



# NATIONAL YOUTH SPORTS RULES FLAG FOOTBALL

*Applies to both practices and games.*

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## ATTIRE

1. The NYS provided jersey or approved uniform as well as approved NYS flags and 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.

## COACHING

- 5-6 year-olds: One coach on offense and defense is allowed on the field
- 7-13 year olds: Only one coach for offense is allowed on the field

## 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.

## PASSING

- 5-6 year-olds: Must attempt 1 throw per set of downs. Cannot run 3 times in a row, even if you get a first down.
- 7-9 year olds: Cannot run on back to back plays. You can throw on any down, but cannot rush on back to back plays, regardless of the down.
- 10 to 13-years-old: Only ONE run per set of downs.

## 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 start with ball.
16. After halftime, the team that started with the ball to start
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.



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21. No overtime in case of a tie.
22. No forfeits!
23. The football size is as follows:
  - 5 & 9-year-olds: PeeWee Football
  - 10 to 13-years-old: Junior Football
24. Scoring is as follows:
  - Touchdown = 6 points
  - Conversion, from 5-yard line = 1 point
  - Conversion, from 10-yard line = 2 points
  - Safety = 2 points

## GAMEPLAY

25. Huddles are optional.
26. Interceptions are allowed and may be run back for a touchdown, except on an extra point.
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. No pass interference.
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. 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.
33. The forward pass MUST cross the line of scrimmage.
34. Any pass that is thrown to a receiver behind the line of scrimmage will be ruled a run. If the run has already been used it will be a loss of the down.
35. The offense has 5 seconds from the snap of the ball to throw the forward pass or complete a hand-off / lateral.
36. 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 5 yards behind the original line of scrimmage.
37. A first down will be earned every time a team advances the ball into a new zone.
38. If your team has been penalized, you must make up the list yardage and still enter the next zone to earn the first down.
39. All offensive plays must begin with a center snap. Traditional or side snaps will be accepted.
40. **No Quarterback sneak / draw.**
41. Half back pass is allowed! All hand offs are counted as runs even if the rb throws the ball.
42. Reverse, double reverse, hook and lateral are all legal plays.
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. **NO BLOCKING.**

## GAMEPLAY: PUNTING

48. Punting is allowed on fourth down only and will automatically move the ball to the opposing team's 15 yard line.



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49. The offensive must declare their intent to punt before their huddle is broken.

## **GAMEPLAY: Kicking**

50. No kicking will take place. Teams will start the game and second half from their own 15yard line.



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## **GAMEPLAY: PENALTIES**

51. Removing a player's flag that does not have possession of the football will result in a 10-yard penalty.
52. All offensive penalties sustain a 5-yard penalty and must replay the down.
53. All defensive penalties incur a 10-yard penalty and an automatic first down.
54. 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.
55. Direct snaps to any offensive rusher or running back are not allowed and will be ruled an offensive penalty if attempted.