

GPARD YOUTH FLAG FOOTBALL LOCAL RULES

	5U	7U	9U	11U	13U
Ball size	Pee Wee	Pee Wee	Junior	Junior	Youth
Field size	40-yards long & 20-yards wide, with 5-yard end Zones	80-yards long & 40-yards wide, with 10-yard end zones	80-yards long & 40-yards wide, with 10-yard end zones	80-yards long & 40-yards wide, with 10-yard end zones	80-yards long & 40-yards wide, with 10-yard end zones
Number of Players	Maximum 5 to start but can play with any number less than 5.	Each team should start with 8 players but cannot play with less than 6 players.	Each team should start with 8 players but cannot play with less than 6 players.	Each team should start with 8 players but cannot play with less than 6 players.	Each team should start with 8 players but cannot play with less than 6 players.
First downs	Teams get (4) plays from own 3- yard line to cross midfield. If midfield is crossed, team gets (4) more plays to score.	Teams get (4) plays from own 20-yard line to achieve the next 20-yard section. Each new 20-yard line cross, a team will get 4 plays to cross the next 20-yard line.	Teams get (4) plays from own 20-yard line to achieve the next 20-yard section. Each new 20-yard line cross, a team will get 4 plays to cross the next 20-yard line.	Teams get (4) plays from own 20-yard line to achieve the next 20-yard section. Each new 20-yard line cross, a team will get 4 plays to cross the next 20-yard line.	Teams get (4) plays from own 20-yard line to achieve the next 20-yard section. Each new 20-yard line cross, a team will get 4 plays to cross the next 20-yard line.
Punts	No Punts, if there is a turnover on downs the team assuming possession will do so at their own 3yard line.	On 4 th down coaches have the option to play or punt. (NO Fakes or Quick Kicks)	On 4 th down coaches have the option to play or punt. (NO Fakes or Quick Kicks)	On 4 th down coaches have the option to play or punt. (NO Fakes or Quick Kicks)	On 4 th down coaches have the option to play or punt. (NO Fakes or Quick Kicks)
Game time	(2) 12-minute halves. With 5-minute half time	(2) 18-minute halves, (7) plays after the 18 minutes “2-minute warning”. (5) min half time.	(2) 18-minute halves, (7) plays after the 18 minutes “2-minute warning”. (5) min half time.	(2) 18-minute halves, (7) plays after the 18 minutes “2-minute warning”. (5) min half time.	(2) 18-minute halves, (7) plays after the 18 minutes “2-minute warning”. (5) min half time.
Playing time	If a player makes ½ of the practices they are entitled to play half of the game, it is at the coach’s discretion if that half is all on defense or all on offense	If a player makes ½ of the practices they are entitled to play half of the game, it is at the coach’s discretion if that half is all on defense or all on offense	If a player makes ½ of the practices they are entitled to play half of the game, it is at the coach’s discretion if that half is all on defense or all on offense	If a player makes ½ of the practices they are entitled to play half of the game, it is at the coach’s discretion if that half is all on defense or all on offense	If a player makes ½ of the practices they are entitled to play half of the game, it is at the coach’s discretion if that half is all on defense or all on offense

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OVERTIME RULES

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7 Plays “2 Minute Warning”	No 7 plays	After the 18-minute game clock expires for each half, there will be 7 plays to end the half. (If a team is up by 17 points there are no 7 plays in the 2 nd half and game will be over)	After the 18-minute game clock expires for each half, there will be 7 plays to end the half. (If a team is up by 17 points there are no 7 plays in the 2 nd half and game will be over)	After the 18-minute game clock expires for each half, there will be 7 plays to end the half. (If a team is up by 17 points there are no 7 plays in the 2 nd half and game will be over)	After the 18-minute game clock expires for each half, there will be 7 plays to end the half. (If a team is up by 17 points there are no 7 plays in the 2 nd half and game will be over)
Overtime	No Overtime	Each team will have 4 plays to score as many points as possible starting from the 40-yard line. If you do not score, your total yards will be added. An interception will wipe out any yards accumulated and end your team’s possession. Any points scored will stay with your team.	Each team will have 4 plays to score as many points as possible starting from the 40-yard line. If you do not score, your total yards will be added. An interception will wipe out any yards accumulated and end your team’s possession. Any points scored will stay with your team.	Each team will have 4 plays to score as many points as possible starting from the 40-yard line. If you do not score, your total yards will be added. An interception will wipe out any yards accumulated and end your team’s possession. Any points scored will stay with your team.	Each team will have 4 plays to score as many points as possible starting from the 40-yard line. If you do not score, your total yards will be added. An interception will wipe out any yards accumulated and end your team’s possession. Any points scored will stay with your team.

