

FLAG FOOTBALL RULES

1. **GYA Youth Sports:** *Everyone Plays, Safety First, Fair Play, Positive Competition, Family Involvement, Sport for All, Sport for Fun.*
2. Each player on the roster must play at least one half of every game that he/she is present for, unless they have not been to team practices.
3. Coaches should make every effort to ensure that all participants are getting equal playing time.

II. Team Formation

A. Players

1. Minimum of 6 and maximum of 8 players on the field.

B. Coaches

1. Maximum of 3 coaches. 1 head coach and 2 assistant coaches.
2. One coach per team is allowed on the field. (No coaching after ball is hiked)
3. Players and coaches are the only individuals allowed on the sideline during the game. Players and coaches are to be on one side of the field and spectators and parents on the other side. There will be no coaching from the spectator area.

III. Uniforms & Equipment

- A. **Uniform** – The GYA will provide each player a T-Shirt/Jersey that must be worn during the game. The shirt must be tucked inside the waistband of the shorts/pants. The pants/shorts cannot have pockets on them. No Jewelry of any kind or hats may be worn.
- B. **Shoes** – Only rubber soled/cleated shoes are allowed. Metal cleats are prohibited. Bulldog cleats (shoes with a cleat on the front toe) are not allowed.
- C. **Flags** – The GYA furnished flags must be used. Two flags will be worn (one on each side of the waist). Flags may not be wrapped, tied, or tucked around the flag belt and must be in clear view of defending player. Excess belt material must be wrapped around the belt or tucked in the waistband so as not to have the appearance of a flag.
- D. **Football Size**
 1. Ages 7 thru 10 = Junior
- E. **Protective Equipment** – Only knee pads may be worn. Mouthpieces are **HIGHLY** recommended.
- F. **Casts, braces, splints etc.**
 1. Casts of any kind are not allowed, unless properly padded and approved by referee.
 2. Braces must be inspected and approved by the game official.

IV. Field Size

1. 80 yards x 40 yards with 10 yard end zones.
2. Field size may need to be modified depending on space.
3. The field will be divided into 4 twenty-yard zones. The offense will have 4 plays to advance the ball into the next zone to get a first down or score a touchdown.

V. Game Time

1st and 2nd Grade

1. 4 quarters – 10 minute running clock each quarter.
2. 1 minute interval after 1st and 3rd quarter. 2 minute half time.
3. Clock will stop time-outs or injury. Clock will restart when the ball is snapped.
4. Three, 1-minute timeouts per team per game.

3rd and 4th Grade

1. 2 halves – 15 minute running clock for each half.
2. 3 minute interval after 1st half.

3. Clock will stop for a timeout or injury. Clock will restart when the ball is snapped.
4. Three, 1-minute timeouts per team per game.

VI. Player Participation

1. Every player will play at least half of every game.

VII. Starting the Game

1. Ball will be placed on 20 yard line

VIII. Offense

1. The offensive team has 30 seconds to put the ball into play after the referee marks the ball ready for play. *5 yd penalty*
2. All offensive players are eligible ball carriers and receivers.
3. All offensive linemen will be in a two point stance.
4. The ball may be snapped by either: (a) the center may turn and hand the ball to QB, (b) under center snap, or (c) shotgun.
5. Quarterback and center sneaks are not allowed.
6. At least five players must line up on line of scrimmage. *5 yd penalty*
7. Only one player may be in motion when the ball is snapped. All other players must be set for one second prior to the snap of the ball. *5 yd penalty*
8. Fumble - The ball will be marked dead and considered a down of play at the place where the ball touches the ground.
9. Fourth down options:
 - a) Attempt to make a first down
 - b) Declare a punt (must notify official)
10. Punting:
 - a) Punts will be a Free Kick. (Defense may not rush the punter)
 - b) Fake punts are not allowed.
 - c) Option One – Actual kick the ball. The kicking team must have six players on the line of scrimmage and may not cross the line of scrimmage until the ball is kicked. The receiving team must have at least 5 players on the line of scrimmage and may not move until the ball is kicked. The ball is live until a receiving team player's flag is pulled, the ball is touched by the kicking team, or the ball is fumbled.
 - d) Option Two – Placement of the ball. The ball is placed on the opponent's 20 yard line.

IX. Blocking

1. Only shielding or screen blocking is allowed (no intentional contact). *Personal Foul*
2. When blocking, elbows must be in and arms may be brought up to the chest or arms extended but cannot grab jersey of defensive player. *Personal Foul*
3. The blocker may not dive, lunge, or leave feet when blocking. *Personal Foul*
4. Incidental contact may take place by accident. If it is determined not incidental by referee, a Personal Foul (10 yard penalty) will be called on either the offensive or defensive team.

X. Scoring

1. Hips with both flags attached must cross the goal line.
2. Touchdown = 6 points
3. Point(s) after Touchdown. Ball placed on 3 yard line.
 - a. 1 point for a run
 - b. 2 points for a pass beyond line of scrimmage
4. Safety = 2 points
5. After conversion attempt ball will be placed on 20 yard line to start next offensive series, no kick offs.

XI. Defense

1. Defensive line of scrimmage is one yard in front of the ball.
2. All defensive linemen will be in a two point stance.
3. No defensive player may line up directly across from the center (no nose guard)
4. Defensive lineman must line up head to head (from tackle to tackle) with the offensive lineman.
5. Only two defensive players may rush the quarterback until he leaves the passing pocket.
6. All other defensive players may line up no closer than one yard from the defensive line of scrimmage.
7. Rushing – The rusher may not run over the screener. The rusher may not pull the screener toward him or push him away. *Personal Foul*
8. Avoid Contact – (a) It is the defensive player's responsibility to avoid contact with the offensive player except for pulling the ball carriers flag. (b)The ball carrier may not be pushed or shoved out of bounds. *Personal Foul*
9. Flag Stripping – You may not intentionally strip an offensive player's flag, other than the ball carrier. *Personal Foul*
10. Stripping the Ball – You may not intentionally strip the ball from the ball carrier's arm. *Personal Foul*
11. Lunging/Diving for Flag – Leaving the feet by lunging or diving for the flag is illegal. *Personal Foul*
12. Tripping – Tripping or using the leg to stop an offensive player is illegal. *Personal Foul*
13. There are no fumble recoveries, ball is dead when it hits the ground.

XII. De-flagging

1. It is illegal to prematurely and intentionally pull a players flag. *Personal Foul*
2. A ball carrier will be down where they lose one or both of their flags.
3. Flag Guarding – It is illegal to push a defenders hands away, stiff arm, or cover flags in any way such as with football or jersey. The ball will be called dead at the spot of guarding the flag. *Personal Foul*
4. Jumping/diving while running with the ball to avoid being stopped by a defensive player or to cross the goal line will be considered Flag Guarding. Jumping to avoid physical contact with other players will be in the judgment of the officials. *Personal Foul*
5. A tackle is made by removing one of the flags. The flag must be held aloft immediately by the tackler.

XIII. Penalties

1. Personal fouls and unsportsmanlike conduct will be a 10 yard penalty. Will be a loss of down if called on the offense and an automatic first down if on the defense.
 - a. Personal Fouls:
 - Punching or striking the ball, or striping or attempting to steal the ball from a player in possession
 - Flag stripping, tripping, lunging/diving for flag
 - Illegal contact (offensive or defensive)
 - Throwing runner to the ground
 - Flag Guarding
 - Diving (in any situation)
 - Personal fouls may be judgment calls and could result in an unsportsmanlike conduct if considered overly aggressive or malicious.
 - b. Unsportsmanlike Conduct – If the site director or referee witnesses any acts of intentional tackling, elbowing, cheap shots, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion and the decision is FINAL!
 - c. Everything else will be a 5 yard penalty. The down will be replayed, unless the penalty advances the offense into the next zone resulting in a first down.