

Youth Flag Football League Rules

(Revised 7.26.2022)

	K - 1ST GRADE	2ND-3RD GRADE	4TH-6TH GRADE
PLAYERS ON FIELD	5 v 5	6 v 6	6 v 6
FIELD SIZE	70' x 120'	70' x 120'	70' x 120'
COACHING	FIELD	FIELD	SIDELINE
MOUTHPIECE	REQUIRED	REQUIRED	REQUIRED
SUBSTITUTIONS	UNLIMITED	UNLIMITED	UNLIMITED
KICKOFFS	NO	NO	NO
BALL SIZE	PEEWEE	PEEWEE	JUNIOR
REFEREES	2	2	2
TIME	10 MIN QUARTERS	10 MIN QUARTERS	10 MIN QUARTERS
HALFTIME	5 MINUTES	5 MINUTES	5 MINUTES

Players Equipment

- Shirts must be tucked in with flags worn on hips
- Shoes must be tennis, running, sneakers or soccer (rubber cleats only)
- Prior to start of games, officials will line up teams and check the three previously mentioned equipment policies
- Officials will provide game balls on game day
- All players must wear a protective mouthpiece, NO exceptions

Number of Players

- Maximum number of players on the field per team:
 - K-1st Grade is 5v5
 - 2nd-3rd Grade and 4th-6th Grade is 6v6
 - If a team is short players, both coaches along with the referee can agree to change the player maximum for that game, or the team may borrow players from the opposing team for that game.
- Each player should play a minimum of half of the total playing time each game.
- Teams and games are co-ed
- Coaches can choose to rest players as needed, but should always maintain a co-ed atmosphere on the field.

The Game

- The game will be divided into (4) 10-minute quarters with a continuous running clock.
 - There will be 1 minute between quarters. Halftime will be 5 minutes.
- A coin toss determines the first possession.
- Coaches are allowed 2 timeouts per half: (1) 60 second timeout and (1) 30 second timeout.

- Any unused timeouts from the first half cannot be carried over to the second half.
- The offensive team takes possession of the ball at its 5-yard line and has 4 plays to cross midfield. Once the offensive team crosses midfield, the team has 4 plays to score.
 - If a team fails to cross midfield or score, possession of the ball changes and the opposition starts its drive from their own 5-yard line.
- To start play, the ball must be snapped between the center's legs, not off to the side.
- Blocking is prohibited.
- There will be no kickoffs.
- All possession changes, except interceptions, start on the offense's (5) yard line.

Running

- Laterals and backwards passes are allowed behind the line of scrimmage.
 - Once the ball touches the ground, the ball is dead.
- 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.
- The quarterback cannot run with the ball.
- No "center sneak" plays.
- "No-running zones" are located 5 yards from each end zone and 5 yards on either side of the midfield; these zones are designed to avoid short-yardage, power running situations.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no jumping or diving).
- The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

Receiving

- Only one player is allowed in motion at a time.
- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- Players must have at least one foot inbounds when making a reception.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no jumping or diving).
- The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

Passing

- The quarterback has a 7 second "pass clock." If a pass is not thrown within 7 seconds, the play is dead and results in a loss of down. Once the ball is handed off, the 7 second rule is no longer in effect.
- Shovel passes are allowed.

Interceptions

- Interceptions change the possession of the ball at the point of interception (interception returns are not allowed). Interceptions are the only changes of possession that do not start on the 5 -yard line.

Dead Balls

- Ball carrier's flag is pulled.
- Ball carrier steps out of bounds.
- Touchdown or safety is scored.
- At the point of an interception (interception returns are not allowed).
- 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. Offensive team retains possession.

Rushing the Quarterback

- All players who rush the passer must be a minimum of 7 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.
 - Referees will be responsible for spotting the rush line with a field marker.
- Once the ball is handed off, the 7-yard rule is no longer in effect, and all defenders may go behind the line of scrimmage. Remember, no blocking or tackling is allowed.

Substitutions

- Substitutions may be made only when the ball is not in play and the official is aware of the substitution. Sleeper plays will not be permitted.

Safety

- An offensive player whose flag is pulled behind their own goal line shall result in a safety. At no time shall an offensive player guard his flag. The defensive team takes over the ball at their own 5-yard line.

Penalties

All penalties will be called by the referee. Referees determine incidental contact that may result from normal play. All penalties will be assessed from the line of scrimmage. Games cannot end on a defensive penalty, unless the offense declines it.

Defensive Penalties	
Offside	Automatic first down
Interference	Automatic first down
Illegal Contact (holding, blocking, etc.)	Automatic first down
Illegal Flag Pull (before receiver has the ball)	Automatic first down
Illegal Rushing (start from inside the 7-yard marker)	Automatic first down
Illegal Tackling (aggressive contact with a player while attempting to pull the flag)	1 st offense is a warning. 2 nd offense is an automatic first down. 3 rd offense may result in an ejection from the game and an additional 1 game suspension

Offensive Penalties	
Illegal Motion (more than one person moving, false start, etc)	Loss of down
Illegal Forward Pass (pass thrown beyond line of scrimmage)	Loss of down
Illegal QB Run (QB is not allowed to run)	Play is dead Loss of down
Offensive Pass Interference (Illegal pick play, pushing off/away defender)	Loss of down
Flag Guarding from the line of scrimmage forward	Loss of down Return to original line of scrimmage
Flag Guarding from behind the line of scrimmage	Loss of down from place of infraction
Delay of Game	Clock stops Loss of down

Unsportsmanlike/Aggressive Conduct

- Unintentional intentional aggressive contact while attempting to pull an offensive player's flag will result in a warning for the 1st infraction. All infractions following the warning will be an automatic first down from the spot of the infraction and/or could result in the player being ejected from the game and serving an additional 1 game suspension.
- Trash talking, tackling, elbowing, cheap shots, blocking, or any unsportsmanlike conduct will not be tolerated. If such actions occur, the game will be stopped and the player will be issued either a warning and/or ejected from the game with a possible 1 game suspension, depending on the severity of the offense. If unsportsmanlike/aggressive conduct continues, the coach, player, or spectator will be banned from the football league/field for the remainder of the season.