



Flag Football Rules

Division	Field Dimensions	Ball Size	# of Players	Playing Time
1 st /2 nd Grade	90 x 25	Pee Wee (Wilson K2)	5 v 5	2- 20 min halves
3 rd /4 th Grade	90 x 25	Junior (Wilson TDJ)	5 v 5	2 – 20 min halves
5 th /6 th Grade	90 x 25	Junior (Wilson TDJ)	5 v 5	2- 20 min halves

*Five (5) yard no run zone prior to 1st down and end zone

Playing Time:

- All Players must be offered equal opportunity to playing time.
- Players must rotate between offense and defense.

Player's Equipment:

- Jersey's will be provided by the YMCA, teams must wear YMCA issued jersey.
- Mouth guards are not required but strongly recommended.
- No steel tip cleats
- YMCA will provide flag belts that must be used during the game.

Flag Belts:

- Each player on the field will wear a flag belt with two (2) flags that are positioned on their hips.
- If the flags are not on the players hips and the defense is not able to pull the flag because of this the play will be declared dead at that point.
- Removing flags from a player not in possession of the ball will receive an unsportsmanlike penalty.

Duration of the Game:

- During the last minute of each half, the clock will stop on : an incomplete pass, bass carrier steps out of bounds, possession changed, penalty on the play, timeout is called, or injury.
- Each team will have two timeouts per half, timeouts don't carry over from 1st half to 2nd half.

Scoring:

- Touchdowns will be worth six (6) points. Try for (1) will be placed 5 yards out and will be a pass only play. A Try for (2) will 10 yards out and may be a run or pass play.
- If the defensive team returns a try, the defensive team will be awarded two points.



Overtime:

- Games tied at the end of regulation time during the regular season will end in a tie.
- Tournament games will be decided by each team having 3 possessions to score. If multiple OT's are needed, then teams will swap in order and we will continue until we have a winner. After the 2nd OT teams will be forced to complete the try for two points.
- The ball will be spotted 10 yards out from the endzone.

Offense:

- The offensive team can have ONE (1) player in motion and that player cannot move towards the line of scrimmage until the ball is snapped.
- The ball may be snapped between the legs OR a side-snap may be used.
- Offensive team has 3 downs to advance to the next zone for either a first down or a touchdown. If the offense is not successful in the 3 downs, an optional 4th down may be used. If the conversion is failed, the defense will take over from where the ball is spotted (instead of their 5-yard line.)
- There must be a wide out on each side of the ball prior every snap.
- There is a 30-second play clock between plays.

Running:

- The quarterback CANNOT run with the ball. However, once the quarterback hands the ball off, he is no longer considered the quarterback for that play and can take another handoff as well as receive a pass.
- Offense may use multiple handoffs behind the line of scrimmage. The player who takes the handoff can throw the ball from behind the line of scrimmage
- A player can run anywhere on the field EXCEPT for the no rushing zones (5-yards from the end zone and 5-yards prior to mid-field)
- Spinning is allowed, but players CANNOT leave their feet to avoid a defensive player. Diving is not allowed.
- The ball is spotted where the ball is when the flag is pulled.
- The offensive player will need to get 1 foot in bounds to be legal reception.
- Once the ball has been handed off, all defensive players are eligible to rush.
- Absolutely no laterals or pitches beyond the line of scrimmage.



Passing:

- All players are eligible to catch a pass.
- Quarterback has a 7-second “pass clock”, the pass is not thrown within 7 seconds the play is called dead, loss of down, the defense may have ANY NUMBER OF RUSHERS line up 7-yards back and rush on the snap of the ball.
- If the player catches a pass when only having 1 flag on, then he is down where he catches the ball.

Blocking:

- Blocking is ILLEGAL. Blocking is legally obstructing an opponent by contacting the opponent with any part of the blockers body.
- If a player stands still and does not move left, right, forward or backward from the line of scrimmage, then that is NOT considered a block. This is legal.
- Screens are a form of blocking and are illegal.
- Offensive players running next to or behind the ball carrier in an attempt to create an obstacle to get the ball is also considered blocking and is illegal.

Defense:

- Once the ball has been handed off, all defensive players are eligible to rush. Any number of players may rush if they are behind the 7-yard marker at the time of the snap.
- Defensive players must do their best to avoid contact with the offensive players.
- Defensive players may not hold or grasp ball carrier’s while attempting to remove flags.
- There is a one (1) yard neutral zone between the ball and the defense.
- When rushing the quarterback, the defensive player MUST rush from behind the 7-yards from the line of scrimmage mark.
- If the flag falls off, the ball carrier is down where the flag fell off.
- If the player catches a pass when only having 1 flag on, then he is down where he catches the ball.

Turnovers:

- There ARE NO fumbles. The ball is spotted where the ball hits the ground. This rule is for the safety of the players to avoid diving at the ball.
- Interceptions can be returned for a touchdown if the defender does not reach the end zone the ball will be spotted where the defensive player is down.
- If interceptions are not returned for a touchdown, then the new offense will have possession where the flag belt was pulled.



Five (5) yard penalties for the following violations:

1. Offensive-Illegal Procedure-this also covers #12-play stopped at snap of the ball. 5 yard penalty and replay down
2. Off-Sides-Play stopped at snap of ball. 5 yard penalty, replay down (Only on Offense)
3. Delay of Game-not a loss of down
4. Defensive Holding or Illegal use of the Hands
 - a. Right off the ball when players grabs the jersey of the opposing player
 - b. Grabbing the jersey, shorts, or any part of the body in an attempt to hold the runner until the flag is pulled (if the defender pulls anything but the flag, the player needs to let go immediately to not be penalized.) Defender should not be penalized for pulling strap on belt if it is not tucked in
 - c. Pass Interference (Automatic 1st down, 10 yards from the line of the scrimmage)
5. Intentional grounding
6. Backfield in motion
 - a. Cannot be moving forward when the ball is snapped
7. Loose Clothing over flag belt
8. Hide-Outs (any player not starting from the huddle)
9. Illegal Forward Pass
 - a. Stepping across the line
10. Illegal rushing or running (within the no rush, no run lane) – loss of down
11. Leaving the feet in order to gain extra yards or to avoid a flag pull
12. Illegal Shifts (2 or more players moving when the ball is snapped)
13. Too many players on the field

Ten (10) yard penalties for the following violations:

1. Blocking (from the spot of the foul)
2. Illegal use of hands by the offense
3. Stiff arming
4. Flag guarding/illegal arrangement of flag
5. Unnecessary roughness (Automatic 1st down)-unless it's on the offense. 10 yard penalty and loss of down
6. Pass Interference (Defensive 1st down, Offensive loss of down) Automatic 1st down, from the line of scrimmage
7. Unsportsmanlike conduct
8. Illegal Flag Pull (before the receiver has the ball)- if the flag is pulled illegally before the ball gets to the receiver, it will be an automatic first down and the offense keeps the ball
9. Illegal Contact (can happened on offense also)