

**San Diego Pop Warner
Flag Rules
Updated August 14, 2017**

1. Drop dead time starts at actual game start time vice scheduled start time (game official driven)
2. 20 min halves; (1) 60 sec timeout/half (stops play clock).
3. By game 3 of season, strict adherence to the 30 sec play clock.
4. There will be No Kick offs. Ball to be placed on the 30 yard line and it is first and ten. The Offense gets four downs to make a First Down.
5. Extra points: From 3 yd line. Run = 1 Pass = 2. Penalties: All 15 yd penalties are 10 yds.
6. Blocking should be brush blocking only. No hard contact.
7. 1 coach on field during play only.
8. Blitzing
 - a. There will be NO blitzing at the flag level. (Blitzing is defined as: any player not on the line of scrimmage at the snap of the ball taking an immediate motion toward the line of scrimmage in an effort to cross the line of scrimmage).
 - b. NO more than five (5) defensive players are allowed on the line of scrimmage at the snap of the ball.
 - c. Defensive players on the line of scrimmage must not line up over the center. Penalty for violation of the above first warning additional violations 15 yards unsportsmanlike.
9. Offense must have five on the line and three in the back field, all are eligible receivers but linemen may not take a handoff behind the line of scrimmage.
10. Dark flags for Visitor and light flags for Home Team.
11. An intercepted ball is spotted where it was caught and the defense takes possession.
12. Field is 20 yard zones. Each team has four downs to get a first down.
13. Ball is dead when it hits the ground. ALWAYS!
14. No leaving feet to dive for flags, must have one foot down when reaching for a flag.
15. 30 seconds to run the next play once the ball has been spotted and the official has blown the whistle.
16. Ball carrier cannot spin or jump to avoid de-flagging. Anything more than a 360 must be whistled dead.
17. No harassing the officials. Very Bad Idea!
18. Special Note: It was discussed in a Flag Head Coaches meeting in 2015 that Special Teams will be left to the discretion of each coach BEFORE the start of the game. Ask the coaches.