

## **Youth Flag Football League Rules**

Baldwin — Eudora — Wellsville

### **FOCUS:**

This is a recreational league, and the emphasis should be on participation, fundamentals, and fun.

### **SPORTSMANSHIP RULE:**

0-Tolerance for profanity, heckling, abusive language, or gestures of harm by officials, coaches, players, or spectators. In any case, the game will be stopped and the person(s) involved will be asked to leave the premises before the game continues

### **Football Size**

1. Kindergarten/1<sup>st</sup> Grade – Wilson NFL Mini
2. 2<sup>nd</sup>/3<sup>rd</sup> Grade – Pee Wee (or K2)
3. 4<sup>th</sup>/6<sup>th</sup> Grade – Junior

### **Basics**

1. A coin toss determines first possession (winner can defer to 2<sup>nd</sup> half)
2. The offensive team takes possession of the ball at its 5-yard line and has four plays to cross midfield. Once a team fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
3. If the offensive team fails to cross midfield, possession of the ball changes and the opposing team starts its drive from its own 5-yard line.
4. All possession changes, except interceptions, start on the offense's 5-yard line.
5. Teams change sides after the first 20 minutes.
6. The clock does not stop

### **Players/Game Schedule**

1. Teams must always field a minimum of 4 players and a maximum of 6 players.
2. A team is not obligated to play with less than 6 if the opposing team is short of players. However, if one team plays with less than 6 players, the opposing team can only play with 1 more player than the short team.
3. Games are 40 minutes long, divided into, two, 20 minute halves. Games tied at the end of 40 minutes result in a tie.
4. Once 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 (Clock stops & loss of down)
5. Teams have one 60-second and one 30-second time-out per half
6. Officials can stop the clock at their discretion

### **Attire**

1. Cleats are allowed, except for metal spikes. Pre-game inspection must be made. Players must wear a protective mouthpiece. There are no exceptions.
2. Shirts must be tucked in.

## Scoring

1. Touchdown: 6 points
2. Extra Point: 1 Point (Played from the 5-yard line, must be a pass.)
3. 2-point conversion (Played from the 12-yard line)
4. Safety: 2 points + loss of possession

## Running

1. The quarterback cannot run past the LOS with the ball
  - a. If the quarterback is rushed, they may scramble and advance the ball past the LOS.
2. No "center sneak" plays
3. "No-running zones" located 5 yards from each end zone and 5 yards on either side of midfield are designed to avoid short-yardage, running situations
4. The player who takes the handoff can throw the ball from behind the line of scrimmage
5. Once the ball has been handed off, all defensive players are eligible to rush.
6. Spinning is allowed, but players cannot leave their feet to avoid a defensive player (No hurdling, no diving)
7. The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.
8. Pitches and laterals are allowed behind the line of scrimmage. The offense may use multiple handoffs behind the LOS.
9. There are no fumbles, the ball is spotted where the ball hits the ground. Possession is retained

## Receiving

1. All players are eligible to receive passes (Including the quarterback if the ball has been handed off behind the LOS.) One player may be in lateral motion at the time of the snap. One foot must be inbounds when making a catch.

## Passing

1. Shovel passes are allowed
2. The quarterback has a seven-second pass/sack clock. This will result in the end of the play, from the spot of the quarterback, and a loss of down.
3. Once the ball is handed off, the seven-second rule is no longer in effect.

## Defense

1. Interceptions can be advanced by the defense. Once the pass is intercepted, the defense can attempt to score; if the team does not score, they will begin their offense possession at the spot of the flag pull or when they run out of bounds.
2. Rushing the passer
  - a. Rusher must be a minimum of 7 yards from the LOS when the ball is snapped. Only one player can rush the quarterback. Players not rushing may defend on the LOS.
  - b. Once the ball is handed off, the 7-yard rule is no longer in effect, and all defenders may go behind the LOS. A special marker, or the referee, will designate seven yards from the LOS. Remember, no blocking or tackling is allowed.

## **Dead Ball**

1. The ball must be snapped between the legs, not off to the side, to start play.
2. Substitutions may be made on any dead ball
  - a. Flag is pulled
  - b. Out of bounds
  - c. Touchdown or safety is scored
  - d. Ball carrier's knee or elbow on the ground
  - e. The Ball carrier's flag falls out.
3. There are no fumbles, the ball is spotted where the ball hits the ground. Possession is retained.

## **Penalties**

1. Sportsmanship/Roughing
  - a. Unintentional or intentional aggressive contact while attempting to pull a flag will result in a warning. All infractions following the warning will be an automatic first down from the spot of the foul.
  - b. If the officials witness any act of tackling, elbowing, or other unsportsmanlike act, the game will be stopped, and the player will be removed from the game.
  - c. Unsportsmanlike conduct will not be tolerated. Officials have the right to determine offensive language. Officials will give one warning. If it continues the offender will be removed from the game.
2. Defense:
  - a. Offsides - Automatic first down
  - b. Interference - Automatic first down
  - c. Illegal contact - Automatic first down
  - d. Illegal flag pull (before the receiver has the ball) - Automatic first down
  - e. Illegal rush (inside the 7-yard marker) - Automatic first down
  - f. Aggressive contact (while attempting to pull flag) – 1 warning, 2<sup>nd</sup> offense is an Automatic first down
3. Offense
  - a. Blocking – Loss of down
    - i. Blocking is defined as any intentional attempt to shield (by running or standing) the person with the ball from a defender. Any form of play that is deemed “blocking” by the official, will be called a penalty.
  - b. Illegal motion (more than 1 motion, false start) - Loss of down
  - c. Offensive pass interference (illegal pick play, push off) - Loss of down
  - d. Flag guarding (in front of LOS) - Loss of down & return to LOS
  - e. Flag guarding(Behind LOS) - Loss of down & Spot foul
  - f. Delay of game – Clock stops & loss of down
4. Referees determine incidental contact that may result from normal run of play.
5. Games cannot end on a defensive penalty, unless the offense declines it