



Youth Flag Football By-Laws

I. General Rules

1. A team consists of seven players. A team must have five players to start and finish a game.
2. No standings or game scores are kept.
3. There are no extra points since the score is not kept.
4. All players are required to play half of the game with the exception of injury, or parent's decision. Each coach will submit a roster to the official and the official will mark player as they enter. Players may only sub at the start of each quarter.
5. The coach will be allowed on the field to instruct his/her team.
6. It is required that all players wear a mouth piece.
7. A minimum of three players must be on the line of scrimmage.
8. There are no fumbles. A fumble will be dead at the point the ball touches the ground. The offensive team will retain possession unless it was forth down and the first down wasn't made. A shotgun center snaps that falls on the ground is a dead ball. The ball is spotted were the football hits the ground.
9. There will be one official for the game. If no official, a coach from each team will be the officials.

II. Timing

1. A game is made of 4, 10 minute quarters with a running clock.
2. Halftime is five minutes.
3. Each team has two timeouts per half. Timeouts do not carry over from halftime.

III. Uniforms

1. Players must have their shirts tucked in and flags properly displayed.
2. Players must have at least two flags on their belt.
3. The flags are to be located on the hips.
4. Shorts may not have pockets.
5. If a player starts a play without flags they are down where he/she catches or receives the ball. If the flags come off by themselves, a defender must be within a foot of the player and make an attempt to touch the ball carrier.

IV. Playing Field

1. The recommended field of play shall be eighty yards in length, divided into four zones of twenty yards with two end zones being ten yards each. The width shall be forty yards.

V. Kickoffs and Punts

1. There are no kickoffs. The offensive team will start with the ball on their twenty yard line.
2. Punts have to be announced. No fake punt.
3. There is no rushing on the punt. No player (offensive or defensive) may leave the ball line of scrimmage until the ball has been punted.
4. Punts may be returned if they are caught in the air. If the return is fumbled, it is a dead ball at the spot the ball hits the ground the ball may be picked up if it has not been touched and returned by the receiving team. If the defensive team touches the ball it is dead where they touch it.
5. Teams may also elect to have the ball moved 15 yards from the LOS instead of punting. The coach must let the official know what he/she intends to do.

VI. First Downs

1. A team has four downs to advance the ball into the next twenty yard zone or score a touchdown.
2. Once a team enters into the next or a new zone, it is a first down.
3. If a team chose not to punt on forth down and doesn't get a first down, it is a turnover.
4. Once a line has been crossed for a first down it can not be crossed again in the same series.

VII. Removing the Flag

1. Tackling is not permitted.
2. The player is down when the flag is removed from the belt. The defensive player should hold the flag over his/her head signaling they have made the tackle.
3. The defensive player cannot hold or obstruct the forward progress of the ball carrier.
4. The defensive player must attempt to remove the quarterback's flag. They may not make contact with his/her arm.
5. The defensive player may not push a ball carrier out of bounds.

VIII. Blocking

1. The blocker cannot use their hands.
2. Blocking shall be with their hands in front of the body or behind the back. It should be brush blocking or screen blocking (like a basketball screen).
3. The blocker must be on their feet at all times while blocking. No chop blocking.

IX. Ball Carrier

1. The ball carrier can not protect their flags by blocking them with their arms or hands.
2. No stiff arming.
3. The ball carrier can not dive to avoid a defensive player attempting to remove the flags.
4. The ball carrier may not lower his head in attempt to run a defensive player over.
5. The ball carrier is down when their body (other than hand or feet) touches the ground.
6. The ball will be spotted by the hips not where the ball is.

X. Passing

1. All players are eligible passers.
2. A lateral pass that touches the ground is dead at the point.

XI. Receiving

1. All offensive players are eligible receivers.
2. A player must have one foot inbounds for a reception.

XII. Penalties

1. Four Yard Penalties (from line of scrimmage) are:
Off sides, delay of game, and less than three players on the line of scrimmage.
2. Twelve yard penalties (from line of scrimmage) are:
Offensive pass interference, illegal forward pass (also a loss of down).
3. Twelve yard penalties (from the spot of the penalty) are:
Defensive pass interference, illegal use of hands/contact, illegal block, unnecessary roughness, unsportsmanlike conduct, clipping, flag guard.

