



## Youth Flag Football Rules 2024

### Teams

- Teams will have 7-8 players on a team.
- The game will be played 5 v 5.
- You may play with 4.

### Time

- 2 -20-minute halves with a running clock
- 3-minute half time
- 1 timeout per half - 60 second (timeout will stop the clock)

### Scoring

- Touchdown 6 points
- PAT 1 Point (5 yards) 2 Points (10 yards)
- Safety 2 Points
- Extra Point returned are 2 points.

### Live/Dead Ball

- The ball is live at the snap and is live until the referee blows the whistle.
- Dead ball is when:
  - a. The ball hits the ground (including a bad snap)
  - b. The ball carrier's flag is pulled.
  - c. The ball carrier steps out of bounds.
  - d. A touchdown is made.
  - e. The ball carrier's arm or knee touches the ground.
  - f. The ball carrier's flag falls off.
  - g. The ball carrier catches the ball, and their flag falls off beforehand. They will be down when they catch the ball.
  - h. 7 second pass clock expires- it goes back to the line of scrimmage.
  - i. Ball carrier leaves their feet.
  - j. When a player flag guards
- There are no fumbles. Next down starts from where the ball hits the ground.
- For 3<sup>rd</sup>-8<sup>th</sup> grade, if the QB drops the ball on the snap, the play will be blown dead.
- For 1<sup>st</sup>-2<sup>nd</sup> grade if the QB drops the ball there will be one redo per possession

## **Running**

- The quarterback cannot run the ball until the defense crosses the line of scrimmage.
- Only a direct handoff, no pitches, or laterals
- No running in the indicated No Run Zones (1st and 2nd see additional rules in yellow)
- If a player receives a handoff behind the line of scrimmage they may run or throw, as long as the throw takes place behind the line of scrimmage.
- No blocking or screening, no contact at any point in the game.
- No flag guarding.
- Shirts must be tucked in, and flags must be over the shirt.
- The runner cannot spin or jump.

## **Passing**

- Pass must be thrown from behind the line of scrimmage.
- The quarterback has 7 seconds to throw the ball, even if the defense rushes. If not, the play will be called dead, and the ball will go back to the line of scrimmage.
- If the quarterback hands the ball off, that player may run or throw the ball.
- All passes must go past the line of scrimmage.

## **Receiving**

- All players are eligible to receive passes (including the center)
- Only one player in motion, must be parallel to the line of scrimmage.
- The receiver must have one foot or other body part down in bounds before going out of bounds to count as a catch.

## **Rushing**

- Defense must be 7 yards off the ball.
- Multiple players can rush at the same time.
- Once the ball is handed off, all players can pursue the ball.
- The rusher may block or intercept the throw but cannot contact the quarterback.
- The ball will be spotted where the sack took place, if sacked in their own endzone, it will result in a Safety (2 points), defense then gets the ball at their own 5-yard line.
- Those who are not rushing cannot cross the line of scrimmage until the ball has been handed off.

## **Misc.**

- The center must snap the ball between their legs, or side hike.
- The center may catch a pass after snapping the ball.
- You may have up to 4 players on the line of scrimmage, minimum of 1 player must be on the line of scrimmage.
- Interceptions can be returned; the ball will be marked where the players flag was pulled.

## **No Run Zone**

- There will be 2 run zones on the field, 5 yards before half field, and 5 yards before the end zones.
- While in the No Run Zone, teams must THROW the ball.
- Teams may hand the ball off, but the player who received the hand off still must throw the ball.

- **1st and 2nd grade only.** There will only be the one “No Run Zone” right before the end zone. When a team enters the “No Run Zone”, Their first play must be a pass, after that, they may run the ball. If your first play in the No Run Zone is 4th down, you still must pass the ball.

### Field

- The field will be 70 yards x 25 yards. The end zones will be 10 yards each.
- The drive will start at the team’s own 5-yard line.
- They will have 4 plays to get to half field.
- After crossing midfield, the team will have 4 plays to score.
- **If you fail to cross the midfield line you can either say you are going punt on 4<sup>th</sup> down and the ball goes to the opposing team’s 5-yard line, or you can go for it and if you fail to make the first down the ball is turned over on downs.**

### Ball Size

- 1st/2nd grade- Pee Wee
- 3rd/4th Grade- Pee Wee
- 5th/6th Grade- Junior Size
- 7th/8th Grade- Youth Size

### Penalties

The referee will call all penalties. They determine incidental contact that may result from normal run of play. Only the head coach may respectfully ask the referee questions about clarification and interpretations.

- **Defensive pass interference**= +5 yards and automatic first down
- **Offensive pass interference**= -5 yards from line of scrimmage and replay the down
- **Defensive Holding (receiver being held on route)** = +5 yards and automatic first down
- **Defensive Holding (ball carrier being held)** = +5 yards from the spot of the foul
- **Offensive Holding**= -5 yards and replay the down
- **Defensive unnecessary roughness**= +5 yards, automatic first down and ejection if necessary
- **Offensive unnecessary roughness**= -5 yards, loss of down and ejection if deemed necessary
- **Illegal Blocking, holding downfield or running with the ball carrier**= -5 yards from the spot of the foul and loss of down
- **Flag guarding**= Down at the spot of the foul
- **Defensive offside, illegal rush**= +5 yards from line of scrimmage and replay the down
- **Roughing the passer**= +5 yards from scrimmage, automatic first down and ejection if deemed necessary
- **Illegal forward pass**= -5 yards from line of scrimmage and loss of down
- **Illegal motion**= -5 yards from line of scrimmage and replay the down
- **Delay of game**= -5 yards from line of scrimmage and replay the down
- **Impeding rusher (Holding)**= -5 yards from line of scrimmage and replay the down
- **False Start**= -5 yards from line of scrimmage and replay the down
- **Running a run play in the no run zone**= Loss of down and back to the original spot
- **Unsportsmanlike Conduct**= -5 yards and ejection if deemed necessary

1st DOWN

