



MIDLAND CIVIC ARENA

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YOUTH FLAG FOOTBALL RULE AMENDMENTS

I. Game

1. At the start of each game, coaches from both teams and one to two players shall meet at midfield for a coin toss to determine who shall start with the ball. The winner of the coin toss gets to decide whether to take possession in the first half or second. The loser chooses the end zone to start play. Teams change sides after the first half.
2. All possessions, except interceptions, start on the offense's 5-yard line. The offensive team has three (3) plays to cross midfield for a first down. Once a team crosses midfield it has three (3) plays to score a touchdown. Turnover on downs changes possession back to the 5-yard line. There will be no punting.
3. The number of players on the field is 5 v 5.
4. If the ball crosses the line of scrimmage and is fumbled, it is a dead ball. If the ball is fumbled behind the line, it is dead on the spot. If the ball is snapped over the head of the quarterback and ends up in the end zone, it is a safety (per NFL rules).
5. Quarterbacks have seven seconds to throw the ball before the play is ruled dead.
6. Blitzing is only allowed in the Junior division. There is NO blitzing in the Prep or Tyke division
7. Interceptions are returnable for touchdowns or advanced to a point where the player's flags are removed.
8. After setting the defense, the defensive coach must leave the field of play. The offensive coach can stay in the backfield.

II. Terminology

- Blitzing Line (Juniors) – imaginary line running across the width of the field 7 yards from the Line of Scrimmage (defensive side).
- Quarterback – the offensive player that lines up behind the center.
- Blitz (Juniors) – the defensive player assigned to rush the Quarterback, must be positioned on the blitzing line.
- Downs (1-2-3) – the offensive squad has three attempts or "Downs" to advance the ball. They must cross the Mid-Field Line to get another set of downs or to score.
- Charging – the movement of the ball carrier directly at a defensive player who has established position on the field. This includes lowering the head, making contact with the defender with a shoulder, forearm or the chest, resulting in a penalty (5-15 yards at discretion of official).
- Flag Guarding – the deliberate guarding of the flags by the ball carrier to inhibit the defense from making a grab. Typically, a lowered and swinging, slapping arm motion, resulting in a penalty from the spot of the foul.

III. Equipment

1. The league will provide a game ball and player flags on a per game basis.

2. Every player must wear a mouth-guard to each practice and game. Anyone caught without one will be removed from participation. Mouth guards are available in the pro shop.
3. Players must wear shoes. Rubber and plastic cleats are allowed, however cleats with exposed metal are not.
4. Players must remove all jewelry, including but not limited to watches, necklaces and earrings.
5. Player's jerseys must be tucked into the pants. Coaches should address this for each half of the game.
6. During game play, players should not wear baseball hats with brims, hoodies, pants/shorts with pockets, and jerseys must be tucked in before the game and again at halftime.

IV. Timing

1. Games begin with a 10 minute warm up, followed by two - 20 minute halves with a running clock.
2. Halftime is two minutes long.
3. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
4. Each team gets one timeout per game (30 seconds).
5. Officials can stop the clock at their discretion.
6. In the event of a major injury, the clock will stop and then restart when the injured player is removed from the field of play.