

KCFS Parent's Guide to Flag Football

First and foremost, KCFS is an organization of volunteers with a mission to promote youth football in Kamloops and area through a safe and developmental team environment, which will encourage positive partnerships with the community.



Our players' safety and development are our top priority and specific safety protocols are enforced and followed.

Parent, Athlete & Coaches Code of Conducts can be found on our website www.kcfs.ca - it is your responsibility to ensure that these are followed by yourself and your athlete(s) at all times. Failure to do so can result in loss of play privilege for your child(ren).

Important Notes:

⚽ If you have a question or a concern, please address it with your team manager first. Usually, issues can be resolved with open communication and do not require the Board of Directors. If it is a matter of safety or the team manager needs assistance, they are aware of the proper escalation process.

⚽ Please log your child(ren)'s attendance for practices and games on the TeamLinkt app!! This is important so that coaches are aware of who will be attending, and can make line-up adjustments if required.

⚽ Keep an eye on your email & our socials for updates, important messages, game schedules etc. We do our best to keep you in the loop and updated on any changes etc. This is also where you will find information about fundraising activities and your fundraising bond. (Each child/family is expected to contribute to fundraising during the season).

⚽ Board member contact emails can be found on our website.

For the 2025 flag seasons, divisions are as follows by birth years;

U8 – ages 7, 6 (2018, 2019). U10 – ages 9, 8 (2016, 2017). U12 – ages 11, 10 (2014, 2015)

U14 – ages 13, 12 (2012, 2013). U16 – ages 15, 14 (2010, 2011)

Practice days: teams practice on Monday or Wednesday at the Dallas fields. Dates/times are dependant on age level and will be posted on your TeamLinkt. Saturday is GAME DAY!! Game times are based on age levels, and will all take place at the Dallas fields, Any field changes will be announced via email & on Social Media.

We are looking forward to another great year of NFL Flag in Kamloops – and hope the kids are just as excited as we are!

Thank you parents for your involvement & dedication to your kids and youth Football in Kamloops!

- Your 2025 KCFS Board of Directors

FYI FLAG RULES

PASSING

QB has 7-seconds to throw the football.

Forward passes must cross the LOS (i.e. shovel pass).

RECEIVING

Receivers must have at least one foot inbounds for a catch.

Jumping is allowed, but only to adjust to high throws.

RUNNING

The QB can not run with the football.

The "No Running Zones" are located 5-yards from each end-zone. Pass only territory.

Spinning is allowed, but the offensive player must have one foot remaining on the ground.

No diving.

There are NO fumbles.

RUSHING (the Quarterback)

A player may rush from behind the 7-yard marker and within two yards left to right.

The rusher cannot raise arms or block passes within the 2-yard safety zone of the quarterback.

OFFENSIVE PENALTIES

Substitution fouls: -5 yards (repeat down)

Delay of Game

(30 s after play whistled in): -5 yards (repeat down)

Offside or False Start: -5 yards (repeat down)

Illegal Snap: -5 yards (repeat down)

Rusher Interference: -5 yards (repeat down)

Offensive Holding: -5 yards (repeat down)

Player out-of-bounds: -5 yards (repeat down)

No Cadence by QB: -5 yards (loss of down)

7-seconds to pass expire: -5 yards (loss of down)

Illegal forward pass: -5 yards (loss of down)

Offensive Pass Interference: -5 yards (loss of down)

Running inside the NRZ: -5 yards (loss of down)

Illegal (Offensive) Picking: -5 yards (loss of down)

Roughing: -5 yards (loss of down)

Spotted Foul

Flag Guarding: -5 yards (loss of down)

Diving or Jumping: -5 yards (loss of down)

DEFENSIVE PENALTIES

Substitution fouls: -5 yards (repeat down)

Offside: -5 yards (repeat down)

Illegal Rush: -5 yards (repeat down)

Snap Interference: -5 yards (repeat down)

Disconcerting Signals: -5 yards (repeat down)

Illegal (Defensive) Picking: -5 yards (1st down)

Quarterback Interference: -5 yards (1st down)

Roughing: -5 yards (1st down)

Illegal contact (holding) -5 yards (1st down)

Defensive Pass Interference: -15 yards (1st down)

Spotted Foul

Defensive Flag Dive: -5 yards (1st down)

Illegal contact (holding) flagging -5 yards (1st down)

PLAYER CONDUCT

Unsportsmanlike Conduct: -15 yards (loss of down or automatic 1st down) and player ejected

CHECK LIST

Officials Pre-game Meeting

Identify Team Captains

Official Equipment:

- Whistle
- Penalty flag & marker
- Beanbags
- Score Sheet and Pen
- Stopwatch (if score clock not available)
- Clean Uniform

Field Conditions:

- Proper Lining and Markings
- Search for any Holes or Rocks

Player Uniform Inspection:

- Footwear
- Solid color gym shorts with no pockets
- Jersey tucked into shorts (no obstruction to flags)
- Mandatory Mouthpiece
- Flags
- Appropriate Accessories (no jewelry)

Keep Count of Downs

Keep an Eye on Game Clock, Play Clock, and 7-seconds timer

Count of Team Timeouts (1 per half – 60 sec.)