

Supplemental Information for the 2024 Flag Football League

Note to Users:

To maintain consistency between the NFL Flag Rules and our league rules, we will be adopting the NFL Flag Rulebook as a foundational resource. However, please be aware that not all content is applicable to our league. Below are some key differences and important information specific to our league to note:

Play Format:

- **All divisions are 5v5.**
- **Field Dimensions:**
 - **Divisions 8U, 10U, 13U:** Field size is 25 yards wide by 70 yards long with two 10-yard end zones.
 - **Division 6U:** Field size is 25 yards wide by 64 yards long with two 7-yard end zones.

Tournament Rules:

- Tournament rules will not be used.
- Games can end in a tie; there is no overtime period.

Guidelines:

- The City will follow the 8U and 6U guidelines found on the last page of the rulebook.

Ball Sizes:

- **6U:** Mini (8.5" long)
- **8U:** Pee Wee (9.75" long)
- **10U:** Junior (10.5" long)
- **13U:** Junior (10.5" long)

Equipment:

- Mouthguards are required.
- Cleats are required (no metal cleats).

We recommend reviewing each section carefully and consulting our league-specific policies for any modifications or exclusions. Thank you for your understanding!