



Shakopee Youth Football Association

K-3rd Grade Flag Football Rules

Updates 8/1/2022

General Rules Outline

SYFA conduct guidelines apply to all league games.

Team Rosters & Player Selection

The skills and number of players on each team is important to maintain equal playing time and skill development. Since

so much of flag football depends on size and speed, our goal is to balance the teams as best we can by equalizing teams based on size and quickness of players.

Late registration players will be assigned to the team(s) with the fewest number of players. When developing the initial rosters we will anticipate some late registrations and will make every effort to develop the number of teams that allow the rosters to be at the minimum number.

Equipment

- Mouthguards
 - Mouth guards are required during all games and practices for all grade levels.
- Footwear
 - Each player is responsible for shoes. Metal spikes are not allowed. Removable plastic spikes are allowed. Molded spikes are recommended.
- Clothing
 - Game Jersey and flag belts are provided and both should be worn outside any other clothing. Flag belts must be worn on the outside of all clothing and worn on the players' sides above the hips.
- Personal Equipment
 - If a player wishes to use any personal equipment in place of the SYFA provided equipment, it must first be approved by the board via the flag coordinator to ensure it has the approved safety certification. Coaches are to ensure that their players are properly equipped for both practices and games. Players not properly equipped may not participate on the field.
- Football
 - The official size used at all flag levels is "pee-wee"

Fields

- Designated Fields
 - All games, scrimmages, and practices shall be played only on fields designated for SYFA by Shakopee's Park & Recreation department
- Field Conditions
 - The Board Flag Coordinator shall be responsible for determining the condition of game fields as suitable for play. Determination of an unplayable field can be made up to game time. Communication will be made as soon as possible
- Field Sizes
 - Field sizes may vary based on location and grade level.
 - K-1st gameday fields will be played "half court" style with the start of a possession happening 5 yards from midfield
 - 2nd-3rd will play with 2 endzones

Playing Rules - General

The intention of flag football is to introduce and develop players' football love of game and skillset without contact. The no-contact rule will be strictly enforced. This is a development / instructional league with a secondary emphasis on competition. The goal is to provide players with coordination skills and the understanding of the game before the contact element of football is introduced.

- 2022 Team Sizes
 - K-1st flag will be played as 6on6
 - Position structure should be 3 on the line at minimum
 - 2nd-3rd will be played as 7on7
 - Position structure should be 3 on the line at minimum
 - If a team cannot fill a team, coaches can agree upon 5on5 or any other mutually agreed upon rule set
- Game Length
 - Teams can arrive for a game 30 minutes prior for a light practice/warm up
 - Games are 60 minutes running clock, with even possessions each half
 - 5 minute halftime break
 - First possession based on coin flip, "laces or spaces", or any other mutually agreed upon method
- Officials
 - Coaches are also officials, or if parents are able to step in, they can also fill this role so long as they understand their boundaries as an official.
 - Responsible to watch the clock, assessing penalties, and making sure huddle times are reasonable

- Penalties
 - Simple 5(ish) yard penalty from the line of scrimmage (LOS) (details below)
- Possessions
 - 4 downs to reach 10 yards from the original LOS (or score) resulting in fresh set of downs
 - Loss of yardage will result in a new LOS, (K-1st, if a team is backed up past 5 yds from midfield, if a team is at the “45” yard line already and loses yardage, ball gets placed back at the “45” yard line.)
 - No punting unless mutually agreed upon by the coaches, but it is not recommended. At change of possession, new offense starts at their own 20
 - Full field games, no kickoff, rather teams start on their own 20 yard line
 - After a play, ball placement is determined by the coaches and should be based on where the ball was when the flag was removed. Ball placement is not determined by where the ballcarrier’s flag was dropped on the ground.
- On Field Coaching
 - While more than 1 coach can help the kids during the game, we encourage 1 coach be the play caller for offence or defense to avoid confusion for the kids
 - Try to have the offense play called and the players set within 60 seconds
- Scoring
 - Touchdown is worth 6 points
 - No extra point kicking
 - 2 point conversion attempt after TD from the 5 yard line
 - No safeties at this level, ball placed on 5 yard line if this happens

Playing Rules - Playing Time

- Playing Time
 - Players must evenly play ½ their PT on offense and ½ on defense
 - Players offense time should be split ½ on the line and ½ at skilled positions (QB, WR, RB)
 - Every player on a team gets even chances at QB over the course of the season

Playing Rules - Offense

- Line Requirements
 - Must have at least 3 players on the LOS (Center is required) teams can go “jumbo” on the line if they wish
- Snap
 - QB can take the snap however they are directed or comfortable with, recommend they take the snap directly under center vs shotgun
- QB Sneaks
 - No QB sneaks
 - QB should pass the ball or hand off/pitch to a RB or other teammate
 - If a sneak occurs, blow the play dead and reset the down, no loss of down/yardage
- Eligible players
 - All players are allowed to catch a pass.
 - If a panicked QB passes to the Center and he catches it, this is allowed.
- Blocking
 - “Tapping” blocks allowed, meaning linemen can extend hands and arms and lightly tap on any rushers.
 - Monitor pushing, shoving, stiff arming, or slapping, this is a penalty at the flag level.
- Fumbles/Interceptions
 - Fumbles and interceptions will not result in a turnover. Return the ball to the previous LOS and the offense loses their down.
 - Pump up and congratulate kids that cause the turnover, keep positive affirmation at the forefront of the game

Playing Rules - Defense

- Defensive Rush
 - Defense can cross the LOS after the defensive coach finishes counting “5 apples” OR the ball crosses the LOS via a pass or RB rush. 5 apple count does not stop when a handoff occurs
- Defensive Line
 - Defenders can line up at least 1 yard from the LOS
- Line Backers/Defensive Backs
 - Should stand at least 3 yards from the LOS

- Linebackers and DB's cannot rush the QB
- Grabbing Flags
 - Players are to attempt to grab the flag ONLY. Players cannot hold an offensive player while trying to grab their flag. This will result in a defensive penalty.
 - When a flag is pulled, defender stands up with the flag in the air so the ball can be properly spotted for the next down
- Tackling
 - Tackling in flag football is strictly prohibited and can result in a player being benched upon multiple infractions in the same game.
 - Ongoing safety issues can result in a player missing games until they understand the rules for flag football

Player Conduct

Name calling, trash talking, profanity, and anything of the sorts is not allowed. We understand football comes with a certain culture associated with it, but not in the SYFA flag football program. Our flag program has no tolerance for this. Players failing to show sportsmanship and discipline with their peeps can face benching, suspension, or can be dismissed from the league. No refunds will be given in these circumstances.

COACHES, MAKE SURE ALL KIDS ARE HAVING FUN!