



YOUTH FLAG FOOTBALL RULES

AGE DIVISIONS: 1st-3rd grades & 4th-6th grades

1. THE GAME: A coin toss will determine first possession. The offensive team takes possession of the ball at their 5-yard line and has four (4) plays to cross mid-field. Once a team crosses mid-field, they will have four (4) plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on their 5-yard line. If the offensive team fails to cross mid-field or score, possession of the ball changes and the opposite team takes over on their 5-yard line. All possession changes except interceptions start on the offenses 5-yard line.

2. THE FIELD:



3. LENGTH OF GAME: Games will consist of two (2) twenty (20) minute halves. Halftime will be 5 minutes. A continuous clock will be used except for the last **one (1) minute** of the first half and also the end of the game. Then the clock will be stopped on all dead ball situations. Dead ball situations are a player going out of bounds, incomplete passes or **certain** rule infractions. The clock will stop after a 1st down but will be re-started after the ball has been spotted by the official. Teams will flip a coin before the start of the game. The team that wins the coin toss will have choice of receiving the ball or defending a particular endzone. Teams will switch sides after half-time, with the other team receiving the ball to start the second half. Each time the ball is spotted, a team has thirty (30) seconds to snap the ball. Each team will receive one (1) warning per game, before a Delay of Game penalty is called. Each team will receive two (2) - sixty (60) second time outs per game. At the end of regulation, if the score is tied their will be no overtime and the game will be recorded as a tie.

4. NUMBER OF PLAYERS: Substitutions may be made at any time during dead ball play. Each player must play at least half the game.

- 1st-3rd Grade: 6v6
- 4th-6th Grade: 6v6

5. FORFEIT TIME: Forfeit time is five (5) minutes after the scheduled game time. Example: Game time is 5:30pm, forfeit time is 5:35pm. The referees watch is the official watch.

6. SCORING: A touchdown is equal to six (6) points. An extra point is equal to one (1) point from five (5) yards out (pass plays only) or two (2) points from twelve (12) yards out (run or pass). Teams must designate whether attempting one (1) or two (2) point conversion.

7. RUNNING PLAYS: *The first player receiving the snap CANNOT run the ball.* Laterals and pitches are permitted. The offense may also use multiple hand-offs. "No running play zones" are designed to avoid short yardage power running situations and the contact that is a result of short yardage plays. "No running play zones" are located five (5) yards from each end zone and five (5) yards on either side of mid-field. The player who takes a hand-off can throw the ball as long as they do not cross the line of scrimmage. Once the ball has been handed off, all defensive players are eligible to rush.

8. RECEIVING: All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage). Only one player is allowed in motion at a time. Players must have at least one (1) foot in-bounds when making a catch.

9. PASSING: Any pass can be a lateral or forward pass. The QB has a seven (7) second "pass clock". If the pass is not thrown within the seven (7) seconds, play is dead, loss of down. Once the ball is handed off, the seven (7) second pass clock is no longer in affect. Interceptions change the possession of the ball at the point of possession, unless the ball is intercepted in an opponents end zone. No interception returns – ball is dead at point of interception. End zone interceptions - the ball is placed at the five (5) yard line.

10. DEAD BALLS: The ball must be snapped between the legs, not off to one side, to start the play. An exchange between the quarterback and center must take place before the ball can be put in play. Play is ruled DEAD when: The offensive players flag is pulled while in possession of the ball, Ball carrier steps out of bounds, A touchdown is scored, When at the point of an interception (interception returns are not allowed). A ball carrier knee(s) hits the ground, A ball carrier flag falls off. There are no fumbles. The ball is spotted where the ball hits the ground.

- *The person snapping the ball cannot be handed the ball. They must go out for a pass. Doing this, will result in a dead ball. We are trying to teach the players the game of football, and this is not apart of the game of football.*

11. RUSHING THE QB: All players that rush the passer, must be a minimum of ten (10) yards from the line of scrimmage when the ball is snapped. Any number of players can rush the passer. Players not rushing the passer, may defend on the line of scrimmage. Rushing players do not need to wait before rushing. A special marker or the referee will designate the ten (10) yards from the line of scrimmage.

12. Mandatory Playing Rule: Each child on the team must play a minimum of one half of the game.

13. UNSPORTSMANLIKE CONDUCT: This is a NON-CONTACT LEAGUE. Unsportsmanlike conduct will not be tolerated. If the referee witnesses any acts of tackling, elbowing, cheap shots, clipping, tripping, shoving or any unsportsmanlike penalty, the player will be assessed an unsportsmanlike conduct penalty - ten (10) yards and automatic first down from the spot of the foul. Any manager, coach, or player who displays flagrant unsportsmanlike conduct can be ejected from a game and can be asked to leave the complex. If a manager, coach, or player is ejected from a game, that manager, coach, or player will be suspended from participation and play during their next scheduled game played. If a manager, coach, or player is ejected from a game a second time, that manager, coach, or player will be suspended from participation and play for the remainder of the season. Any spectator who displays unsportsmanlike conduct can be asked to leave the complex. Note: Foul and/or profane language is considered unsportsmanlike conduct and is grounds for ejection. Trash talking, taunting and/or baiting the opponent is considered unsportsmanlike conduct and is grounds for ejection. FOUL OR ROUGH PLAY WILL NOT BE TOLERATED!!

14. PENALTIES: All penalties will be called by the Referee. Penalties inside the "no running zone" and/or that would result in the ball being placed past the goal line= 1/2 the distance to the goal.

Defense Penalties:

Offside results in a five (5) yard penalty from the original line of scrimmage automatic;

Pass Interference results in a ten (10) yard penalty from the original line of scrimmage and automatic 1st down;

Illegal Contact (holding, blocking, tripping, etc...) results in a ten (10) yard penalty from the spot of the foul or the original line of scrimmage, whichever is greater and automatic 1st down;

Illegal Flag Pull (before the player has the ball) results in a ten (10) yard penalty from the spot of the foul or the original line of scrimmage, whichever is greater and automatic 1st down;

Illegal Rush (starting rush from inside the 10 yard marker) results in a ten (10) yard penalty from the original line of scrimmage and automatic 1st down;

Delay of Game results in the clock stopping and a ten (10) yard penalty from the original line of scrimmage.

** Any penalty on the defense which puts the offensive team in a no running zone will cancel the "no running zone" exception to this rule would be when the offensive team already has possession of the ball in the no running zone, then this rule would not apply.

Offense Penalties:

Offside results in a five (5) yard penalty from the original line of scrimmage;

Interference results in a ten (10) yard penalty from the original line of scrimmage and loss of down;

Illegal Contact (holding, blocking, tripping, etc...) results in a ten (10) yard penalty from the original line of scrimmage and loss of down;

Delay of Game the clock will stop and a ten (10) yard penalty from the original line of scrimmage.

Illegal Motion (more than one (1) person moving, false start, motion, etc...) results in a five (5) yard penalty from the original line of scrimmage;

Illegal Forward Pass (pass beyond the line of scrimmage) results in a five (5) yard penalty from the original line of scrimmage and loss of down;

Pass Interference results in a ten (10) yard penalty from the original line of scrimmage and loss of down;

Flag Guarding results in a ten (10) yard penalty *from the spot of the foul* and loss of down.

15. EQUIPMENT: Soccer and/or football type cleated shoes are allowed. No Metal tipped or metal spiked shoes are allowed. **Mouthguards must be worn at all times.**

16. DISORDERLY CONDUCT: Anyone (manager, coach, player, or spectator) displaying disorderly conduct will be asked to leave the complex.

17. GAME CANCELLATIONS: In case of bad weather, please join the Text Group displayed on your schedule or call the Cancellation Hotline at 961-9420 , Press 1. Decisions will not be made until at least 4:00p.

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