

## Youth Flag Football Rules 2009 (Revised 9/15/09)

### FLAG FOOTBALL RULES 5/6 division

The Flag Conference will not have a draft. The Flag players will be placed on teams according to areas/requests with an effort to even out ages on each team. This will be done at a special meeting with the Flag coaches and at least two Board members.

### REFEREES

1. The Referees must control the game at all times-any problems must be brought to the division representative.

### GENERAL

1. The playing field is 50 yards long by 25 yards wide.
2. Teams are composed of a minimum of 7 players.
3. Practice may not be held more than 3 times a week after Game #1. Practice sessions should not exceed 1 hour in length or two times per week not to exceed one and one half (1.5) hours in length. This is to accommodate coaches and parents if they are only able to get the team to meet twice a week.
4. Game length is 2 halves, with a 30 minute maximum running clock. Each team is allowed two one-minute time-outs per half. There may be official time-outs to repair equipment or to assist an injured player.
5. Half time will be 5 minutes.
6. The game ball is the nerf-sized ball (approved by the Board of Directors) or the Wilson K-2. (Each team will use their own ball for their offensive possession.)
7. Each player must wear a mouthpiece.
8. No jewelry can be worn.
9. Flag belts must NOT be covered by a jersey, sweatshirt etc. (For 2009 Flag will be attached to jersey.)
10. No more than 2 coaches may be on the field during the game. (2 per team)
11. Each coach shall designate a parent to make sure each player has carried the ball at least once each half.
12. The designated home team is responsible for running the chains during the entire game.

### PLAYERS

1. Each team shall have 8 players on the field.
2. Each player will be issued a Jersey. The participant must pay for any jersey lost or destroyed before another jersey will be issued. Flag belts must be worn on the outside of the jersey at the waistline with three flags attached (one on each side and one in the back). The flag belt must be worn by each player on the field and not be looped or tied. (2009 – Flags will be attached to jersey.)
3. Reason for non-participation: illness, injury, no mouth guard, ejection from the game, disciplinary (i.e., missing practices). The coach must advise the parents as soon as possible in case of a lack of playing time.

### GAME RULES

1. There will be no kickoffs, the offensive team will start with the ball on their own 20 yard line at the start of each game, beginning of the second half, and after the other team enters the end zone.
- 2. The game begins with a toss of a coin. The winning team may elect offense, defense or which end of the field to defend. At the start of the second half, the team which did not start the game with the ball will begin the 2<sup>nd</sup> half with the ball.**
3. Players on the offensive line must be within 5 yards of the ball laterally and all offensive players must be set for at least one second prior to the center snap.
4. Running up the middle is only okay on hand-offs. Center-keepers and quarterback sneaks are illegal.
5. Stiff-arming and flag guarding are illegal. **In these cases, the ball is dead where the infraction occurred. If any penalties are called they will be 3 yards for a minor penalty and 8 yards for a**

**major penalty.**

6. No coaches can call a replay. The referee must take control of the game and make the calls.
7. All offensive players are eligible to receive a forward pass.
8. The backfield may not use more than 3 players and these players must be at least 1 yard behind the line of scrimmage.
9. Blockers may not leave their feet before, during, or after contact is made.
10. Removing flags from any offensive player who does not have possession of the ball is illegal, whether intentional or not.
11. Defensive players may use their hands to force their way through the line, but may not hold or grasp the ball carrier while attempting to remove the flag.

**11a. Defensive players must be 3 feet off of the ball on the line of scrimmage at the start of each play and the defensive team must not hit the center or blitz through the "A" gap.**

12. Every effort will be made for every player to handle the ball at least twice per game. The goal is to have each player handle the ball at least once per half. However, no player will be allowed to run the ball a second time until every player has run the ball once and no player will be allowed to run the ball a third time until every player has run the ball twice, and so on.
13. Coaches will assign a parent to track all players' participation.
14. First downs are made when the offensive team advances the ball 10 yards.
15. The ball is dead when it hits the ground, no replays.
16. On the 4th down, all punts must be declared before the ball is snapped. No rush may be made to block the punt and once the punt is declared, the offensive team may not attempt to advance the ball.
17. In punting situations, there will be no rushing punter and no contact with the center.
18. The team receiving the punt may send one player back to catch the punt. If the punt returner catches the punt, his team is awarded 5 yards. If the ball hits the ground, it is dead where it hits.
19. Each Flag Team will have no more than 12 players.

**SCORING**

1. Scoring: Touchdown (run or pass) = 6 points  
Safety = 2 points  
Defensive conversion on a extra point attempt = 2 points
2. Extra points are as follows: 1 point if the ball carrier runs in the end zone and 2 points if the player completes a forward pass and the ball carrier enters the end zone .
3. Overtime- coin flip, the team with the ball first gets 4 downs to enter the end zone with the ball spotted at the 10 yard line. After that team scores, the other team gets the same opportunity.