



3rd-4th FLAG RULES OF PLAY
2025 SEASON



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PREFACE

The intent of this program is to work with all the players in 3rd through 4th grade in developing the overall interest in football, while teaching in a fun atmosphere. The success of this program will rest largely with how coaches work together to establish the best flag program possible, spend time on player development with all players, and how coaches keep this fun. Our intent is for kids to fall in love with the game so they will want to continue in the future. Please take this into consideration when you are working with your team this year.

All general rules are contained in the TVYFL Tackle Rules of Play, as they pertain to membership, associations, players admittance, and other facets. Therefore, those will not be delineated in this document. Rather, this document will focus on providing the basic rule set for all flag contests within the TVYFL framework.

All players and parents will abide by the conduct outlined in the Association's Player & Parent Contracts. Failure to do so may result in removal from the game and/or league for the remainder of the season.

The members of the Tualatin Valley Youth Football League resolve that the following rules and regulations have been adopted by a majority vote of the Board of Directors and ratified by a majority vote of the TVYFL Membership.

All Titles of the TVYFL may only be amended by a majority vote of the Board of Directors and a majority vote of all members at a duly noticed meeting of the league. These Titles are binding on all members of the TVYFL and by committing to membership in the TVYFL, all members accept all bylaws, rules, regulations, and Titles as adopted without recourse.



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TITLE 1: PLAYING FIELD

1. The playing field is forty (40) yards long x twenty (20) yards wide, allowing for four (4) fields to be created on a traditional 100-yard field at the same time.
2. Fields will be marked by cones and/or pylons. Place pylons or large cones at the endzone line, small cones every five (5) yards, and pylons or large cones at the halfway point (twenty (20) yard line).
3. Officials (optional) – If and Association chooses to field Officials they should be paid the first-year rate and referee 2 games in a row. Using 1st year referees will allow them to gain experience in these games.



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TITLE 2: TEAM FORMATION

1. TVYFL/High School boundaries should be respected.
2. If a Member fields more than one team in at any given level the teams shall be equitably and equally balanced.
3. No Member shall offer, provide, or permit any stacked teams, any "A" or "B" teams, any competitive or developmental teams. Stacking is defined, in part, as a coach or Member continuing with, drafting, selecting, or placing students (or permitting the same) with the intended purpose of dominating or continuing to dominate other teams with disregard to or at the expense of other students who participate for the Member.
4. Each grade level is limited to players within that grade. Only in cases where insufficient number exist to create one team at a level, will players from other grades be allowed to join the team.
5. Each team is limited to a maximum of twelve (12) players. The ideal team size is approximately ten (10) players.
6. Each team is limited to three (3) coaches.
7. If a Member fields more than one team at any given level, the team rosters shall be divided as follows:
 - a. As of verification day, not more than a one-person difference in the grade level participants.
 - i) Example: If a team has fifteen (5) 3rd graders the other team must have four (4), five (5), or six (6) 4th graders
 - b. Subject to the requirement of these bylaws, Members are encouraged to divide their teams by feeder schools.



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TITLE 3: REQUIRED EQUIPMENT

1. All players are required to have the following equipment:
 - a. Team jersey or shirt of matching color
 - b. Mouth guard
 - c. Flag belt with three (3) flag clip system.
 - i) Flags must be always worn on the OUTSIDE of the jersey and on each side of the body and the rear. Players should leave the field to correct flag issues, so play is not slowed down.
 - d. Cleats are optional but must adhere to the normal TVYFL rules on footwear (no metal cleats).
 - e. Guardian Head-Gear Optional
 - f. In the instance where opposing teams are wearing the same jersey color, Association Presidents decide if one of the teams should wear practice pennies.



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TITLE 4: PRE-SEASON AND PRACTICE REGULATIONS

- 1 Flag season officially starts on Monday, two (2) weeks before Labor Day of each year and ends the Sunday six (6) weeks after Labor Day.
- 2 Practice Time Limitations (a week is defined as Sunday – Saturday)
 - a Pre-Labor Day:
 - i. Maximum of six (6) hours per week, not including water breaks
 - ii. Maximum of two (2) hours per day, not including water breaks
 - b Post-Labor Day:
 - i. Maximum of four (4) hours per week, not including water breaks
 - ii. Maximum of two (2) hours per day, not including water breaks



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TITLE 5: GAME TIME RULES & REQUIREMENTS

BALL SIZE	TD	PAT (KICK)	PAT (RUN)	SAFETY	FG
PEE WEE	N/A	N/A	N/A	N/A	N/A
QUARTERS	HALFTIME	BETWEEN GAMES	SPECIAL TEAMS	MAX SCORE DIFF	FORFIET
20 MINS	5 MINS	10 MINS	N/A	N/A	N/A

1. NO INTENTIONAL CONTACT IS ALLOWED AT ANY TIME

- Blocking, shielding, pushing, shoving, etc. will result in an automatic 1st down when performed by a defensive player.
- If intentional contact is done by an offensive player, such as stiff-arm, the play will be brought back to the original line of scrimmage with a corresponding loss of down.
- Penalty for intentional contact:
 - 1st offense: Player will receive a warning and instruction on the issue
 - 2nd offense: The player will be disqualified for the remainder of the game and be required to sit on the bench.
 - Further action may be pursued if a player consistently causes intentional contact.

2. Time Keeping:

- All games are forty (40) minutes long. All games consist of two (2), twenty (20) minutes running clock halves. There is a five (5) minute halftime.
- The clock does not stop for any reason. Therefore, the entire game will take forty-five (45) minutes.
- There is a fifteen (15) minute warm-up period prior to the start of a game.
- The "Official Time" will be kept by the home team for all games being played at that time, with a 5-minute warning before start time.
- Each team must give a best effort to start the play 30 seconds after the time the ball is spotted. Start the next play as quickly as possible.

3. Score Keeping and Play Counting:

- No score is kept and there are no standings.
- There is no play counting required. However, equal play time for each child must be adhered to. Every child must have the opportunity to touch the ball at least once per game.

4. Referees:

- The "Home" team is responsible for providing a volunteer "referee". Typically, the coaches just "referee" the games.
- Focus will be on allowing a play to develop.
- OPTIONAL: If an Association chooses to field Officials they should be paid the first-year rate and referee 2 games in a row. Using 1st year referees will allow them to gain experience in these games.

5. Fumbles:



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- a. There are no fumbles. All balls dropped to the ground result in the play being dead and the next play beginning.
 - b. Any dropped ball (fumble) past the line of scrimmage results in the ball being dead at the spot where the ball was dropped.
 - c. If it was dropped behind the original line of scrimmage, then the ball is placed on the original line of scrimmage with a corresponding loss of down.
 - d. If it is a bad snap, the QB can just play on or ask for a new snapped ball without taking a loss of down.
6. Interceptions:
- a. The play is live until the player is “downed” by the team who threw the interception. The ball is then spotted where the player is downed.
7. Opening possession is determined by a coin toss. Second half possession goes to the team that lost the coin toss.
8. Teams must always play five (5) players. Teams may substitute freely.
9. Coaches:
- a. One (1) offensive and one (1) defensive coach is allowed on the field.
 - b. Coaches must be three (3) yards behind the deepest player (Running Back & Safety).
10. Spectators may set up no less than three (3) yards back from out of bounds lines.
11. There are only two (2) field passes per team allowed for a volunteer to take pictures at the turf fields and/or help manage the team.
12. Each team must give a best effort to start the play thirty (30) seconds after the time the ball is spotted. Start the next play as quickly as possible.
13. Dispute resolution:
- a. Each coach is to have a copy of these rules at every game. If resolution is not reached after referencing the rulebook, the onsite Field Coordinator/Greeter must be contacted.
 - b. Field Coordinator/Greeter may eject a parent or coach with good cause.
 - i. 1st ejection: Coach or parent is not allowed at the next game.
 - ii. 2nd ejection: Coach or parent is removed from the league and not allowed at any future events.
 - c. The Field Coordinator/Greeter has final say. No appeals will be considered by the league.



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TITLE 6: OFFENSIVE ADJUSTMENTS

1. The offense will start their possession at the forty (40) yard line.
2. The offense has four (4) downs to get a 1st down by crossing the twenty (20) yard line. If the offense crosses the twenty (20) yard line, then that team has four (4) more downs to score a touchdown.
3. Only a maximum of eight (8) total plays are allowed in each offensive series.
4. If a player is downed behind the line of scrimmage, the ball is placed at the previous spot for the next play. There are no negative yardage plays. The ball will be placed at the original line of scrimmage.
5. All Center to Quarterback exchanges will be player to player via hiking the ball. If the ball is dropped on the snap, the play is dead. It remains the same down and the offense will try again.
6. Quarterbacks CANNOT run the ball. However, a QB can receive the ball if it has been handed off or passed to another player first.
7. No forward laterals or passes once the ball has passed the line of scrimmage.
8. Handoffs and tosses beyond the line of scrimmage are allowed if the ball is passed backwards.
9. Players may "spin" or "joke" with the ball, but they are not allowed to dive for yardage. Stiff Arms are not allowed by any player.
10. When beyond the line of scrimmage, the ball is spotted where the ball carrier's feet are when the flag is pulled OR where the ball carrier is when the fumble occurs.
11. A player taking the ball from the QB behind the line of scrimmage can pass; however, the ten (10) yard blitzing rule no longer applies (see Defensive Adjustments).
12. Shovel passes are allowed if they are in a forward manner behind the line scrimmage.
13. A single player may go in motion before the ball is snapped.



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TITLE 7: DEFENSIVE ADJUSTMENTS

1. Blitzing is allowed one (1) time per set of downs.
2. Any defensive player that is going to blitz must line up ten (10) yards off the line of scrimmage. The remaining defensive players not blitzing must line up at least one (1) yard off the line of scrimmage.
3. The deepest defensive player must be no deeper than ten (10) yards off the line of scrimmage.
4. Defensive players must wait for a QB to have possession of the ball. Once possession is established, a three (3) second count will occur before defensive players can cross the line of scrimmage.
 - a. Note that when blitzing, the three (3) second count does not apply to the blitzing player, only that the Quarterback have possession of the ball.
5. After the ball carrier's flag is pulled, the player that pulled the flag must stop where they are and raise the flag in the air.



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TITLE 8: PENALTIES

DEFENSIVE PENALTIES

1. Pass Interference: 5-yard advancement plus replay down.
2. Offside: 5-yard advancement plus replay down.
3. Illegal Contact: (holding or blocking, intentional physical contact) 5-yard advancement and automatic 1st down. If this occurs before the halfway point the offensive team can still gain another 1st down by passing the mid-field line.
4. Illegal Blitz: (blitzing from a player inside of the 10-yard walk off space) 5-yard advancement and replay of down.

OFFENSIVE PENALTIES

1. Flag Guarding: (using hand to stop or clothing to prevent flag pull) results in a 10-yard loss and loss of down.
2. Offensive Pass Interference: (pushing off) 5-yard loss and loss of down.
3. Illegal Contact: (holding or blocking, intentional physical contact) 5-yard loss and loss of down.
4. Illegal forward pass: 5-yard loss from the spot of the illegal forward pass and loss of down.
5. Illegal diving: 5-yard loss and loss of down.
 - a. Diving is defined as leaving your feet with head forward
 - b. Leaning in such a way as the player is not able to stand

PARENT & PARENT CONDUCT

1. All players and parents will abide by the conduct outlined in the Association's Player & Parent Contracts. Failure to do so may result in removal from the game and/or league for the remainder of the season.
2. Coaches are responsible for their sideline and parent behavior. This will result in an Unsportsmanlike Conduct penalty.
3. Enforcement
 - a. The first instance shall be a five (5) yard penalty
 - b. The second instance for the same action carries a fifteen (15) yard penalty.
 - c. A third offense for the same action will result in the coach being ejected from the game.