

Youth Flag Football By- Laws

5th & 6th Grades

- Teams** Teams will consist of 8-10 players, seven (7) players will play on the field. Play may continue with five (5) players, four (4) will be considered a forfeit if at halftime more players have not arrived, however, the game will continue for fun and practice.
- Formation** All offensive players are eligible pass receivers. The ball must be clearly snapped to and in the sole possession of an offensive player other than the center.
- Equipment** Official game ball will be a junior sized leather ball (TDJ). Metal cleats or spikes are not permitted. Small rubber cleats are recommended. No bare feet or stocking feet will be allowed. Belts and flags must be visible and worn at waist level on each side. No player may tamper or alter his/her flags in any way. Shirts must be tucked in. No pockets will be allowed.
- Game Length** The game will consist of two 20-minute halves with a running clock. The clock shall stop during the last minute of each half for penalties, incomplete passes, changes in ball possession, or play going out of bounds. Half time will be 3 minutes in length. Each team will be allowed four (4) one-minute time-outs that can be used at anytime during the game. Players must stay on the playing field during time-outs.
- Putting ball in play** The offensive team has 30 seconds to put the ball in play.
- Substitutions** Substitutions shall be unlimited, but may occur on dead balls only.
- Scoring** A touchdown will consist of 6 points. The point after touchdown (PAT) will be ran from the three yard line for one point or from the ten yard line for two points. The offensive team will be required to notify the head official of their choice. Safety: two points will be awarded if the defensive team forces the ball to be downed behind the offensive teams goal line by fumbling or being downed. No official league standings will be kept. There will be no post-season tournament.
- Kick Off** The team winning the coin toss has the option of selecting the goal or whether to kick, receive, or defer. The team losing the coin toss takes the option not taken by the other team.
- The game is started with a kick off from a kicking tee at the 20-yard line. The ball must cross into the next zone. If kicked out of bounds, the ball will be placed on the 30-yard line.

First Down First down to keep possession of the ball, the offensive team must advance the ball past the next zone line in four downs. As soon as the ball is advanced over the zone lines, the following down is a first down. A ball on the line is considered in the more forward zone.

Neutral Zone The distance between the offensive and defensive lines at the beginning of a play shall be 3 yards if the ball is outside the defensive team's 20-yard line and 1 yard if the ball is inside the defensive team's 20-yard line.

4th down/Punting On 4th down the offensive team has 3 choices: 1. Go for the 1st down 2. Punt the ball to the other team 3. Move the ball to the 30 yard line of the opposing team, change possession, and begin play there. The 4th down decision must be announced to the official prior to beginning the play. The official shall then notify the other team of the decision, so they may get into the appropriate formation. Neither team may cross the line of scrimmage until the ball is kicked. Kick receivers may have the choice to run or make a forward pass after receiving the kick. On the punt, the snapper must clearly snap the ball between his/her legs.

Forward Pass Two forward passes can be made if the quarterback makes the first pass prior to crossing the line of scrimmage. If the quarterback crosses the line of scrimmage prior to passing only one forward pass may be attempted. All players on the field are eligible to receive or intercept passes. If a player has lost his/her flags and catches a pass, the ball will be downed where the ball is caught. If the second pass is incomplete, the ball will be placed at the spot the second pass was thrown.

Blocking All offensive players are eligible to receive a forward pass and only three (3) players can be in the backfield blocking. A player may block for his/her runner or passer by using a screen block. No contact should take place. If a blocker uses his/her arm, elbows, legs, lowers his/her shoulder or leaves his /her feet, it is an illegal block. Stiff arming and jumping are NOT allowed. A runner may not guard the flag in any manner

Dead Balls

1. A player is down once one of his/her knees contacts the ground.
2. In removing the flag or stopping the ball, a defensive player should pull the flag and immediately set it on the ground.
3. If at any time the belt of the ball carrier falls off, the ball carrier is down and the ball is dead.
4. All fumbles are dead the moment the ball contacts the ground. Possession of the ball remains with the team who had possession last.
5. If the ball is fumbled on any snap, the ball is dead and the down is lost. If the snap is fumbled on 4th down the ball changes possession and play continues from that spot.

Penalties Any repeated offense by 1 player of the following are: but not limited to: stiff arm, flag guarding, excessive pushing and tackling. Will be asked to sit out 1 play. They may be substituted for.

Conduct No player; coach or spectator shall act in an unsportsmanlike manner during either a period or intermission. Examples are, but not limited to:

- a- Using profanity, insulting or vulgar language or gestures.
- b- Intentionally kicking at, swinging at, or pushing any player, spectator, coach or official.
- c- Harassing, insulting or badgering any official, coach, spectator, or player.

Coaches One coaches must stay on their respective sidelines during all games.