**EVAA Flag Football Rules 2022 – 6 Players**

1) All players must wear a mouth guard. Players are not allowed to play if they do not have a mouth

guard.

2) Every player that attends a game will start on either offense or defense.

3) The game is played with six players from each team.

4) Over the course of the season, all played should have approximately the same amount of playing

time.

5) There will be no score kept during the game.

6) Practices will not exceed one and a half hours in length.

7) Two coaches from each team may remain on the field to direct the players.

8) Model rubber cleats are allowed. Metal cleats are not allowed.

**ELIGIBILITY**

1) Players must be entering first grade or second grade in September of the year they are playing.

2) Players are not allowed to switch to another team (unless permission is given by the EVAA youth

football board.)

**GAME LENGTH**

1) Four twelve minute quarters will be played.

2) A continuous running time clock will be used. The clock will only stop for one of the following:

-An official timeout

-An injury (if an injury occurs, time will stop and restart once the injured player is removed from

the field of play)

-A timeout is called by one of the teams. Each team is allowed TWO timeouts per HALF.

Each time out will be 60 seconds in length.

3) Half time is FIVE MINUTES long.

4) The ball is placed on the 40 yard line at the start of the game or the half and after a score. The

clock is started on the snap.

**PLAYING FIELD**

The length of the field is 40 yards, plus 10 yards for each end zone. Therefore, the total playing field

is 50 yards. The fields are 35 yards wide.

Pylons are used to mark the goal line and the sideline along the far hash mark.

**The home team is responsible for collecting the pylons after game. Please stack them into one**

**pile on each field. THANKS!**

**REFEREES**

Referees are volunteers recruited by the coaches. They can be coaches, assistant coaches or parents.

Each team should provide one referee.

All complaints about referees should be brought to the attention of the EVAA football Board.

Arguments with the referees will not be tolerated. Anyone arguing with the referee may be asked to

leave the playing field.

A second offense results in a one game suspension. The third offense results in disqualification from

the league.

**FLAGS**

1) Each player will use a team jersey with two flags. PLEASE DO NOT PUT THESE

JERSEYS IN THE DRYER. THE WORDS/NUMBERS CRACK DUE TO THE HEAT.

AIR DRY ONLY.

2) If a player inadvertently loses a flag, they are considered down when touched by an opposite

player.

**OFFENSE**

1) All players are eligible on pass plays. FIRST DOWNS ARE EVERY 10 YARDS FROM LINE OF
 SCRIMMAGE.

2) No shotgun snaps, direct snaps only. Snaps can be between legs or side stance w underhand delivery.

3) The offense has four downs to produce a first down.

4) First downs are achieved by crossing the marked yard line, regardless of starting position on the field.

5) Fumbles, including snaps, are dead balls at the spot of the fumble. Offense retains possession.

6) Each team will have 30 seconds to put the ball into play.

7) Play is stopped when a defensive player pulls the ball carriers flag.

8) Ball carriers may not use their hands or arms to keep a defensive player from capturing the

flag. An infraction of this rule will result in a 5 yard penalty from the spout of the foul. The

down will not be repeated.

9) Ball carriers are not allowed to initiate contact with the defender. They must avoid being

downed by going AROUND NOT THROUGH the defender. Violation of this rule will result

in a 10 yard penalty from the spot of the infraction. The down will not be repeated.

10) Players can play quarterback for up to one half per game.

**DEFENSE**

1) The defense shall consist of 3 defensive lineman. Linebackers must be two yards off the line of scrimmage. The safeties must be 5 yards off the line of scrimmage.

2) No blitzing is allowed. A blitz is defined as a player moving toward the line of scrimmage

PRIOR to the ball being snapped.

3) Defensive players cannot cross the line of scrimmage until either a count of 5, or after a handoff is made, whichever occurs sooner.

4) If a defensive player unnecessarily knocks the ball carrier down in attempting to capture the

flag, it is a personal foul and carries a 10 yard penalty added on the end of the play.

5) Defensive players may not grab or hold the ball carrier during their attempt to capture the

flag. Violation of this rule is 10 yard penalty from the spot of the foul or added to the end of

the run.

6) Defensive players may not grab or not grab or hold blockers. Violation of this rule is a 10

yard penalty from the spot of the foul.

7) If an interception is made, ball is dead and possession changes, resetting at the 40 yard line.

THANKS EVERYONE FOR ALLOWING YOUR CHILD TO PARTICIPATE IN EVAA YOUTH

FOOTBALL.

We hope you have a safe and fun season!