



## 2019 Youth Flag Football Rule Book

### Flags

1. Each team and player will be provided flags to wear during games.
2. Flag guarding and illegal flag pulling are not allowed. Illegal flag pulling is defined as pulling an opponent's flag before he/she receives the ball, or pulling a non-ball carrier's flag.

### Game Time

1. Games will consist of two 20 minutes halves with a 10 minute rest period between halves. Each team will have a 10 minute warm-up/practice period before the start of the game.
2. All games will be 8 on 8 with exceptions being made if the opposing team has less than 8 players on game day

### Flag Football Rules

1. The coaches will determine possession of the ball
2. All series will start at your own 5 yard line. There will be no kickoffs or punts.
3. The offense may pass or run the ball using conventional methods of a handoff or pitch. The quarterback (QB) is not allowed to cross the line of scrimmage with the ball.
4. The offensive team has four downs to reach midfield for a first down. If the team passes midfield, they will receive four more downs to score.
5. Play will stop once the ball comes in contact with the ground; all fumbles will be retained by the offensive team at the spot of a fumble.
6. Once a player's flag has been pulled, he/she is down at that spot. If a player loses his/her flags during a run the play is dead at the spot of the flags falling off. Coaches should strongly discourage players from blocking or guarding their flags.
7. The defense must line up 1 yard or more off the line of scrimmage and ball. A three second count will be counted off before they can rush the QB. Players may rush immediately following a handoff or pitch.
8. All players that are NOT rushing may line up on the line of scrimmage.

9. If the offensive team fails to score or get a first down, possession changes and the new series will begin on their own 5 yard line.
10. After a touchdown is scored and the extra point is attempted, possessions changes and play resumes at the 5 yard line.
11. Substitutions can only be made during a dead ball or injury, Coaches MUST give players equal playing time.
12. There is no blocking or tackling under any circumstances. Players will be allowed to shadow block. (this is where a player mirrors another player's movements with their hands across their chest). Contact is NOT allowed by either team during shadow blocking. The defensive player will make all effort possible to avoid making contact with the shadow blocker.

### **Hiking the Ball**

1. The ball must be hiked from the center to the quarterback every play.
2. Hiking the ball can be done in two ways:
  - Traditional Style – Center hikes the ball through his or her legs.
  - Hand-off style – Center turns and hands the ball to the quarterback.

### **Extra points**

1. An “extra point” conversion after a touchdown will be attempted from the three yard line.

### **Running**

1. The QB is not allowed to cross the line of scrimmage with the ball. The ball must be passed, pitched or handed off.
2. Once the ball is handed off, ALL defensive players are eligible to rush.
3. The ball is spotted where the ball carriers feet are when the flag is pulled, not where the ball is, or where the flag lands.
4. **Spinning is allowed, however, the player is not allowed to leave their feet (i.e. diving, jumping, etc.)**
5. The ball carrier may not: Hurdle defensive players, attach the flag in a manner that it cannot be easily removed, “Flag Guard”, this includes: stiff arming, swinging the hand or arm over the flag belt, carry the ball in a position that protects the flag, lowering the shoulders in such a manner which places the arm over the flag belt, and batting a player's hand away from the flag belt.

## **Receiving**

1. All players are eligible to receive a pass.
2. A player must have at least one-foot in-bounds when making a reception.

## **Passing**

1. Interceptions change the possession of the ball at the point of interception (no return is allowed)
2. Interceptions are the only changes of possession that does not start at the 5 yard line.

## **Dead Ball**

1. Play is ruled dead when:
  - Ball carrier's flag is pulled.
  - Ball carrier steps out of bounds.
  - Touchdown or safety is scored.
  - Ball carrier's knee touches the ground
  - Ball carrier's flag falls off.
2. There are no fumbles. The ball is spotted where it hits the ground.

## **Penalties**

1. The coaches will act as officials and will call the penalties.

## **DEFENSIVE:**

- Defensive off sides – 5 yards and replay the down
- Interference – 5 yards and automatic first down
- Illegal flag pulling – (Before the receiver touches the ball) - 5 yards and automatic first down.
- Illegal contact – (Holding, Pushing) - 5 yards and replay the down.
- Illegal rushing – rushing before the 3 seconds or lining up inside 1 yard – 5 yard penalty repeat the down.

## **OFFENSIVE:**

- Illegal contact (Blocking, Holding, etc.) – 5 yards from the line of scrimmage and replay the down.
- Illegal motion – false start; having any player in motion at the snap. All 8 offensive players must be set for one full second prior to the snap. – 5 yards from the line of scrimmage, replay the down.
- Diving, leaving feet – 5 yards from the spot of the foul, the resulting spot will determine down and placement.
- Illegal forward pass (passing across the line of scrimmage) – 5 yards from the line of scrimmage, loss of down.
- Flag Guarding – 5 yards from the spot of the foul, the resulting spot will determine down and placement.

**Unsportsmanlike conduct will not be tolerated. If any coaches witness any acts of elbowing, cheap shots, chop blocking, and tackling (with intent to tackle) or any other unsportsmanlike act, the game will be stopped and the player or players will be removed from the game. Both Head coaches should confer before action is taken and if the sports coordinator is needed call him/her over to your field.**