



SOUTH SOUND YMCA

Flag Football Rules

Grades: K-1, 2-3, 4-5, 6-8

Objective: To provide an organized and educational game of football, emphasizing fundamentals, teamwork, and sportsmanship in a safe and fun environment.

GENERAL INFORMATION

- Each Team will play with seven players on the field.
- Substitutions may be made freely in between plays.
- Every player must play half of the game.
- Games will consist of four, 10-minute running quarters.
- Each team will have three, 1-minute time-outs per game.
- Half time will be five minutes.
- In the event the final play of any quarter results in a touchdown, the extra point will be attempted before the following quarter begins.
- Coaches will meet with referee at midfield five minutes prior to game time to review rules and discuss any questions.
- A coin toss will begin play. The winner of the coin toss may elect to kickoff or receive first. The loser of coin toss decides which direction to kickoff or receive first. The team that receives the ball first will kickoff to begin the 3rd quarter.

FIELD DIMENSIONS AND EQUIPMENT

- Playing field will be 80 yards in length and 40 yards in width, marked in 10-yard increments.
- End Zone will be 10 yards deep.
- Each player must wear a belt with two flags. The YMCA will provide flags for games only.
- Before every play, jerseys must be tucked in and flags must be worn at players' sides.
- Tennis shoes or turf shoes are permitted. Turf shoes must have rounded, molded, rubber multi-colored soles. The cleat must not exceed ¼" in length from sole to tip.
- Sizes of game balls to be used are as follows:
 - Grades K-1: Nerf Football
 - Grades 2-3 & 4-5: Junior Size football
 - Grades 6-8: Regular Size football

GAME PLAY & RULES

- Plays will be blown dead whenever the football touches the ground.
- Teams will have four downs to gain 10 yards for a first down, and maintain control of ball.

KICK-OFFS

- K-1 division will not kick-off or punt. Possessions will start at the 40-yard line.
- Kick-offs will be made from the 40-yard line.
- Defensive players may not cross the 40-yard line until ball is kicked; offensive players must line up behind their own 30-yard line.
- The ball can be recovered by either team once it has traveled 10 yards. In the event the ball does not travel 10 yards, ball will be given to offense at the 40-yard line.
- Kick-offs down in the end-zone will be placed at the 20-yard line. Kick-offs going out of bounds will result in the ball being placed at the 40-yard line.
- Screen blocking is allowed on kick-offs.

PUNTS

- K-1 division will not kick-off or punt. Possessions will start at the 40-yard line.
- Punts must be declared on 4th down. There are no fake punts.
- Punts are free kicks. Defense may not rush.
- Punts crossing the goal line will be declared dead and the ball will be placed on the 20-yard line regardless of it being touched or not.
- Both teams must have a minimum of four players on the line of scrimmage.
- Punters take snap directly from center. Punter has 10 seconds to kick the ball. Both teams must remain still until ball is kicked.
- Punted balls are dead once they hit the ground.

OFFENSE

- Must have at least 3 linemen
- All players are eligible receivers
- Plays will begin with player taking a direct snap from center (no center sneaks).
- All linemen must be in a set position with both hands on their knees, prior to each snap.
- Wide receivers may start from a run-ready position.
- Offense will have 35 seconds to snap the ball from the time the ball is set.
- Players may block using screen blocking technique. Screen blocking consists of players keeping elbows against their sides with open palms facing the defender. Using this stance, the offensive player must serve as a barrier for teammate with the ball. Blocking player may not deliver a hit to the defender and contact must be below shoulders.
- Ball carrier may not advance the ball by diving or jumping forward.
- Ball carrier may not use stiff-arm.
- Ball carrier may not run through a defensive player. He/She can run around the defender or evade him with a spin move.
- Ball carrier may not interfere with defenders attempt to grab their flag. This is called flag grounding.
- If ball carrier inadvertently loses his/her flag, or if player's jersey becomes un-tucked and covers up the flags, that player will be down when touched with one hand.

- Players may lateral the football, so long as it is not thrown forward once the line of scrimmage has been crossed.
- Offense may send 1 man in motion at a time, provided he runs parallel to the line of scrimmage, until ball is snapped.
- Receivers must have 1 foot in bounds when making catch

DEFENSE

- Must have at least 3 lineman
- Defenders must use screen blocking technique to get around offensive players. They cannot charge through blocker.
- Defenders must "play the flag" rather than the man.
- Defense may not pull the flag of offensive player without the ball.
- Defenders cannot attempt to block the quarterback's pass.
- Defensive lineman must have both hands on their knees prior to each snap.
- Players off of the line of scrimmage may begin in run-ready position.

SCORING

- Touchdowns are worth 6 points.
- Following a touchdown, teams may choose to attempt either a 1-point conversion from the 5-yard line, or a two point conversion from the 10 yard line.
- A safety is worth 2 points. After a safety, defensive team will restart play at the 40-yard line.

PENALTIES

Delay of game	5 yards; replay down
False Start / No hands on knees	5 yards; replay down
Jumping/diving	10 yards from point of infraction
Charging	10 yards; loss of down
Flag Guarding	10 yards from point of infraction
Holding	10 yards; replay down
Unsportsmanlike Conduct	10 yards; loss of down
Clipping	10 yards
Roughing the passer	10 yards; automatic 1 st down
Pass interference	1 st down at point of infraction
Un-necessary roughness	10 yards; automatic 1 st down
Offside	5 yards; replay down

Tripping	10 yards
Illegal use of hands	10 yards
UN- necessary roughness	10 yards
UN- sportsmanlike conduct	10 yards - possible expulsion from game.

- **ANY PLAYERS OR COACHES EXPELLED FROM ANY GAME WILL ALSO MISS THE FOLLOWING WEEKS GAME AS WELL.**
- **ALL OFF SETTING PENALTIES WILL REPLAY THE DOWN**
- **GAME CANNOT END ON A DEFENSIVE PENALTY**

IN THE EVENT OF AN INADVERTENT WHISTLE, THE OFFENSE HAS THE OPTION TO RE PLAY THE DOWN OR TAKE THE BALL AT THE POINT OF INFRACTION.

PLAYER/COACH/PARENT/SPECTATOR CONDUCT

The YMCA is a family organization and will not tolerate any profane language or UN-sportsmanlike conduct from any player, coach, parent or spectator.

1. Coaches may not dispute calls, or argue a decision in front of players or spectators. If there is a dispute, address it at half time or after the game in the form of a question. If there is further dispute, contact the coordinator of your division.
2. If parents or spectators have concerns during the game, they will report to the coach or address the YMCA staff person (not the referee) on duty, or contact the coordinator.
3. Refer to Player/Parent Code of Ethics