

# Youth Flag Football Rules



Each team will have a volunteer coach on the field to help direct the players as well as huddle the team and assist in creating plays.

## **General Rules:**

- Our goal is that all players play; so depending on the number of participants per team, we will play 5-on-5, 6-on-6, 7-on-7 or 8-on-8.
- The game will consist of two (2) twenty (20) minute halves with a continuous clock.
- Each player is required to begin the game with flags around their waist.
- Cleats are not allowed.
- Players are not allowed to flag guard, jump, or hurdle players (this is a safety issue).
- If a player's flags fall off while running without the ball and they end up catching the ball, the game turns to a one-hand touch game.
- Flags must be dropped and not thrown after making a pull.
- There are no fumbles. The ball is spotted where it hits the ground.
- A first down will be earned at each red line as well as the mid-field line.
- Play is ruled "dead" when a player's knee hits the ground, a loose ball occurs or the ball carriers flags are pulled.
- If a game ends in a tie, it will result in a tie unless it is a play-off game.
- All penalties will result in a loss of five (5) yards.
- There will be a ZERO tolerance rule of poor sportsmanship. This is set to eliminate fighting, pushing, swearing, and taunting. Parents as well as participants are expected to set a good example.
- The Sports Center has the right to change, alter, or delete any rule for the safety of the players, teams, and facility.

## **Offense**

- Each team will start their offensive possession with the ball on their own goal line.
- The quarterback position will rotate and each child will get a chance to play quarterback (if they wish). The quarterback has to throw the ball to a teammate within 10 seconds or a penalty will be enforced.
- The quarterback is not allowed to run the ball.
- Handoff plays are only allowed once per each set of downs. This is set for the younger children to have an opportunity to make a play and will be monitored closely.
- The center must snap the ball between their legs and they are eligible to receive a pass.
- Offense can go for a one (1) point conversion from the five (5) yard line or a two (2) point play from the twelve (12) yard line.

## **Defense**

- Rushing the quarterback is not allowed.
- Interceptions can be run back.
- An interception on a conversion play is worth three (3) points for the defense if returned to the end zone.

## **Penalties will include but are not limited to:**

### **Offense:**

Flag Guarding  
Pass Interference  
Illegal Contact  
Unsportsmanlike Conduct

### **Defense:**

Tackling  
Tripping  
Holding  
Pass Interference  
Illegal Contact  
Trying to cause a fumble  
Unsportsmanlike Conduct