



## RULES FOR YOUTH FLAG FOOTBALL LEAGUE

- No contact or blocking
- the quarterback cannot run the ball unless he or she has received a direct handoff behind the line of scrimmage
- the player who rushed the QB must start 7 yards off the line of scrimmage
- all players are eligible to receive a pass
- no kicking or punting
- The offense has four downs to pass midfield and the 4 downs to score. A turnover on downs will occur if the offense is short of the first down or end zone resulting in immediate possession change spotting the ball at the opponents 5-yard line
- all possessions except interceptions will start at 5 yard line
- games are run with 2 12-minute halves and one minute half time
- The clock will only stop at the one-minute warning of the second half for an incompleteness, touchdowns, extra points, safeties, or out of bounds play. The clock will stop to set the puck if a first down is obtained.
- Interceptions may be returned
- Defensive penalties will result in an automatic first down
- Game time is forfeit time. If you aren't at your field for your scheduled game at games time you will forfeit that game
- Offense must have a minimum of one player on line of scrimmage (center) or up to 4 players on the line
- Playing time: each player should play every other series, and both offense and defense in a game.

### The roster

- A maximum of 10 players per roster. 3 players on field minimum to avoid forfeit
- A player may only appear on 1 roster, per age division
- Illegal player: if a player is found playing on a team illegally the team will forfeit the game (score will be turned 28-0)

### The attire

- Players are required to wear protective mouthpieces at all times during the game
- Players must wear shorts/pants with no pockets, however if a player is wearing shorts or pants with pockets, the pockets must be taped for the player to be eligible
- Referee will check each team before the game to confirm mouthpieces and no pockets. If a player is ineligible he/she will not be allowed to play until proper equipment provided

### The possession

- At the start of each game captains for both teams will meet at mid field for the coin toss to determine who shall start with ball
- The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Teams may not chose to defer to the second half.
- All possession changes will start at the offensive teams 5yd line. Exception: on interceptions the team will take possession of the ball where the defenders flag was pulled. Penalties on interceptions will be assessed where the interception occurred. Exception: if the game referee judges that a player intentionally or flagrantly commits a penalty then the penalty will be at the point of the foul., no less than the of the interception



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### The field dimensions

- 46yards long x 25 yards wide with 7 yard end zones

### The passing game

- Only one forward pass per down. All passes must be forward and received beyond the line of scrimmage. No lateral or pitches are allowed
- Shovel passes are legal, but must be beyond the of scrimmage
- QB has a seven second pass clock if the pass is not thrown in seven second the play is rules dead, with a loss of down. Once the ball is handed off, the seven second rule is no longer in affect and all defensive players are eligible to rush
- Interceptions can be returned. Ball is spotted where the ball is when defenders flag is pulled
- If a penalty occurs on an interception return by the return team , the penalty will be assessed from the spot of the foul
- If a penalty occurs on an interception return by the defensive team, the penalty will be assessed from the end of the run.

### The receiving game

- All players must start with their flag belts on, if a player starts without his flag belt properly secure with all flags attached, his or her team will be assessed a 5 yard penalty and a loss of down
- All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage)
- One player at a time may go in motion 1-yard behind and parallel to the line of scrimmage, no motion is allowed toward the line of scrimmage
- A receiver is down where he or she is, when the flag is pulled
- If a receiver flag belt falls off or is pulled off, before the catch is made, the receiver must then be touched with ONE hand to be downed
- Receiver must have one foot in bounds when making a catch

### The running game

- The QB cannot run the ball. The QB can only run the ball he or she has taken a direct hand off
- Only direct hand offs behind the line of scrimmage are legal. Anyone behind the line of scrimmage can receive a hand off  
Exception: the ball cannot be handed off between the center's legs
- No lateral or pitches of any kind, anywhere on the field, are allowed
- The player who takes the handoff can throw the ball, as long as he or she does not pass the line of scrimmage first
- Once the ball has been handed off, all defensive players are eligible to rush
- Once the ball has been handed off the seven second pass rule is no longer in effect and all defensive players are eligible to rush
- Defensive players cannot pass the line of scrimmage during a direct hand off play, until the ball is handed off
- Spinning is allowed. However, hurdling a player or diving to advance the ball is not allowed.

### The "run zones"

- "no run zones" located five yards from each end zone and five yards on both sides of the field
- "no run zones" are designed to avoid short yardage situations
- "No run zones" come into effect only when offensive team is approaching a first down or the end zone. Exception: if the offensive team has already achieved a first down, but has been pushed back into a "no run zone" then the "no run zone" om no longer in effect



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### The rushing of the quarterback

- All players that rush the passer must be a minimum of seven yards from the line of scrimmage, which will be designated by the referee, before the ball is snapped. Any amount of players can rush the quarterback. **EXCEPTION 2/3 Grade Division = No Rushing the QB**
- If the offense draws any rusher to commit or jump that seven-yard marker, that rusher CANNOT rush during that play. However, any other defender that is seven yards back may rush instead
- The rusher CANNOT run straight into the center. The center has the right of way if the way if the rusher does not take an angle to the QB. If contact is made with the center by the rusher who has not taken an angle to the quarterback a defensive obstruction penalty will be called
- Players not rushing the quarterback may defend the line of scrimmage, as long as he or she is at least one yard from the line of scrimmage
- A rusher must go for the quarterback's flags. The rusher may attempt to block the pass but it is a penalty to make contact with the quarterbacks arm

### The dead balls

- Ball must be snapped between the centers legs to start a play. EXCEPTION:3/4 & 5/6 divisions may snap from the side
- A play is ruled dead when: ball carrier steps out of bounds, ball carriers knee touches the ground, ball carrier lets the ball hit the ground ball carrier fumbles the ball away, and after a touchdown, or extra point is scored.
- There are no fumbles. The ball will be spotted where the ball hit the ground.
- If there is an inadvertent whistle during a running play, the offense will have the choice of either the result of the play or replaying the down.

### The penalties

- All defensive penalties are an automatic first down
- All offensive penalties are yardage plus loss of down
- Any type of blocking screening is illegal and will result in a penalty
- Any offensive penalty in their end zone will result in a safety
- If a player intentionally grabs a players jersey to stop a big play or score it is an automatic first down, and a warning is given to the team, on a second offense the player may not participate the remainder of the game. If it is determined that players are being coached to grab jerseys Orange Youth Sports step in.

### The scoring and time situations

- Scoring: touchdown = 6 points, extra points (5 yards) = 1 point, extra point (10 yards) = 2 points, extra point (midfield) = 3 points, safety = 2 points, returned extra point attempt by the defense = 1,2, or 3 points, depending on what the offensive was attempting
- There is 25 second huddle clock, which will start one the line of scrimmage is marked



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- Each team is allowed 2 timeouts (60 seconds long) per game. In overtime, each team will be given one timeout. Timeouts are NOT carried over from the original game.
- Referee may stop the clock at own discretion
  
- The clock will only stop at the one-minute warning of the second half for an incompleting, touchdown, extra point, safety, or if the offense gets out of bounds. The clock will stop to set the punts if a first down is obtained.
- MERCY RULE: if a team is ahead by 19pts at the one minute warning, the game shall be over.
- FOREFEITS: will be turned in as a 28-0 score
- OVERTIME: If a game goes into overtime each team will get one play from mid field, the team that gains more yards win. If both teams score or gain the same amount of yards we repeat

### Concussion Management

#### ALL COACHES MUST BE CONCUSSION CERTIFIED BEFORE FIRST PRACTICE TAKES PLACE

- No athlete can return to play or practice on the same day as a possible concussion
- Any athlete suspected of having a concussion should be evaluated by an appropriate health care provider as soon as possible.
- Any athlete with concussion must be medically cleared by a health care professional before resuming practice or games play