



**City Norwalk**  
**Recreation and Park Services Department**  
**Small Fry Flag Football Rules and Regulations**

The following Rules and Regulations shall govern the City of Norwalk's Small Fry Flag Football Program. The League Coordinator shall have the jurisdiction and final say over all rules and regulations not covered herein.

**I. Eligibility**

- 1) Participants who have reached their 6th or 7th birthday and have not reached their 8<sup>th</sup> birthday as of October 1, 2024 will be eligible to play in the "SF" Division.
- 2) All players must be listed on the team roster form compiled by the Recreation and Park Services Department before taking part in a league game.
- 3) A liability release (waiver) form must be signed by a parent or Legal guardian and be on file with the league coordinator before a player is eligible to participate in practices or games.
- 4) The Parent/Coaches "Code of Conduct" form must be signed and on File with league coordinator before the player/coach is eligible to participate in the program.
- 5) Roster additions or deletions may only be made by the league coordinator. Any coach or team adding players to their roster without the consent of the league coordinator will subject the team to forfeiture all league games played with the ineligible player and the ineligible player and coach being removed from the program.
- 6) Any player who is not on the official roster, will not be eligible to play.

**II. Games**

- 1) All games will be played at Holifield Park, 12500 Excelsior Drive on Saturday morning.
- 2) Refer to league schedules for game times.

**III. Equipment**

- 1) A Soft (Nerf-type) football will be used. No other ball is allowed.
- 2) Football and flags will be provided to each team. Each team is required to bring their City issued flags to each game.

- 3) Equipment (flags) must be returned immediately after the last league game.
- 4) Each player will receive a team jersey that is to be worn at all games. If a team is not wearing the City issued uniform that team will not play. If a team wishes to purchase additional items such as shorts, sweats etc. they may do so at their own expense.
- 5) Rubber molded cleats or athletic shoes must be worn during games and practices.

#### **IV. Participation**

- 1) All players must play at least one half of the offensive and/or defensive series in every game.
- 2) Seven players will play at a time. (Not including the coach)  
**Note: the coach will serve as quarterback during the entire game.**  
A team may borrow players or play with a minimum number of 5 in order to have a game. We are striving for participation & fun.

#### **V. Time**

- 1) The game shall consist of two halves. Each half will consist of four offensive-defensive sets. There will be a five-minute intermission between halves. If at one hour, the game has not been completed, the game will be called.
- 2) No timeouts will be permitted.

#### **VI. The Game**

- 1) All offensive series will begin on the ten (10) yard line.
- 2) The coach must always receive the snap from the center.
- 3) Any formation is allowed providing the coach receives the snap.
- 4) After he/she secures the snap, the coach will have **five seconds only** to hand or throw the ball to a member of his/her team. If a coach fails to throw the ball within the five seconds, a one-play penalty will be assessed. (You will lose one play).
- 5) Only one coach per team on the field at a time. Coaches must not interfere with the play.
- 6) No fake handoffs or fake passes by the coach will be allowed.
- 7) The defense will not be allowed to encroach the neutral zone until the offensive coach releases the ball.

- 8) Once the coach has relinquished the ball, he/she may not have it returned to him/her. Once the ball is relinquished, the coach must immediately get out of the way. He may not block or "accidentally" screen out an opponent.
- 9) If a coach fumbles, he/she will be given time to regain the possession of the ball. All fumbles by a player will be whistled dead immediately and the ball will be placed at the spot of the last possession.
- 10) Under no circumstances may the coach run with the ball.
- 11) All interceptions will be whistled dead immediately; there is no running the ball after an interception. The intercepting team will be awarded the ball at their ten (10) yard line.
- 12) A coin toss prior to the game will determine who will receive the ball first or a game of rock, paper and scissors.
- 13) The offense is given four plays to score. No first downs will be awarded.

## **VII. Penalties**

- 1) All encroachment, illegal procedures and illegal motions will be whistled dead and rectified on the spot by the official. There will be no penalty yardage marked off.
- 2) Guarding the flags results in a five-yard penalty from the spot of the foul and a loss of one play.
- 3) Pass interference
  - a. If by the offense: five-yard penalty and loss of one play.
  - b. If by the defense: the ball will be placed at the spot of the foul.
- 4) All personal fouls will be flagged; the game official will deal with 5-yard penalty and the guilty player.
  - a. Unnecessary roughness: a hit to any player whether he be out of bounds, down, or the play be blown dead, or any kind of hit or action that the referee deems unsafe.
  - b. Unsportsmanlike conduct: includes taunting, punching or kicking or verbally abusing an opponent or referee, or or excessive celebration.
- 5) Any child committing a flagrant foul will be removed from the remainder of the game. Continual problems will result in removal from the league.

## **VIII. The Field**

1. The field will be 40 yards long by 30 yards wide.

## **IX. Scoring**

1. Score will not be kept in the Small Fry League. **Everyone is a winner!**