



Youth Flag Football League Rules

(Revised 8/1/17)

The Field The field of play should be rectangular; its dimensions are 120' L x 70' W

The Ball: Size: K-1st grade and 2nd-3rd grade will use Pee Wee footballs.
4th - 6th grade will use Junior footballs.

Number of Players:

- **Maximum** number of players on the field per team:
 - K-1st grade is **Five (5 v 5)**.
 - 2nd-3rd grade and 4th-6th grade is **Six (6 v 6)**.
 - If a team is short players, both coaches along with the referee can agree to change the player maximum for that game, or the team may borrow players from the opposing team for that game.
- Each player shall play a minimum of half (50%) of the total playing time each game
- Teams and games are co-ed
 - Coaches can choose to rest players as needed, however, a co-ed atmosphere must be maintained on the field at all times.

Players Equipment

- Must wear tennis shoes or soft-cleated shoes; no metal spikes.
- Jerseys of the same color
- All players must wear a protective mouthpiece; NO exceptions.
 - * If a player has a hard cast anywhere on the body, it must be completely covered with padding or the player may not participate.

The Game

- The game will be divided into (2) 20 minute halves, with a continuous running clock
- Halftime will be 5 minutes
- A coin toss determines the first possession.
- Coaches are allowed 2 timeouts per half: (1) 60 second timeout and (1) 30 second timeout. Any unused timeouts from the first half cannot be carried over to the second half.
- Substitutions can only be made during a stoppage of play or dead ball situation.
- The offensive team takes possession of the ball at its 5 yard line and has 4 plays to cross midfield. Once the offensive team crosses midfield, the team has 4 plays to score.
- If a team fails to cross midfield or score, possession of the ball changes and the opposition starts its drive from their own 5 yard line.
- Each time the ball is spotted, a team has 40 seconds to snap the ball. Teams will receive 1 warning before a delay-of-game penalty is enforced.

- The ball must be snapped between the center's legs, not off to the side, to start play.
- Blocking is prohibited.
- There will be no kickoffs.
- All possession changes, except interceptions, start on the offense's (5) yard line.

Scoring

- Touchdown = 6 points
- Extra Point (played from the 5-yard line and must be a pass) = 1 point
- 2 Point Play (played from the 12-yard line) = 2 points
- Safety = 2 points
- Official Score
 - Official score will not be kept for K-1st grade and 2nd-3rd grade (the end of regulation is the end of the game).
 - Official score will be kept for 4th-6th grade. If the game is tied at the end of regulation, each team will receive 1 possession from the opposing team's 20 yard line and will have four plays to score. If the team scores they will have the option to go for an extra point or a 2 point play. If the game is tied after each team has 1 possession, the game will end in a tie.

Running

- Only direct handoffs behind the line of scrimmage are permitted; however, the offense may use multiple handoffs.
- Pitches and laterals ARE allowed BEHIND THE LINE OF SCRIMMAGE.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush.
- The quarterback cannot run with the ball.
- No "center sneak" plays.
- "No-running zones" are located 5 yards from each end zone and 5 yards on either side of midfield; these zones are designed to avoid short-yardage, power running situations.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no jumping or diving).
- The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

Receiving

- Only one player is allowed in motion at a time.
- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- Players must have at least one foot inbounds when making a reception.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no jumping or diving).
- The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

Passing

- The quarterback has a 7 second "pass clock." If a pass is not thrown within 7 seconds, the play is dead and results in a loss of down. Once the ball is handed off, the 7 second

rule is no longer in effect.

- Shovel passes are allowed.
- Interceptions change the possession of the ball at the point of interception (interception returns are not allowed). Interceptions are the only changes of possession that do not start on the 5 yard line.

Dead Balls

- Ball carrier's flag is pulled.
- Ball carrier steps out of bounds.
- Touchdown or safety is scored.
- At the point of an interception (interception returns are not allowed).
- Ball carrier's knee hits the ground.
- Ball carrier's flag falls out.

Note: There are no fumbles. The ball is spotted where the ball hits the ground. Offensive team retains possession.

Rushing the Quarterback

- All players who rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage. Referees will be responsible for spotting the rush line with a field marker.
- Once the ball is handed off, the 7 yard rule is no longer in effect, and all defenders may go behind the line of scrimmage. Remember, no blocking or tackling is allowed.

Penalties

All penalties will be called by the referee. Referees determine incidental contact that may result from normal play. All penalties will be assessed from the line of scrimmage. Games cannot end on a defensive penalty, unless the offense declines it.

Defensive Penalties:

- Offside – Automatic first down
- Interference – Automatic first down
- Illegal contact (holding, blocking, etc.) – Automatic first down
- Illegal flag pull (before receiver has the ball) – Automatic first down
- Illegal rushing (start rushing from inside the 7 yard marker) – Automatic first down
- Illegal tackling (aggressive contact with a player while attempting to pull the flag) – 1st offense is a warning; 2nd offense is an automatic first down; 3rd offense may result in an ejection from the game and an additional 1 game suspension

Penalties on the Offense:

- Illegal motion (more than one person moving, false start, etc.) – Loss of down
- Illegal forward pass (pass thrown beyond line of scrimmage) – Loss of down
- Illegal QB run (QB is not allowed to run) – Play is dead; loss of down

- Offensive pass interference (illegal pick play, pushing off/away defender) – Loss of down
- Flag guarding from the line of scrimmage forward – Loss of down & return to original line of scrimmage
- Flag guarding from behind the line of scrimmage – Loss of down from place of infraction
- Delay of game – Clock stops & loss of down

Unsportsmanlike/Aggressive Conduct

- Unintentional or intentional aggressive contact while attempting to pull an offensive player's flag will result in a warning for the 1st infraction. All infractions following the warning will be an automatic first down from the spot of the infraction and/or could result in the player being ejected from the game and serving an additional 1 game suspension.
- Trash talking, tackling, elbowing, cheap shots, blocking, or any unsportsmanlike conduct will not be tolerated. If such actions occur, the game will be stopped and the player will be issued either a warning and/or ejected from the game with a possible 1 game suspension, depending on the severity of the offense. If unsportsmanlike/aggressive conduct continues, the coach, player, or spectator will be banned from the football league/field for the remainder of the season.