



YOUTH FLAG FOOTBALL RULEBOOK

'Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.'
Colossians 3:23

The Bible tells us that we are supposed to work at ALL we do with ALL of our hearts as if working for the Lord. At First Friends Church, we believe this truth can be applied to athletics as well. Just as with any gift or ability that God has given us, we should seek to use sports like basketball to glorify Him!



Sports Ministry Program
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GENERAL RULES & FIELD OF PLAY

1. Games consists of four (4) twelve (12) minute quarters and a five (5) minute half time.
2. Field dimensions are 52 yards x 27 yards, with a mid-field marking. End zones are 5 yards deep.



3. THE "NO RUN ZONES"

- a) K-1st Grade division will not use the "No Run Zones".
- b) For other divisions, "No Run Zones" are located four (4) yards from each end zone and four (4) yards on both sides of mid-field.
- c) "No Run Zones" are designed to avoid short yardage running situations.
- d) "No Run Zones" come into effect only when offensive team is approaching a first down or the end zone. Exception: If the offensive team has already achieved a first down, but has been pushed back into a "No Run Zone", then the "No Run Zone" is no longer in effect.

4. A Team shall consist of six (6) players. A team can play with a minimum of five (5) players.
5. Teams with less than the required minimum number of participants at the scheduled start time will forfeit the contest.
6. Substitutions are permitted between plays and during time outs.
7. No kicking or punting.
8. All players must start with their flag belts on. If a player starts without his flag belt properly secured with all flags attached, his team will be assessed a 5-yard penalty.
9. The officiating will be done by officials who are in absolute control of the game.
10. Spectators are not permitted in the team sideline areas.
11. Misconduct of players, coaches, or spectators will result in assessment of a penalty, and ejection or forfeiture of the game.
12. **The Program Coordinator and/or League Director has the power to make decisions on any matters or questions not specifically covered in the rules.**

EQUIPMENT & ATTIRE

1. Players are required to wear protective mouthpieces at all times during the game and practices.
2. All players must wear shoes. Rubber/Molded cleats and tennis shoes are permitted. Open toe, open heel, or hard sole shoes are not permitted. **NO METAL CLEATS ALLOWED.**
3. All players must wear their same color All Out Sports jersey for games. Jerseys must be tucked in at all times. If a jersey is hanging over the flag belt, flag guarding may be called.
4. Towel may not hang from a player's waist or otherwise with interfere with the removal of a flag.



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5. Hooded sweatshirts are not permitted to be worn under jerseys to avoid injury from being yanked during play.
6. Equipment such as helmets, bandanas, billed hats, pads or braces worn above the waist, leg and knee braces made of hard and unyielding substances, casts, and all jewelry are strictly prohibited.,
7. Braces properly padded will be allowed.
8. Teams must use league appointed football during all games.
9. Teams must use flags provided by the leagues.

THE POSSESSION

1. The official will flip a coin before the start of the game to determine the possession of the ball.
 - a. The team that wins the toss will choose offense or defense.
 - b. At half-time the teams will switch direction and possession.
2. All possession changes will start at the offensive team's 4-yard line. EXCEPTION: On an interception the team will take possession of the ball where the defender's flag is pulled.
3. The offensive team is responsible for collecting and setting both the line of scrimmage puck and the seven-yard puck based off the official's positioning.
4. The offense has four downs to cross mid-field and then four downs to score. A turnover on downs will occur if the offense is short of the first down or end zone resulting in a change of possession and the ball will be spotted at the opponent's four-yard line.

SCREENING

1. Blocking, as in regulation tackle football, is PROHIBITED!
2. A screen block shall take place WITHOUT CONTACT. The screen blocker shall have his or her hands behind his or her back. Any use of the hands, arms, elbows, legs, or body to initiate contact during a screen block is ILLEGAL! A blocker may use his or her hand or arm to break a fall or retain his or her balance. A player must be on his or her feet before, during, and after screen blocking.
3. Penalty: Loss of 10 yards.

FLAG BELT REMOVAL

1. In an attempt to remove the flag belt from the ball carrier, defensive players may contact the body of an opponent with his or her hands.
2. A defensive player may not hold, push or knock the ball carrier down in an attempt to remove the flag.
3. No player shall attempt to steal the ball, trip an opponent, contact an opponent who is on the ground, make unnecessary contact with an opponent, deliberately dive or run into an opponent or tackle the ball carrier.
4. Penalty: Loss of 10 yards



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COACHES ON FIELD

1. Offense: One coach will be allowed on the field on offense. The Offensive coach must back up, out of the way before the snap of the ball.
2. Defense: Coaches can be on the field to direct and align players before the play. Coaches must be off the field before the snap of the ball.

THE PASSING GAME

1. Only one forward pass per down: All passes must be forward and received beyond the line of scrimmage.
2. Shovel passes are legal.
3. 4th-6th Grade: QB has a seven (7) second "pass clock". THE REFEREE WILL BLOW THE WHISTLE ON THE 7 COUNT. If the pass is not thrown within seven seconds, the play will be ruled dead, at the spot of the QB, with a loss of down. Once the ball is handed off, the seven second rule is no longer in effect.
 - 2nd-3rd Grade: A ten (10) second "pass clock" will be in effect.
 - K-1st Grade: There will be no pass clock.
4. Interceptions can be returned. Ball is spotted where the defender's flag is pulled.
5. If a penalty occurs on an interception return by the return team, the penalty will be assessed from the end of the interception.
6. If a penalty occurs on an interception return by the defensive team, the penalty will be assessed from the end of the run.

THE RECEIVING GAME

1. All players are eligible to receive passes (including the QB, if the ball has been handed off behind the line of scrimmage).
2. A receiver is down where his or her flag belt is pulled. Exception: In order to achieve a first down, or a touchdown, the ball carriers flag belt and ball, must cross the plane of the first down line and/or goal line.
3. If a receiver's flag belt falls off or is pulled off, before catch is made, the receiver is down where they caught the ball.
4. Receiver must have at least one foot in bounds when making a catch.
5. Pushing or chucking a receiver/defender is not allowed. Penalty: Illegal use of hands. Loss of 10 yards.

THE SNAP

1. The center, after assuming the position for the snap and adjusting the ball, may not move nor change the position of the ball in a manner simulating the beginning of a play. The ball must be snapped in one continuous motion, not necessarily between the center's legs, from the spot designated by the ball marker. The ball may be moved with approval of the official due to poor field conditions. The player receiving the snap must be 2 yards from the line of scrimmage during a scrimmage play. Penalty: Illegal procedure. Loss of 5 yards.
2. Before the snap, all offensive players must come to a complete stop for at least 1 full second. Only one offensive player may be in motion, and may not be moving towards the opponent's



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goal line at the time of the snap. If two or more players go in motion before the snap, then this is considered a shift and all players must come set for one full second prior to the snap.

THE RUNNING GAME

1. Only direct hand-offs behind the line of scrimmage are legal. Anyone behind the line of scrimmage can receive a hand-off.
2. The QB can ONLY run the ball if he or she has taken a direct hand-off. A snap from the center is not a direct hand-off.
3. No laterals or pitches of any kind are allowed anywhere on the field.
4. Any player who takes the hand-off can throw the ball, as long as he or she does not pass the line of scrimmage first.
5. Once the ball has been handed off, all defensive players are eligible to rush.
6. Once the ball has been handed off, the seven-second pass rule is no longer in effect.
7. Defensive players cannot pass the line of scrimmage during a direct hand-off play until the ball is handed off.
8. Spinning is allowed.
9. If a flag falls off while the player is running then the player is down where the flag dropped.
10. An offensive player may not jump, dive, hurdle over, through or into an opponent who is on their feet. Penalty: Loss of 10 yards.
11. An offensive player may not stiff arm or guard his or her flags by blocking them with their hands or the ball. Penalty: Loss of 10 yards.

RUSHING OF THE QUARTERBACK

1. K-1 Division - no rushing the QB. K-1 defenders must stay behind the line of scrimmage until there is a direct handoff.
2. All players that rush the passer must line-up a minimum of seven yards from the line of scrimmage, which will be designated by the rushing puck. Any amount of players can rush the quarterback.
3. If the offense draws any rusher to commit or jump that seven-yard marker, that rusher CANNOT rush during that play. However, any other defender that is seven yards back (behind the rushing puck) may rush instead. (aka an offside will not be assessed unless the defender actually crosses the line of scrimmage after jumping early)
4. ALL RUSHERS MUST LINE UP ONE YARD ON EITHER SIDE OF THE CENTER and/or RUSH PUCK THEY CANNOT LINE UP DIRECTLY IN FRONT OF THE CENTER.
5. The rusher has the right of way to the QB. Offensive players may screen block but avoid contact. If contact is made an offensive penalty will be assessed. Penalty: Loss of 10 yards.
6. Players not rushing the quarterback may defend the line of scrimmage as long as they do not pass the line of scrimmage at any time.
7. A rusher must go for the quarterback's flags. The rusher may attempt to block the pass but cannot make contact with the quarterback's arm. Penalty: Loss of 10 yards and an automatic 1st down.



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THE DEAD BALLS

1. A play is ruled dead when: ball carrier's flag is pulled, ball carriers flag falls off, ball carrier steps out of bounds, ball carriers knee touches the ground, ball carrier lets the ball hit the ground, ball carrier fumbles the ball away, and after a touchdown, or extra point is scored.
2. There are no fumbles. The ball will be spotted where the player loses control of the ball.
3. If there is an inadvertent whistle at any point during a play, the play is dead at that point.

THE SCORING AND TIME SITUATIONS

1. K-1 Division does not keep score.
2. Touchdown = 6 points, Extra point (4 yards) = 1 point, Extra point (10 yards) = 2 points, Safety = 2 points.
3. There is a 30 second huddle clock (45 seconds for K-1 division), which will start once the line of scrimmage is marked.
4. Each team is allowed two timeouts (60 seconds long) per half. You can NOT carry a timeout over into the next half.
5. Referee may stop the clock at his/her own discretion.
6. Final 2 minutes of the game: The clock will stop for any dead ball situation. If a team is up by 16 or more points at the two-minute warning, the clock will NOT stop.

OVERTIME PROCEDURES

1. As there is no score in K-1 Division, there will be no overtime.
2. For other divisions, during overtime, each team will get two plays from the 10-yard line. If the game remained tied after the first overtime, each team will get two plays from the 10-yard line during a second overtime. In the second overtime, the team that started on offense will start on defense. If the score is tied after the 2nd overtime, the game will end with a tie score.

SUMMARY OF PENALTIES: ALL CALLS BY THE REFEREES ARE FINAL.

LOSS OF 5 YARDS:

1. Required equipment worn illegally.
2. Delay of game.
3. Illegal snap.
4. False start.
5. Encroachment.
6. Illegal procedure.
7. Illegal forward pass (5 yards from point of pass and loss of down).
8. Intentional grounding (5 yards from point of pass and loss of down).
9. Helping the runner: the runner shall not grasp a teammate or be grasped, pulled or pushed by teammate.



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LOSS OF 10 YARDS:

1. Illegal participation.
2. Offensive pass interference. (Loss of down)
3. Defensive pass interference. (Automatic 1st down)
4. Illegally secured belt on touchdown. (Revoke touchdown and loss of down)
5. Unsportsmanlike conduct.
6. Spiking the ball or not returning the ball to the official during the dead ball.
7. Attempt to steal the ball from the carrier. 2nd offense is unsportsmanlike conduct (disqualification)
8. Hurdling.
9. Unnecessary contact of any sort.
10. Roughing the passer. (Automatic 1st down)
11. Defensive use of hands.
12. Guarding the flag belt (and stiff arming).
13. Illegal batting.
14. Illegal flag belt removal.
15. Personal foul.
16. Flagrant unsportsmanlike conduct (disqualification).
17. Flagrant personal fouls (disqualification)
18. Intentionally tampering with flag belt. (disqualification).
19. Illegal equipment.