

## Youth Flag Football Rules

1. Games Structures
  - a. 2 Halves
    - i. 20 minutes
  - b. 3-minute halftime
  - c. Teams switch sides after halftime
  - d. Coin toss determines who gets ball to start or defer to second half
  - e. No official score will be kept – Kids will know the score (and that's ok!)
2. Times outs
  - a. 2 per half – they do not carry over
3. Clock
  - a. Runs continuously throughout the game
    - i. If time runs out as a team is lined up; they can finish the play (just call last play)
  - b. Team has 30 seconds to snap ball (want to encourage teams to keep play moving)
  - c. Delay of game will be called after two warnings have been issued
4. Football size – 1<sup>st</sup> & 2<sup>nd</sup> grade Peewee, 3<sup>rd</sup> & 4<sup>th</sup> grade Juniors
5. Field Size – 40 yards from goal line to goal line – 30 yards wide
6. General Rules
  - a. 6 players on the field
  - b. Substitutions can happen at any dead ball (between plays)
  - c. Teams start on the 5-yard line
    - i. Has 4 plays to reach midfield
    - ii. Team has 4 plays to score a touchdown after crossing midfield
  - d. Rough Play
    - i. A player may be asked to sit out the remainder of a half or game if rough play is continued.
  - e. Change of possessions
    - i. All possessions, except interceptions, will start from the offensive 5-yard line.
    - ii. Interceptions can be advances
      1. Interceptions in the endzone that result in a touchback will start at the 5-yard line.
  - f. No Kick Offs
7. Running
  - a. Quarterback can only run after he has been rushed; no designed quarterback runs
  - b. Direct hand offs and tosses are allowed behind the line of scrimmage; multiple hand offs are allowed
  - c. The player who takes the handoff can throw from behind the line of scrimmage.
  - d. Once the ball is handed off, all defensive players can rush.
  - e. Players may not jump or leave their feet to avoid defenders (no diving).
  - f. Spinning is allowed
  - g. Ball is spotted where the players feet are when the flags are pulled, not the ball.
  - h. No laterals past the line of scrimmage
  - i. Motion is allowed prior to the snap (Remember motioning player cannot move forward)
8. Receiving
  - a. All players are eligible to receive a pass; this includes that quarterback after he has handed the ball off.
  - b. One foot must be in bounds when making a catch.
9. Passing
  - a. Must be made behind the line of scrimmage

#### 10. Snapping the ball

- a. It can be snapped between the players legs or player can stand at an angle and toss from the ground to the quarterback.

#### 11. Scoring

- a. Touchdowns – 6
- b. No point after attempts
- c. NO safeties
  - i. Any offensive player downs in their endzone will be brought out to the 2.5-yard line

#### 12. Rushing the Quarterback

- a. Defensive players must count out loud to 5 Mississippi (make sure they do so out loud - EMPHASIS)
- b. Defensive players must start 5 yards off the ball to rush

#### 13. Defensive regulations

- a. May start on the line of scrimmage but then they are not allowed to rush
- b. Once the ball is handed off, defenders are free to cross the line of scrimmage
- c. No tackling is allowed; rough play is not allowed
  - i. A player may be asked to sit out the remainder of a half or game if rough play is continued.

#### 14. Player is ruled down when:

- a. Ball carriers' flag is pulled
- b. Steps out of bounds
- c. Ball carriers; knee hits the ground
- d. If the flags fall off
- e. No fumbles, ball is spotted where the fumble occurred

#### 15. Penalties

- a. Coaches are the only people allowed to respectfully talk to an official.
- b. Defensive penalties
  - i. Offsides – 5 yard and replay the down
  - ii. Pass Interference – 10 yards and automatic first down
  - iii. Illegal contact (holding, blocking) – 10 yards and replay down
  - iv. Illegal flag pull (before receiver has the ball) – 10 yards and automatic first down
  - v. Illegal rush – 10 yards and replay the down
- c. Offensive penalties
  - i. Illegal shift (give warnings before calling this) making sure everyone is set and not moving before the snap – 5 yards and replay down (motion is ok but players must all be set before motioning – Be lenient and give warnings)
  - ii. Illegal forward pass (forward pass thrown past the line of scrimmage) – 5 yards and loss of down
  - iii. Offensive pass interference – 10 yards and replay down
  - iv. Flag guarding (hitting hands away from grabbing flags) 10 yards from line of scrimmage and loss of down
  - v. Delay of Game – not snapping it within the 30 seconds – 5 yards and replay down
  - vi. Illegal Block – Arms cannot extend, must be held inside the body (like setting a screen in basketball). 10 yards from the foul and replay the down

#### 16. Uniforms and equipment

- a. Cleats are allowed (no metal spikes)
- b. May wear a mouth guard if desired
- c. We ask that shirts are tucked in and flags are at the sides