

## **Youth Flag Football League Rules**

### **Game Format**

- Playing field:
  - 50 yards (length) X 30 yards (width)
  - 10 yards End-Zones on each end
  - Goal Lines clearly marked
  - Mid-Field Line clearly marked
  - 5-Yard Lines from each Goal-Line clearly marked
  - 5-Yard Lines on both sides of Mid-Field Line clearly marked
- A coin toss determines which team will have the choice of first possession.
- The offensive team takes possession of the ball at its own 5-yard line and has three (3) plays to cross midfield. If the offense fails to cross midfield after three (3) plays, possession of the ball changes and the opposition starts its drive from its own 5-yard line.
- Once a team crosses midfield, it then has three (3) plays to score a touchdown. If the offense fails to score a touchdown, possession of the ball changes and the opposition starts its drive from its own 5-yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line.
- Teams must field a minimum of five (5) players at all times. Positions will be:

1 Quarterback	QB	1 Center Receiver	CR
2 Wide Receivers	WR	1 Running Back	RB
- Games consist of 2 halves.
  1. 6-8 year old division - Each half will consist of 20 plays. Extra point plays do not count as a play.
  2. 9-11 year old division – Each half will consist of 25 plays. Extra point plays do count as a play.
- If the score is tied at the end of a game a tie will be declared. NO OVERTIME PERIOD WILL BE PLAYED.
- Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
- Each team has two (2) 60-second time-outs per half.

### **Start of play/Line of Scrimmage**

- The Quarterback and Running Back must line up in the backfield. The 2 Wide Receivers and the Center Receiver must line up on the line of scrimmage.
- Only one player may be in motion at a time.
- The ball must be snapped between the legs, not off to one side, to start play.

### **Running**

- The quarterback may not run with the ball.

- Center sneaks not allowed. Center may run with ball only after ball is handed off by quarterback.
- Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.
- Absolutely no laterals or pitches of any kind.
- “No-Running Zones,” located 5-yards from each end zone and 5-yards on either side of midfield, are designed to avoid short-yardage, power-running situations.
- 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.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
- The ball is spotted where the ball carrier’s feet are when the flag is pulled, not where the ball is.

### **Receiving**

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- A player must have at least one foot inbounds when making a reception.

### **Passing**

- All passes must be forward and received beyond the line of scrimmage.
- Shovel passes are allowed but must be executed beyond the line of scrimmage.
- The quarterback has a 10-second “pass-clock.” If a pass is not thrown within 10-seconds, play is dead, loss of down. Once the ball is handed off, the 10-second rule is no longer in effect.
- A pass that is intercepted may be returned by the defense. Interceptions are the only change of possession that does not start on the 5-yard line.

### **Scoring**

- Touchdown: 6 points
- Extra point: 1 point (played from the 5-yard line) or 2 points (played from the 12-yard line)
- Safety: 2 points

### **Dead Balls**

- Substitutions may be made on any dead ball.
- Play is ruled “dead” when:
  - Ball carrier’s flag is pulled.
  - Ball carrier steps out of bounds.
  - Touchdown or safety is scored.
  - 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.

### **Rushing the Quarterback**

- All players who rush the quarterback must be a minimum of seven 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.
- Once the ball is handed off, the seven-yard rule is no longer in effect, and all defenders may go behind the line of scrimmage. The referee will designate the seven-yard point.
- No blocking or tackling is allowed.

### **Sportsmanship**

- If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any un-sportsmanlike act, the game will be stopped and the player will be ejected from further play.
- FOUL PLAY WILL NOT BE TOLERATED.
- Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators.) If trash talking occurs, the referee will give one warning. If it continues, the player or coach will be ejected from the game.

## Penalties

- Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage unless noted otherwise.
- Only the team captain may ask the referee questions about rule clarification and interpretations. Coaches/Players cannot question judgment calls.
- Games cannot end on a defensive penalty, unless the offense declines it.

## **Defense:**

<u>Infraction</u>	<u>Penalty</u>
▪ <b>Offside</b> down	5 yards from line of scrimmage & automatic first down
▪ <b>Interference</b>	Ball at spot of infraction at automatic first down
▪ <b>Illegal Contact</b> <i>(holding, blocking, etc.)</i>	10 yards from line of scrimmage & auto first down
▪ <b>Illegal Flag Pull</b> <i>(before receiver has ball)</i>	10 yards from line of scrimmage & auto first down
▪ <b>Illegal Rushing</b> <i>(rushing from inside 7-yd. marker)</i>	10 yards from line of scrimmage & auto first down

## **Offense:**

- **Illegal Motion** 5 yards from line of scrimmage & loss of down  
*(more than one person moving, false start, etc.)*
- **Illegal Forward Pass** 5 yards from line of scrimmage & loss of down  
*(pass received behind line of scrimmage)*
- **Offensive Pass Interference** 10 yards from line of scrimmage & loss of down  
*(illegal pick play, pushing off/away from defender)*
- **Flag Guarding** 10 yards from line of scrimmage & loss of down
- **Delay of Game** 10 yards from line of scrimmage & loss of down

## Attire

- Cleats are allowed, except for metal spikes. Inspections must be made.
- All players must wear a protective mouthpiece; there are no exceptions.