

Flag Football League Rules – Youth

****These rules can be changed at any time during the season by the league director. If a rule is changed, all coaches will be notified.****

NEW/UPDATED RULE

GAME SETUP/STRUCTURE

- Flag belts will be provided by Dakota Domination.
- Players need to have their jersey/t-shirts tucked inside the belt and shorts for safety purposes and so it does not affect the pulling of a flag. This will be penalized if not tucked in and it affects pulling of a flag.
- **Standard 7 vs 7 game. If one team only has 6 players, each team will play 6 vs 6.** Can play with other formats if approved by the director.
- Field – Length 60 yds, Width 45 yds
- Each team is allowed 1 coach in the huddle for offense/defense. All other coaches must remain on the sideline.

START GAME/2ND HALF/POSSESSION

- Rock, Paper, Scissors determines 1st half first possession; Team that starts on defense in 1st half will get first possession in 2nd half. No kickoffs or punting.
- Possession Start - Offense will start every possession at the 5-yard line unless the result is a turnover.

GAME TIME

- Each half is 20 minutes long.
- Continuous Clock unless
 - Team or official's timeout.
 - **Under 1 minute in 1st & 2nd half and we have an incomplete pass, penalty, ball out of bounds, score, extra pt try.**
- If the offense commits a penalty under 1 minute of either half, 10 seconds will be run off the clock.
- If a team has a 25 point lead or greater, the clock will continue to run under 1 minute in 2nd half.
- Timeouts – 60 Seconds
 - 1st Half – 1 timeout per team, No carry-over to 2nd half/OT
 - 2nd Half – 3 timeouts per team, No carry-over to OT
- **Play Clock - Each team has 30 seconds to snap ball after ball is spotted.** Officials will warn team at 10 seconds.

1ST DOWN

- 4 plays to reach 1st Down (Midfield); 4 plays to score Touchdown.
- If a penalty causes the offensive team to go behind the 1st Down marker after already getting a 1st Down, a 1st Down cannot be awarded again.

SCORING

- Touchdown: 6 pts
- Extra Point: 5-yard line = 1pt
- 2pt Conversion: 10-yard line = 2pts
- Safety: 2pts

TURNOVERS

- Interceptions or Fumbles can be returned for a score anytime during the game or an extra pt. On an extra pt., the score will be equivalent to the extra pt. tried.
- If a fumble occurs, the ball is live and can be played by either team. To recover a fumble, a player must be standing, kneeling, or already on the ground prior to the fumble to gain possession of the ball. **Diving, sliding, or pushing to recover a fumble is not allowed.** It will be penalized with the fumble being awarded to the opposing team. **Exception: Any fumbles on QB/Center exchange are live for the QB to pick up only. No offensive/defensive player can recover the fumble.**

OVERTIME

- Rock, Paper, Scissors determines possession
- Each team will have a chance to possess the ball.

- Each team will have 4 plays to score a Touchdown from Midfield. Extra pts. will follow TD.
- 2nd OT: Rock, Paper, Scissors determines first possession. First team that scores from midfield wins.

OFFENSIVE RULES

QB

- Players play QB only
- QB Run
 - 1 QB run per possession.
 - No QB run on extra points.
 - If defense blitzes, the QB can run past line of scrimmage and does not count as a QB run.
- QB is allowed 7 sec pass clock to throw ball or loss of down. If QB exceeds the 7 seconds, the play will be blown dead. If QB is blitzed, no pass clock.
- QB must take snap under center or in shotgun. Center cannot pitch the ball back to QB.
- QB Snap Fumble
 - If the snap is fumbled between the center and QB, this is considered a live ball. The QB can pick up the ball, but the defense cannot recover the ball.
 - If the handoff is fumbled between the QB and the ball carrier, the ball is live. The Offense/Defense can recover the ball.

Offensive Players

- Player who takes the handoff can throw the ball from behind the line of scrimmage.
- Direct snaps behind the line of scrimmage to offensive players are permitted.
- All players are eligible to receive a pass including the center. QB is eligible if the ball has been handed off behind line scrimmage.
- Pre-Snap Movement
 - Motion - Only one player can be in motion when the ball is snapped and cannot be moving forward.
 - Shifting - No Shifting of any players – This is players moving from one position and resetting in another position before the snap.
- Center cannot take a handoff.
- A player must maintain catch with one foot in bounds.
- No Charging, Stiff-Arming, Flag-Guarding
- If the ball carrier is missing any flags during the play, the play will be blown dead and will be penalized.
- If a player with possession of the ball falls to the ground without their flag pulled, the player is ruled down by contact. This includes if a player has one knee, forearm, shoulder, rear-end touching the ground. A hand on the ground is legal and is not ruled down.
- NO Blocking
 - Blocking is any forcible contact to another player to gain an advantage. Pushing, holding, grabbing, charging, extending arms/legs, and blocking from the back is considered forcible contact.
 - Blocker must make contact to an opponent to enforce a blocking penalty.
 - No lead blocking for a ball carrier.
 - Any blind side block whether moving or stationary is not allowed and will be penalized.
- Charging
 - Offensive player that recklessly runs through a defensive player(s) without attempting a football move to prevent a collision.
 - Offensive player that displaces a player that has already gained defensive position before the offensive player.
- Hurry-Up Offense is allowed

DEFENSIVE RULES

- Once the handoff is complete all defensive players are eligible to rush.
- Man to Man defense only.
 - No Zone
 - No switching on motion players. Defensive player must guard the motion player until the ball is handed off/thrown.
 - Once the ball is handed off or thrown, defensive players can play help defense and pull any offensive player's flag.
 - Each defensive player can be no further than 5 yards from the line of scrimmage and must be straight or within a couple feet to the side of the offensive player.

- Blitzing
 - 1 Blitz per possession. Blitz must start 5 yds from line of scrimmage.
 - No Blitzing on Extra pts.
 - Only 1 player can blitz.
 - If the defense is penalized for an Illegal Blitz, the defense forfeits their blitz for that possession
- Diving to grab a flag is allowed, but if you knockdown the offensive player without grabbing the flag it will be penalized.
- Intentional Open Field Foul – If a player intentionally commits a foul that prevents the ball carrier from scoring and it was determined by the official the ball carrier would have scored, the ball will be placed on the one 1 yard line of the opponent (Automatic 1st Down).
- A player may not intentionally rip, punch, or grab the ball from the offensive opponent to cause a fumble. This will be penalized.

PENALTIES

These are the most common penalties in flag football. Additional penalties can be called if deemed necessary or excessive.

Offense

- Illegal motion/False Start - 5 yds
- Delay of game - 5 yds
- Too many players on the field – 5 yds, Replay Down
- Illegal forward pass - 5 yds, Replay Down
- Ball Carrier Missing flags – 5 yds, Replay Down
- Jersey-T-shirt Flag Guarding – 5 yds, Replay Down
- Using multiple QB runs per possession – 5 yds, Replay Down
- Fumble Penalty
 - Penalty on Offense – Ball is awarded to the defense on their own 5 yd line.
 - Penalty on Defense – Ball is awarded back to the offense at the fumble spot. 10yd penalty. Auto 1st Down
- Blocking, Holding, Stiff Arming, Flag-Guarding, Charging prior to gaining the 1st Down marker - 10 yds, No Spot Foul, Replay Down
- Blocking, Holding, Stiff Arming, Flag-Guarding, Charging after gaining the 1st Down marker - 10 yds, Spot Foul, 1st Down.

Defense

- Offsides - 5 yds, Replay Down
- Blitzing - Using multiple Blitzes per possession – 5 yds (Auto 1st Down)
- Illegal Contact - 10 yds (Auto 1st Down)
- Illegal Flag Pull - 10 yds (Auto 1st Down)
 - Grab flag before player has ball
 - Grab body part, clothing to gain advantage to grab flag
- Diving to Pull Flag and knockdown offensive player without grabbing the flag – 10 yds (Auto 1st Down)
- Intentional Open Field Foul – Ball placed on 1-yard line (Auto 1st Down)
- Intentional Rip, Punch, or Grab of football to cause fumble – 10 yds (Auto 1st Down)

EXTRA

Coaching Interference – Once the offense breaks the huddle, both Offensive/Defensive coaches need to move back a minimum of 20 yards from the line of scrimmage. If there is a play in a coach's area of standing 20 yds from the line of scrimmage, the coach must make a valid attempt to move and not affect the play. If there is an opportunity for the coach to be out of bounds or out of the endzones, this is highly recommended. If a coach interferes with a play during the game whether intentional or not, it will be treated as an unsportsmanlike penalty. Coaches can also receive an interference penalty for not adhering to the rule after receiving a warning.

Intentional/Unsportsmanlike Foul – 15 yds – (Auto 1st Down) – These are deemed as any action by a player or coach that is unnecessary, intentional, harmful, or unsportsmanlike. If the severity of the foul is extremely high, the player or coach may be removed from the game/facility by the official or director with no warning. Any coach that receives 2 Intentional/Personal Fouls will be removed from the game and must leave the field/game area for the remaining of the game. If an Intentional/Unsportsmanlike foul occurs during an Extra Pt Play on the defense and the Extra Pt was good, the penalty will be enforced with the next possession starting on the 1 yd line.