

YOUTH FLAG FOOTBALL RULES & REGULATIONS

1. Game Overview

Flag football is a non-contact version of football where players wear flags that must be pulled instead of tackling. The game emphasizes skill development, teamwork, and sportsmanship.

2. Team Composition

- Teams consist of 5 to 7 players on the field.
- A minimum of 4 players is required to start a game.
- Substitutions can be made during dead-ball situations.

3. Game Duration

- Games are played in two 20-minute halves with a 5-minute halftime.
- The clock runs continuously except for the last 2 minutes of the second half.
- Each team has two 30-second timeouts per half.

4. Scoring

- Touchdown: 6 points
- Extra Point (5-yard attempt): 1 point
- Extra Point (10-yard attempt): 2 points
- Safety: 2 points

5. Playing Rules

- No blocking or tackling is allowed.
- The offense has four downs to cross midfield; if successful, they receive another four downs to score.
- The quarterback cannot run the ball past the line of scrimmage unless rushed.
- All players are eligible to receive passes.

6. Defense Rules

- Defenders must pull the ball carrier's flag to end a play.
- No pushing, holding, or grabbing is allowed.
- Blitzing is allowed but must be declared before the snap.

7. Penalties

- Offside: 5-yard penalty
- Holding: 10-yard penalty
- Pass interference: Spot foul and automatic first down

- Unsportsmanlike conduct: 15-yard penalty and possible ejection

8. Sportsmanship & Conduct

- Players, coaches, and spectators must show respect toward officials and opponents.
- Any verbal abuse, fighting, or unsportsmanlike conduct may result in suspension.
- The game is about learning and having fun; excessive celebration or taunting is discouraged.

9. Equipment

- Players must wear flag belts securely around their waist.
- No metal cleats or pads are allowed.
- The football size is age-appropriate (e.g., junior size for younger players).

10. Additional Rules & Modifications

- League officials may modify rules based on age groups and skill levels.
- Coaches must ensure all players get fair playing time.
- Any rule disputes will be resolved by the game officials.

For any questions, please contact your league officials.