026 Fall Flag Football Schedule
5th, 6th & 7th Grade League
TUESDAYS

	<u>TEAM</u>	<u>COACH</u>	<u>PHONE</u>	<u>COACH</u>	<u>PHONE</u>
1.	Tennessee Titans	Maher			
2.	Washington Commanders	Meyers			
3.	Chicago Bears	Trimble		Donahue	
4.	Kansas City Chiefs	Willey		Vallejo	

ALL GAMES –AT WESTBROOK PARK IN THE BASEBALL DIAMOND OUTFIELDS

D1 = Diamond 1 Outfield

D2 = Diamond 2 Outfield

D3= Diamond 3

D4 = Diamond 4 Outfield

5th, 6th & 7th grade use the brown intermediate football

Tue. Sept. 15

D1 5:30 2-1

D1 6:30 3-4

Tue. Sept. 22

D1 5:30 4-2

D1 6:30 1-3

Tue. Sept. 29

D1 5:30 4-1

D1 6:30 2-3

Tue. Oct. 6

D1 5:30 1-2

D1 6:30 4-3

Tue. Oct. 13

D1 5:30 2-4

D1 6:30 3-1

Tue. Oct. 20

D1 5:30 1-4

D1 6:30 3-2

Tue. Oct. 27

MAKE

UP

GAMES

IF NECESSARY

Players are encouraged to wear mouthguards

HOME TEAM WEARS DARK SIDE OF JERSEY, AWAY WEARS BRIGHT SIDE OF JERSEY

(Second team listed is home team)

5TH/6TH/7TH GRADE FLAG FOOTBALL RULES:

The Game

1. At the start of each game, captains from both teams shall meet at midfield for the coin toss to determine who shall start with the ball. The visiting team shall call the toss.
2. The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Teams may not choose to defer to the second half.
3. The offensive team takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, they have four (4) plays to score a touchdown.
4. If the offensive team fails to cross midfield after three plays, teams may elect to go for it on 4th down or punt. When punting, possession of the ball changes and the opposition starts its drive from its own 5-yard line.
5. When attempting a play on 4th down, if the offense fails to reach the line to gain, the ball changes possession and the new offensive team starts its drive from that point on the field.
6. All possession changes, except interceptions and failed 4th down attempts, start on the offense's 5-yard line.
7. Teams change sides after the first half. Possession changes to the team that started the game on defense.

Equipment

1. Players must wear shoes. Football cleats are encouraged; however cleats with exposed metal are not allowed and must be removed.
2. Players must remove all watches, earrings and any other jewelry that the officials deem hazardous.
3. Official NFL FLAG powered by USA Football NFL jerseys must be worn during play.
4. Players' jerseys must be tucked into the pants if they hang below the belt line.
5. Pants or shorts with belt loops or pockets must be taped.

The Field

1. The field dimensions are 30 yards by 70 yards with two 10-yard end zones, and a midfield line-to-gain. No-Run Zones precede each line-to-gain by 5 yards. However, field size may vary based on field availability for each league.
2. No-Run Zones are in place to prevent teams from conducting power run plays. While in the No-Run Zones (a 5 yard imaginary zone before midfield and before the end zone), teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff.

Rosters

1. Home teams wear dark color jerseys; visiting teams wear light color jerseys.
2. Teams must consist of at least five players, with a maximum of ten players.
3. Teams must start a game with a minimum of five players. In the event of an injury, a team with insufficient substitute players may play with four players on the field, but no fewer than four.

Timing and Overtime

1. Games are played on a 40 minute continuous clock with two twenty minute halves. The clock stops only for timeouts.
2. Halftime is one minute long.
3. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
4. Each team has one 60-second time-out per half.
5. Officials can stop the clock at their discretion.
6. In the event of an injury the clock will stop and then restart when the injured player is removed from the field of play.
7. If the score is tied at the end of 40 minutes, the game should be determined a tie. (However, some leagues may decide to institute an overtime period).

Scoring

1. Touchdown: 6 points
2. PAT (Point After Touchdown) 1 point (5-yard line) or 2 points (12-yard line) Note: 1 point PAT is pass only, 2 point PAT can be run or pass. a. A team that scores a touchdown must declare whether it wishes to attempt a 1-pt. conversion (from the 5-yard line) or a 2-pt. conversion (from the 12-yard line). Any change, once a decision is made to try for the extra point, requires a charged time out. Decisions cannot be changed after a penalty. Interceptions on conversions cannot be returned.
3. Safety: 2 points a. A Safety occurs when the ball carrier is declared down in his/her own end zone. They can be called down when their flags are pulled by a defensive player, their flag falls out, they step out of bounds or they hit the ground with their knee or arm. A Safety also occurs when there is an offensive penalty in the end zone.
4. Mercy Rule: After one team is winning by twenty eight points or more, the losing team gets one offensive series to

continue regulation play. If they do not score, the game goes into scrimmage mode playing up to the fifteen minute mark in the second half if time allows. After the fifteen minute mark, the game is over.

Coaches

1. Coaches are typically volunteer parents or family members helping the players learn and enjoy the game. Parents are encouraged to support the coach at all times.

5th – 7th grade coaches will do all coaching from the sideline.

Live Ball / Dead Ball

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.

Flag Pulling

1. A legal flag pull takes place when the ball carrier is in full possession of the ball.
2. Defenders can dive to pull flags, but cannot tackle, hold or run through the ball carrier when pulling flags.
3. It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.
4. If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends.

Formations

1. Offense must have a minimum of one player on the line of scrimmage (the center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage. a. One player at a time may go in motion 1-yard behind and parallel to the line of scrimmage. b. No motion is allowed towards the line of scrimmage.
2. Offensive players must come to a complete stop for one second before the ball is snapped unless he/she is the only player in motion.
3. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
4. The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands. Players may stand to the side of the ball and snap the ball back to the quarterback if needed.

**A comprehensive list of NFL Flag rules is available at:
<https://nflflag.com/flag-football-rules>**

**NFL flag football 5 on 5 playbook:
<https://nflflag.com/flag-football-plays/5-on-5-flag-football-playbook>**