



NATIONAL YOUTH SPORTS RULES FLAG FOOTBALL

Applies to both practices and games.

ATTIRE

1. The NYS provided jersey, flags and approved mouthpiece are required to be worn in order to participate.
2. Each jersey must be tucked in.
3. No jewelry, hats, open-toed shoes or metal cleats allowed.

FIELD

4. The field will be 35 yards wide and 60 yards long.
5. Each end zone will be 10 yards deep.
6. The field will consist of four 15-yard zones.

TEAM

7. Players must be listed on the official season roster to be eligible to play.
8. The team listed first on the schedule is considered the home team.
9. The game will be played 7-on-7.
10. All seven players on offensive team are eligible receivers, including the center.
11. Each team will therefore have a maximum of 14 players allowed on the roster.
12. Every child must play at least half of every game.
13. The Head Coach has the authority to limit game playing time of any player on their team who continually misses practice without a valid excuse, or if the player has caused disciplinary problems during a prior practice or game.

GAMEPLAY

14. Each game will begin with a coin toss. Home team calls heads or tails.
15. The winner of the coin toss will then choose which team will kickoff.
16. After halftime, the team that received the opening kickoff must kickoff to the other team to begin play.
17. The game will consist of four 10-minute quarters, with a 3-minute halftime and 1-minute between quarters.
18. Each team is allowed two 45-second timeouts per half.
19. There will be a 30-second time limit between plays.
20. Clock starts on the official's whistle.
21. No overtime in case of a tie.
22. No forfeits!
23. The football size is as follows:
 - 5 & 6-year-olds: PeeWee Football
 - 7 to 12-years-old: Junior Football
24. Scoring is as follows:
 - Touchdown = 6 points
 - Conversion, from 5-yard line = 1 point, running play
 - Conversion, from 5-yard line = 2 points, passing play
 - Safety = 2 points



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GAMEPLAY

25. Huddles are optional.
26. Interceptions are allowed and may be run back for a touchdown.
27. Physical contact may not be used to stop the ball carrier or be used to remove their flag.
28. Absolutely no physical contact with receivers with the intent of altering their route will be allowed.
29. Pass Interference is enforced with a 10 yard penalty from the line of scrimmage.
30. Defensive rushing is allowed only after a hand-off, toss or any similar reverse lateral exchange between the Quarterback and Receiver/Runner.
31. The defense may not cross the line of scrimmage until the ball leaves the Quarterback's hands.
32. Only one offensive rushing play is allowed in any series of downs. All other plays must include a forward pass.
33. A forward pass is a pass that is thrown from behind the line of scrimmage, by an offensive player, in any forward motion including underhand, sideways or shuffle pass.
34. The forward pass MUST cross the line of scrimmage.
35. Any pass that is thrown to a receiver behind the line of scrimmage will be ruled incomplete.
36. The offense has 5 seconds from the snap of the ball to throw the forward pass or complete a hand-off / lateral.
37. If a pass / hand-off / lateral is not attempted before the 5 second time allotted, the play is whistled dead and the offense will start the next play from the original line of scrimmage.
38. A first down will be earned every time a team advances the ball into a new zone.
39. If your team has been penalized, you must make up the lost yardage and still enter the next zone to earn the first down.
40. All offensive plays must begin with a center snap. Traditional or side snaps will be accepted.
41. No "wildcat" formations.
42. No Quarterback sneak / draw.
43. One player is allowed in motion at snap of football. Players may be lined up in the backfield.
44. Catches must be made with a minimum of one foot in-bounds.
45. Straight-arming or other types of flag guarding are not allowed.
46. If a player's flag falls off, then the player is immediately down at that spot and the play is over.
47. Offense may screen block, hand contact only. No arm extension allowed.

GAMEPLAY: PUNTING

48. Punting is allowed on fourth down only.
49. No rushing the punter.
50. There are no fake punts.
51. The offensive must declare their intent to punt before their huddle is broken.
52. No snap required and the offense must wait until the ball is kicked before they can cross the line of scrimmage.
53. The receiving team may choose to have all their players downfield to catch the punt.
54. If punt is not caught from the air, it is dead where it hits the ground.



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GAMEPLAY: KICKING

55. Placekicking takes place from the 15-yard line with the receiving team at midfield.
56. On-side kicks are not allowed.
57. If a ball is kicked through the end zone, it is a touchback and the offense will take possession at their 15-yard line.
58. If the kickoff goes out-of-bounds, the kicking team must kickoff again.
59. If the ball is kicked out-of-bounds for the second time, the offense will take possession at midfield.
60. If the receiving team drops the kickoff, then the ball may not be advanced.
61. If the ball is dropped in the end zone, a touchback is called.
62. The ball can be advanced if it is caught on the bounce.

GAMEPLAY: PENALTIES

63. Removing a player's flag that does not have possession of the football will result in a 10-yard penalty.
64. All offensive penalties sustain a 5-yard penalty and must replay the down.
65. All defensive penalties incur a 10-yard penalty and an automatic first down.
66. Any unsportsmanlike conduct, by any player, coach, or spectator will result in immediate ejection, a 15-yard penalty, and loss of down. The game will resume once the violator has left the premises.
67. Direct snaps to any offensive rusher or running back are not allowed and will be ruled an offensive penalty if attempted.