



Youth Flag Rules

Coed Game Format and Rules

6 v 6 Flag Game Format

- Field is 23-30 yards wide and 50 yards long, including the 5 yard end zones.
- Games are 6 players v 6 players
- *Update Tournament Pool Play- Two 15 minute running clock halves (*1 minute break at half*)
- *Update Tournament Elimination Play - Two 20 minute running clock halves (*1 minute break at half*)
- *Update Regular Season Play - Two 20 minute running clock halves (*1 minute break at half*)
- Each possession starts at the 5 yard line after scores, turnover on downs and/or halftime.
- 30 second play clock (*45 second play clock for K-2nd Grade Division*)
- The offensive team has three downs to get a first down at mid-field, then 4 downs to score once they have crossed mid-field.
- All players are eligible to receive a pass!

- **Update* **NO RUSHING THE QUARTERBACK!** Unless there is a hand off, a lateral, backwards pass or if the QB fakes a hand off which will trigger a defensive player to cross the LOS and rush the QB.
- **Update* Play clock will start and the offensive play can be run when the official is aligned with the spot of the ball and/or when the official blows their whistle
- **Update* After a time out, the next play will start on the officials whistle
- **Update* For K-2nd grade division ONLY, the center can snap side-saddle or between the legs. If side-saddle, the center MUST snap the ball directly to the player behind the center. There are no trick snaps to other players if using side-saddle snaps.
- **Update* For all Grade divisions, the center MUST snap the ball directly to the player behind the center. There are no trick snaps to other players.

Scoring

- Touchdowns = 6 points
- Extra Point (5 yard line) = 1 pt
- Extra Point (10 yard line) = 2 pts

Under the Lights Flag Rules

1st-2nd Grade Division Rules & Goals

- UNLIMITED Runs
- 45 second play clock
- 6 second sack count
 - **Update* Example 1 Mississippi, 2 Mississippi, 3 Mississippi, 4 Mississippi, 5 Mississippi, SACK
- ONE Coach is allowed on the field for both offense and defense

In this division we want to get the players lined up properly and running in the right direction. We want to be flexible with the rules and teach the players the proper fundamentals of football. The Deception Rule will be in effect to help with the integrity of the passing game for both offense and defense.

3rd-4th Grade Division Rules & Goals

- 30 second play clock

- 4 second sack count
 - *Update Example 1 Mississippi, 2 Mississippi, 3 Mississippi, SACK
- ONE run per offensive possession
- NO runs 5yds from the End Zone
- NO runs on extra points
- ONE Coach is allowed on the field for both offense and defense
- In this division we want to encourage the teams to start focusing on passing the ball more than running the ball. The Deception Rule will be in effect to help with the integrity of the passing game for both offense and defense. We want the players to start applying proper QB, WR, and DB fundamentals in the passing game.

5th-8th Grade Division Rules & Goals

- 30 second play clock
- 4 second sack count - **5th - 6th Grade**
 - *Update Example 1 Mississippi, 2 Mississippi, 3 Mississippi, SACK
- **3 second sack count - 7th - 8th Grade**
 - *Update Example 1 Mississippi, 2 Mississippi, SACK
- NO RUNS
- NO Coach allowed on the field

In this division we make the transition into an every-down is a pass play or a scaled down version of HS 7v7 pass game. We want the players to start working on their skills as a QB, WR, and DB that they have learned from their coach and apply it in a fun, competitive format.

Basic Rules

- **11/6/24 UPDATE: Ball to be placed in the center of the field for all snaps**
- **11/6/24 UPDATE: Safeties will occur when the ball is fumbled in the end zone, or if a flag is pulled in the defensive teams end zone**
- **11/6/24 UPDATE: The defensive player has the right to their position. If an offensive player runs into a stationary defensive player it will be considered a personal foul or an unsportsmanlike penalty at the discretion of the referee**

- **Interceptions during an extra point attempt can NEVER be returned for any points. They are dead balls where the extra point is no good.**
- Coin flip determines choice of possession or direction (winning team can elect to defer to the 2nd half)
- The clock will only stop for time-outs and injuries unless it is the last minute of the game.*(it does not stop for incomplete passes, out of bounds, change of possession)*
- TWO 30-second timeouts per half
- If a timeout is called after a touchdown, the clock will not start until the play after the conversion attempt
- Teams switch sides at halftime.
- If there is a bad snap, the ball is dead and placed at the LOS. There is NO loss of yardage.
- No fumbles (a fumbled, or stripped ball is dead and placed at the spot of the fumble with the offensive team retaining possession)
- Center cannot take a handoff from the QB.
- Ball is placed where the flag is pulled, **NOT** where the ball is when the flag is pulled.
- A receiver must have **one** foot in bounds when making a reception.
- Laterals are allowed but if the ball hits the ground, the ball is spotted at that yard mark.
- Absolutely no tackling or blocking *(stationary pick is allowed but player cannot move)*
- Only one player can be in motion at the same time.
- 3 Players must be on the Line of Scrimmage or Illegal Formation; The Center counts as 1 player on the LOS.
- Games cannot end on a defensive penalty.
- * *Update* Football Type: Under the Lights provided Ball will be used in all Games.
- Kindergarten – 2nd Grade and 3rd-4th Grade Divisions will use a Pee-Wee size football.
- 5th-6th Grade will use a Junior size football.
- 7th and 8th Grade will use a Youth size football.

Special Alert Rules

- ***11/6/24 UPDATE: Ball to be placed in the center of the field for all snaps***
- ***11/6/24 UPDATE: Safeties will occur when the ball is fumbled in the end zone, or if a flag is pulled in the defensive teams end zone***
- Defensive players can cross the line of scrimmage when a handoff, fake handoff or backward pass has occurred. THE PLAY CLOCK DOES NOT RESET WHEN A BACKWARD PASS IS MADE. This *Deception Rule* is applied to define the integrity of the LOS and development of the passing game for both offense and defense. This rule applies to all Divisions.
- **Update* Interceptions can be returned for a TD, if intercepting teams flag is pulled before the end zone then possession will begin where the defender is flagged. If the interception occurs in the end zone (and the flag is pulled in the end zone) the ball will be spotted on the 5 yard line
- **Update* **Offensive Delay of Game Penalty during the LAST 4 MINUTES OF THE GAME** : During the last 4 minutes of the game, an offensive delay of game or an offensive false start penalty results in:
 - 5 yard penalty
 - Loss of down
 - A time out will be charged to the penalized team
 - If the team has no time outs left, referee will stop the clock

MERCY RULE

If a team is up by 30 or more they only have 2 downs to get a first down and 2 downs to score until that point difference is trimmed below 30 pts. Than regular game rules apply.

- ***Update 3/10/25 If a team is ahead by more than 30 points and they intercept a pass, the ball will be marked down at the spot of the interception***
- ***Update 3/10/25 If a team is ahead by more than 30 points during the last minute of the game, the game clock will be a running clock***

The team that is behind by 30 or more points CAN start their offensive possession at the +10 yard line and get 4 downs to score. If the point difference is trimmed below 30 pts, than regular game rules apply

Pass Game Rules

- The Offense has to throw the ball within:
- **K – 2nd Grade – 6 seconds**
- **3rd - 6th Grade – 4 seconds**
- **7th - 8th Grade – 3 seconds**
- ***The sack count starts on the snap of the ball no matter what offensive play is attempted.***
- Forward pass can be underhand or overhand as long as it is beyond the LOS.
- If the QB does not release the ball before time expires, the result of the play is a sack and the ball stays at the LOS.
- There are NO FORWARD passes behind the LOS. This is a 5 yard penalty and loss of down. THE DEFENSE CAN ELECT TO DECLINE THE PENALTY (THIS IS NOT A STOPPAGE OF PLAY)
- NO RUSHING THE QUARTERBACK!
- **Update K-4th Grade, the QB can HAND or PITCH the ball off to another player and they can throw the ball within the allotted time. If/When the QB hands or pitches or throws a backward pass to another player, this alerts the defense that they CAN cross the LOS to pull the flag of the player with the ball. The sack count does NOT reset when a lateral or backward pass is made*
- **Update All grade levels have the option to throw a backward pass for a double pass play. This alerts the defense that they CAN cross the LOS to pull the flag of the player with the ball. (5th-8th grade can never take a hand off nor run the ball across the line of scrimmage on a backwards pass.). The sack count does NOT reset when a lateral or backward pass is made*
- Defense must start 2 yds off the LOS unless the ball is at the +1 then the Defense can start at Goalline.

- ***UPDATE Catch Rule Clarification:** To be considered a valid catch, the receiver must have at least one foot inbounds. If the receiver has one foot inbounds and the other foot out of bounds at the same time, it is not considered a catch.
- ***UPDATE Illegal Touching of a Forward Pass:** If an eligible receiver goes out of bounds by their own volition (Not by being illegally forced out) and then re-establishes themselves inbounds, they cannot be the first to touch the forward pass. This action is considered illegal touching. The penalty is loss of 5 yards from the original spot and loss of down
- **LAST 1 MINUTE OF THE GAME**
 1. The clock will stop in the final 1 minute of the game on these actions:
 - Incompletions
 - Out of Bounds
 - QB Sack and kneel downs
 - Spiking of the football
 - Change of Possession
 - Penalties. If it's an offensive penalty the clock will start on the official unless dead ball foul.

OFFENSE PENALTIES:

11/6/24 UPDATE: The defensive player has the right to their position. If an offensive player runs into a stationary defensive player it will be considered a personal foul or an unsportsmanlike penalty at the discretion of the referee

Offensive Pass Interference – 10 yard penalty and replay the down

Illegal motion (2 men in motion) – 5 yard penalty and replay the down

Illegal Formation – 5 yard penalty and replay the down

Illegal Run – 5 yard penalty and loss of down

False Start – 5 yard penalty, replay the down

Illegal Forward Pass – 5 yard penalty and loss of down (QB steps over the LOS or QB throws a forward pass behind the LOS) THE DEFENSE CAN ELECT TO DECLINE THE PENALTY (THIS IS NOT A STOPPAGE OF PLAY) THE DEFENSE MAY ELECT TO DECLINE THE PENALTY IF IT RESULTS IN AN INTERCEPTION OR TURNOVER ON DOWNS AS AN EXAMPLE

Blocking – ball is placed at the spot of the foul and loss of down

Leaping – ball is placed at the spot of the foul and loss of down

Flag Guarding (including stiff arms) – 5 yard penalty from the spot of the foul and loss of down

Unsportsmanlike conduct – 15 yard penalty (*possible ejection*)

Delay of Game – clock is stopped and a 5 yard penalty.

- No Intentionally Grounding Penalty

DEFENSIVE PENALTIES:

Defensive Pass Interference - 10 yard penalty and replay down unless it's an offensive catch; Offense decides. *1st down can occur depending on the yardage.*

Illegal Contact (holding, jams, etc.) – 5 yard penalty and replay down unless it's an offensive catch; Offense decides. *1st can occur depending on the yardage.*

Defensive Holding while pulling flag – 5 yard penalty added to the end of the play and replay down. *1st down can occur depending on the yardage.*

Illegal Flag Pull (before player has ball) – 5 yard penalty and replay down. *1st down can occur depending on the yardage.*

Off-sides – 5 yard penalty and replay down. *1st down can occur depending on the yardage.*

Illegal Rushing (before a hand-off has occurred) – 5 yard penalty and replay the down; offense decides depending on the result of the play. *1st down can occur depending on the yardage.*

* *Update* **Inadvertent tackle** – 5 yard penalty added to the end of the play and replay down. *1st down can occur as a result of the penalty yardage*

Inadvertent tackle From Behind w/clear path to end zone – Automatic Touchdown

Unsportsmanlike conduct – 15 yard penalty and automatic 1st down (*possible ejection*)

Defensive Penalties inside the 10 yard line will result in half the distance to the Goalline if applicable.

OVERTIME FORMAT – Does not apply for Regular Season or Tournament Pool Play

ONLY IN THE PLAYOFFS

- Overtime period will take place with each team receiving a possession.
- Coin flip determines choice of 1st or 2nd possession
- Possession begins at the 10 yard line (both teams will go in the same direction)
- If a touchdown is scored, a team can elect to go for a 1 or 2 point conversion.
- If the Defense intercepts the ball it's a change of possession starting at the 10 yard line unless the Defense returns it for a TD. Game could be over if the intercepting team was ahead in points in OT prior to playing Defense or intercepting team returns it for a TD on it's 1st Defensive possession per OT.
- If the game is still tied, overtime will be repeated until there is a winner.
- Offensive team will get 2 downs to score from the +10 yard line
- Teams alternate first possession each overtime period

3RD - 5TH GRADE AND 6TH-8TH GRADE ALL GIRLS DIVISION RULES

3rd-5th ALL Girls

- ***3/15/25 Update: NO runs 5yds from the End Zone***
- Field is 25-30 yards wide and 50 yards long, including the 5 yard end zones
- Games are 6 players v 6 players.
- Two 20-minute running clock halves (*2 minute break at half*).
- Each possession starts at the 5 yard line after scores, turnover on downs and/or halftime.
- The offensive team has three downs to get a first down at mid-field, then 4 downs to score once they have crossed mid-field.
- There is a 4 second sack count.

- UNLIMITED Runs.
- **Update* 30 second play clock.
- All players are eligible.
- TWO coaches are allowed on the field for both offense and defense.
- NO RUSHING THE QUARTERBACK...unless the QB makes a handoff motion. This action will trigger a defensive player to cross the LOS and rush the QB.
- The QB CAN have direct runs across the LOS. On direct QB runs, with no fake, the defense cannot cross the LOS until the QB crosses the LOS.
- If the QB has the ball at 4 seconds, behind the LOS, the play is considered a sack and a dead ball. The QB must run across the LOS, throw or handoff the ball before 4 seconds.
- If the QB hands off the ball to another player before 4 second, the 4 second count will continue, but the ball carrier is eligible to run after 4 seconds. A pass attempt after 4 seconds will be an illegal pass
- YES, there are runs 5yds from the end zone.
- YES, you can have running plays 5yds from mid-field.
- YES, there are runs on extra points.
- The center can snap side-saddle or between the legs. If side-saddle, the center MUST snap the ball directly to the player behind the center. There are no trick snaps to other players if using side-saddle snaps.
- **Update* Pee Wee Size Football will be used

6th-8th Middle School ALL Girls

- ***3/15/25 Update: NO runs 5yds from the End Zone***
- Field is 25-30 yards wide and 50 yards long, including the 5 yard end zones
- Games are 6 players v 6 players.
- Two 20-minute running clock halves (*2 minute break at half*).
- Each possession starts at the 5 yard line after scores, turnover on downs and/or halftime.

- *Changed 30 second play clock
- The offensive team has three downs to get a first down at mid-field, then 4 downs to score once they have crossed mid-field.
- All players are eligible.
- *Changed ONE coach is allowed on the field for both offense and defense
- Defensive players can rush the QB from 7 yards off the LOS. There is no limit to the number of players that can rush the QB.
- *Changed The defense has the right of way when rushing the QB. The offense must make an attempt to avoid the rusher.
- The QB CAN have direct runs across the LOS. On direct QB runs, with no fake, the defense players under 7 yards cannot cross the LOS until the QB crosses the LOS.
- *Only Players lined up 7 yards away from the LOS can rush into the offensive backfield. On direct QB runs, players lined up within 7 yards of the LOS cannot pull the QB's flag until the QB crosses the LOS.
- YES, there are runs 5yds from the end zone.
- YES, you can have running plays 5yds from mid-field.
- YES, there are runs on extra points.
- The center can snap side-saddle or between the legs. If side-saddle, the center MUST snap the ball directly to the player behind the center. There are no trick snaps to other players if using side-saddle snaps. And not to the motion player.
- **** UPDATE ANY hand off, lateral or backward pass behind the line of scrimmage allows ALL defensive players to cross the line of scrimmage**
- Update JUNIOR Size football will be used
- Update No sack count in this division
- Update Any player that lines up beyond 7 yards from the line of scrimmage can rush
- Update If the defense makes contact with the passer while they are in a throwing motion, the penalty will be pass interference. The offense has the option of accepting the result of the play or accepting a 10 yard penalty with the repeat of the down

Pass Game Rules

Pass Game Rules

- The Offense has to throw the ball within:

K – 2nd Grade – 6 seconds

3rd - 6th Grade – 4 seconds

7th - 8th Grade – 3 seconds

- ***The sack count starts on the snap of the ball no matter what the offensive play is attempted.***
- Forward pass can be underhand or overhand as long as it is beyond the LOS.
- If the QB does not release the ball before time expires, the result of the play is a sack and the ball stays at the LOS.
- There are NO passes behind the LOS. This is a 5 yard penalty and loss of down.
- NO RUSHING THE QUARTERBACK!
- K-4th Grade, the QB can HAND or PITCH the ball off to another player and they can throw the ball within the allotted time. If/When the QB hands or pitches or throws a backward pass to another player, this alerts the defense that they CAN cross the LOS to pull the flag of the player with the ball.
- All grade levels have the option to throw a backward pass for a double pass play. This alerts the defense that they CAN cross the LOS to pull the flag of the player with the ball. *(5th-8th grade can never take a hand off nor run the ball across the line of scrimmage on a backwards pass.)*
- Defense must start 2 yds off the LOS unless the ball is at the +1 then the Defense can start at Goalline.

Run Game Rules

Run Game Rules

- *A play will be considered a run play, when the ball carrier crosses the line of scrimmage, or if a player takes a hand-off from the quarterback, and does not cross the line of scrimmage in the allotted time. A play in which a player takes a hand-off from the quarterback, and then throws a forward pass will be considered a pass play, and not count as a team's run play.*

The play is dead when the following occurs to the ball carrier:

- Flag is pulled
- Runner's knee touches the ground
- Runner steps out of bounds
- Runner loses his flag then the opposing team must touch him down.
- Runner dives, jumps or leaps; ball is spotted where the runner left his feet.
- **NO direct QB runs**
- The ball carrier can spin to avoid their flag being pulled but cannot flag guard.
- No fumbles (*a fumbled, or stripped ball is dead and placed at the spot of the fumble with the offensive team retaining possession*)



Penalties

FLAG and 7v7 GAME PENALTIES

OFFENSE PENALTIES:

Offensive Pass Interference – 10 yard penalty and replay the down

Illegal motion (2 men in motion) – 5 yard penalty and replay the down

Illegal Formation – 5 yard penalty and replay the down

Illegal Run – 5 yard penalty and loss of down

False Start – 5 yard penalty, replay the down

Illegal Forward Pass – 5 yard penalty and loss of down (QB steps over the LOS or QB throws a forward pass behind the LOS)

Blocking – ball is placed at the spot of the foul and loss of down

Leaping – ball is placed at the spot of the foul and loss of down

Flag Guarding (including stiff arms) – 5 yard penalty from the spot of the foul and loss of down

Unsportsmanlike conduct – 15 yard penalty (*possible ejection*)

Delay of Game – clock is stopped and a 5 yard penalty

- No Intentionally Grounding Penalty

DEFENSIVE PENALTIES:

Defensive Pass Interference - 10 yard penalty and replay down unless it's an offensive catch; Offense decides. *1st down can occur depending on the yardage.*

Illegal Contact (holding, jams, etc.) – 5 yard penalty and replay down unless it's an offensive catch; Offense decides. *1st can occur depending on the yardage.*

Defensive Holding while pulling flag – 5 yard penalty added to the end of the play and replay down. *1st down can occur depending on the yardage.*

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Off-sides – 5 yard penalty and replay down. *1st down can occur depending on the yardage.*

Illegal Rushing (before a hand-off has occurred) – 5 yard penalty and replay the down; offense decides depending on the result of the play. *1st down can occur depending on the yardage.*

Inadvertent tackle – 5 yard penalty added to the end of the play and replay down.

Inadvertent tackle From Behind w/clear path to end zone – Automatic Touchdown

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Defensive Penalties inside the 10 yard line will result in half the distance to the Goalline if applicable.

Overtime Rules

OVERTIME FORMAT

ONLY IN THE PLAYOFFS

- Overtime period will take place with each team receiving a possession.
- Coin flip determines choice of 1st or 2nd possession
- Possession begins at the 10 yard line (both teams will go in the same direction)
- If a touchdown is scored, a team can elect to go for a 1 or 2 point conversion.
- If the Defense intercepts the ball it's a change of possession starting at the 10 yard line unless the Defense returns it for a TD. Game could be over if the intercepting team was ahead in points in OT prior to playing Defense or intercepting team returns it for a TD on it's 1st Defensive possession per OT.
- If the game is still tied, overtime will be repeated until there is a winner.
- Offensive team will get 2 downs to score from the +10 yard line
- Teams alternate first possession each overtime period