



# 2024 FLAG FOOTBALL LEAGUE RULES

**League Age Groups**      6U      8U      10U      12U      14U

Players may play up **one (1)** age group, but may **never** play down.

**Season Duration**      6-Games Season + Playoffs

**Player Eligibility**      **(6U – 14U)** Team age is set by player's age on **January 1<sup>st</sup>** of that calendar year.

## **PGCBGC Approved Age Verification methods:**

**PGCBGC Yellow Card (2022, 2023, 2024)**

**MVA ID and OTHER FEDERAL/STATE ID**

**Team Rosters**      Team rosters must be submitted to PGCBGC League Administrators prior to the first game.  
**Rosters close 2 weeks after the start of the season.**

**Flags**      All players must use the **Sonic Boom** flag belts **OR pop socket-type flag belts**.

(1) No alterations of flags (i.e., cutting, shortening, gluing) are permitted. **No Velcro Flag Belts are allowed.**

(2) Flags of contrasting color from player's shorts must be worn at all times on player's hips/side

**Field Size**      **6U – 14U**      120 yd. x 53.3 yd.

**First Downs**      **20 – 40 – 40 – 20** yard markers      Fields should be visibly lined accordingly:

**(G – 5 – 10 – 20 – 40 – 50 – 40 – 20 – 10 – 5 – G)**

**On Field Players**      **6U -14U**      **(8 vs. 8)**

**Must have a minimum of seven (7) players to start the game.**

**Coaches**      Only coaches for **6U** teams are allowed on the field during game play. Coaches **MUST** remain a minimum of **five (5)** yards behind their deepest player and must maintain that distance throughout the play. Coaches may not coach/instruct players once play has begun. **Once the QB starts the cadence, all on-field coaches must remain quiet until the whistle blows.**

**Coin Toss**      Visiting team chooses to begin the game, possessions changes at half

- **Team A** may choose to begin the game on offense, defense or defer their selection until the second half
- If **Team A** chooses to begin on offense or defense, then **Team B** receives possession at the change of half
- If **Team A** defers, then **Team B** receives possession to begin the game and **Team A** chooses at the change of the half

**Game Clock**      **Two (2) 20-minute** halves with a running clock

- **5-minute halftime**

# 2024 FLAG FOOTBALL LEAGUE RULES

- Clock **STOPS** on all timeouts, injuries, and on all penalties during the last two (2) minutes of the game.
- Coach will get a **2-minute** warning towards the end of each period.

**Time Outs** Each coach will get three **(3)** timeouts per half.

**Uniforms** All players must have matching jerseys. Shorts may vary per the rules:

- Flag belts must be worn at all times and may not be worn under jerseys or tucked into players shorts.
- **Sonic Boom or pop socket-type** flags color **MUST** differ from player's shorts color.
- Jerseys are to be tucked in into player's shorts and flag belts placed outside of the jerseys.
- **Shorts with pockets are not permitted**
- No hanging belts.
- No forearm padding.
- No padded football pants.
- Compression shirts are **allowed** but must be worn under flag jersey.

## **Mandatory Equipment**

- Mouthpiece (All players must have and wear a mouthpiece during game play)  
**The mouthpiece cannot be clear or white in color.**
- Cleats (No metal cleats allowed)

## **BALL SIZES**

<u><b>6U</b></u>	<u><b>8U</b></u>	<u><b>10U</b></u>	<u><b>12U</b></u>	<u><b>14U</b></u>
Pee Wee	K2	K2	TDJ	TDY

\*Standard Size or Equivalent

(Teams can use a bigger ball size then league recommended for age group, but not smaller)

## **Special Teams** Kick-offs

- No kickoffs. Game Play will start at the **20-yard** line

## Punts

- **40-yd** walk-off up to but not exceeding the opponents **20-yd**

## Field Goals

- No field goals

## **Blocking**

This is a "blocking- limited contact" flag football league. Player blocking is allowed but limited to the following:

# 2024 FLAG FOOTBALL LEAGUE RULES

- NO down field blocking (Blocking is only allowed in the “Tackle” Box) Definition: 10 yards from Line of Scrimmage between the “supposed” Offensive Tackle Positions
- NO hands to the face or neck area of the opposing player
- NO elbows/ forearms allowed to block a defender
- NO down field screen/ pick blocks

**Line of Scrimmage**      **Four (4)** offensive players must be on the line of scrimmage, only **4** players are allowed in the backfield at any time.

- Three (3) Offensive Lineman mandatory
- Two (2) Defensive Lineman mandatory
- Only one (1) eligible player is allowed in motion at the snap of the ball.
- **(6U/ 8U divisions only)** Defenders lined up in the “A” gap must be 5 yards off the ball. Blitzing / Shooting the “A” gap is **not** allowed, QB sneak up the “O” hole is also **not** allowed.

**Eligible Receivers**      Offensive Linemen are considered ineligible receivers

**Scoring**      Touchdowns = **6 points**

**Extra Points**      **1 point** from the 5-yard line **PASS ONLY**  
(Except in the 6U division they have an option to run or pass)

**2 points** from 10-yard line (**RUN OR PASS**)

**Coach must declare which Extra Point attempt as soon as team scores or referees will automatically place ball on the 5yd line and assume 1-point conversion**

**Interceptions**      All Interceptions may be returned.

**Dead Balls**

- Intercepted “Extra Point” conversions will only count for that declared point total

- All fumbles are dead at the spot of the fumble. **Offense maintains possession**
- Bad snaps are dead at the spot where the ball hits the ground.
- When a flag falls off the ball carrier

**Ball Carrier**      Ball carriers may not do the following:

- Flag Guard
- Stiff Arm
- Charge, or lower shoulder on an opposing defender
- Jump, or hurdle a defender (except to avoid stepping on another player)
- Dive to gain more yards or touchdown

Ball Carriers may

- Juke or sidestep to avoid a defender

**Snapping**      The ball must be snapped between the center’s legs. Once the ball is spotted it may not be moved unless being snapped.

# 2024 FLAG FOOTBALL LEAGUE RULES

**Personal Fouls** **Two (2)** personal fouls will result in an immediate game ejection.

The following are prohibited:

- Cursing
- Verbal challenging
- Taunting
- Intentional/ Continued Tackling
- Delay of game
- Failure to control sidelines
- Fighting (both players will be immediately ejected)

**Mercy Rule** The clock will continue to run when the following is achieved

- Three (3) touchdown lead in 2<sup>nd</sup> half

Game will end when the following is achieved

- Three (3) touchdown lead at the 2-minute warning

**Overtime (OT)** There will be **NO** overtime periods in regular season games.  
During the Playoffs, there will be an untimed OT period until a team wins.

Each coach gets one (1) timeout in each OT period (no carryovers from regulation or OTs).

- 1<sup>st</sup> OT period- Normal Play  
Each team will have a possession. The ball will be placed on the offense's 20-yard line.
- 2<sup>nd</sup> OT period- Sudden Death  
The ball will be placed on the offense 20-yard line. The first team to score wins.
- 3<sup>rd</sup> OT period- Sudden Death  
The ball will be placed on the offense 10-yard line. The first team to score wins.

**League Scoring**      **Win= 2 points**      **Tie= 1 points**      **Loss = 0 points**

**Playoffs**      Playoff seeding will be determined by League Scoring Point totals

## **Additional Game Rules**

Any additional flag football game rules not covered in this document can be found in the

**United States Flag and Touch Football League (USFTL)** rulebooks. Rule books can be bought via the link below.

<http://www.usftl.com/Rulebook.htm>