

Cedarburg Flag Football League

RULES (Updated 7/9/26)



Program Philosophy

To provide boys and girls ages 4 - 12 the opportunity to participate in an instructional football program that emphasizes fundamentals, teamwork and sportsmanship.

Divisions

- Pee Wee: Boys and Girls ages 4-5 years old
Minors: Boys and Girls ages 6-8 years old
Juniors: Boys and Girls ages 9-11 years old
Seniors: Boys and Girls ages 12-14 years old

Equipment

1. The Town of Cedarburg will provide 1 mouth guard per player, footballs, flags, field marking cones and kicking tees.
2. First aid equipment will be provided.
3. Non metal spikes are permitted but not mandatory.

Conduct

1. Coaches will be responsible for the conduct of their players, parents and themselves before, during, and after each session.
2. No coach, player or parent shall act in an unsportsmanlike manner before, during, or after a game.

Length of Game

1. A game shall consist of two (2) 20-minute halves. Running clock except timeouts with a 3-minute rest between halves.
2. Huddles between plays should last no longer than one minute maximum.
3. Each team is allowed one (1) 30-second timeout per half.

Scoring

Touchdown = 6 pts.

Running Conversion = 1 pt.

Passing Conversion = 2 pts.

Safety = 2 pts.

Fields

Pee Wee fields are 30 yards long by 15 yards wide with a small end zone.

Minors, Juniors, & Seniors fields are 50 yards in length and 30 yards in width.

End zones will be 5 – 10 yards each.

General Rules

1. Maximum number of players on the field for each team is 5. Minimum number of players is 4.
2. Every player present for a game will play in at least one half of that game.
3. The Quarterback Cadence will be "Ready, Hut."
4. Every player will have an opportunity to play every position through the course of the season.
5. All players are eligible receivers.
6. Free substitutions when ball is not in play.
7. All players on Offense (except the Quarterback and Center) must be in the ready position before the snap of the ball (hands on knees).
8. Offense = QB – 1; RB - 1; WR - 2 ; Center - 1

9. One player may be in motion after Offensive team is set.
10. Ball will be placed at the 10 yard line for all conversions.
11. There are a maximum of 2 running plays per four downs for all divisions but Pee Wee (there is no limit of running plays in Pee Wee). This count resets when a first down is achieved.
12. A QB run is considered a running play, even if defensive players cross the line of scrimmage on a rush and the quarterback scrambles.
13. Defensive coach will count to 3 apple (loudly). After 3 apple, any player may rush the Quarterback. Pee Wee and Minors will use a 5 apple count.
14. There will be one first down at mid field.
15. Blocking- It is not permitted to make contact with another player to block them from removing the flag.

Game Rules

1. The HOME team on the schedule will receive the first possession of the game. The VISITING team will receive the first possession of the 2nd half.
2. No tackling.
3. No diving for flags.
4. No guarding flags. **A STIFF ARM IS CONSIDERED FLAG GUARDING**
5. Ball carriers may not leave their feet to avoid flag being taken.
6. Defense may not push ball carrier out of bounds.
7. No punting.
8. Sides will change after half-time.
9. A fumbled or stripped ball is ruled a dead ball and possession is retained by the offense. The exception is a fumbled snap: defensive players cannot dive on a fumbled snap but must finish out the apple count (gives the offense a chance to recover).
10. Interceptions can be returned. Exception: Interceptions during conversion of extra points is ruled a dead ball and change of possession will occur.
11. Change of possession (other than interceptions) will result in ball being placed on the team's 10 yard line. This includes the first possession of the game and the first possession of the 2nd half.
12. Change of possession takes place when:
 - a. Touchdown is scored
 - b. Ball is intercepted
 - c. Drive fails to get First Down
13. The ball is dead when:
 - a. Flag is pulled
 - b. Touchdown is scored
 - c. Ball carrier steps out of bounds
 - d. Ball carrier's knee hits the ground
 - e. Ball carrier's flag falls off
 - f. Ball carrier leaves their feet
 - g. Ball is fumbled
14. Two (2) coaches per team will be allowed on field.

Penalties

1. All penalties will be five (5) yards.
2. Penalties will be in effect beginning with the first regular game. Exception: Juniors - second regular game, and Minors and Pee Wee – third regular game.
3. Likely penalties are:
 - a. Offense – holding, illegal motion, flag guarding
 - b. Defense – off sides, tackling, pushing ball carrier out of bounds, interference