



## YMCA Flag Football Rules Grid

### 5-6yo (82515)

The Game	Flag Football is a Non-Contact Sport. Intentional player contacts will result in a penalty.
Ball Size: 5-6yo	Pee-Wee – (properly inflated)
Field Dimensions	90x210' where field space is adequate. (Field size may vary depending on location-restrictions)
Field of play line markings:	Sideline including back end zone lines and front end zone lines. Additional: 5 yard before each end zone. Mid field (First down marker). Additional: 5 yard before and after midfield line. These are NO RUN areas
Time Of Play	(2) 20 Minute Half (continuous clock). Clock stops at half-time, official and or coaches 'time-out', injuries. Referee whistle two minute warning before half, before end of game. <b>NOTE: (1) minute before the half and end of game, referee calls Time Out-Clock Stops and blows whistle when a pass is incomplete, a dropped ball or runner out of bounds or interception. Time in at "hike".</b>
Number of Players on Field/ Minimum to play (4)	6 on 6. No makeup due to forfeiture.
Number of downs to reach mid field first down or touchdown.	(4) downs
Start of play and change of possession at the (5) yard line. No kick-offs	Coin toss decides first half possession from the 5 yard line. Defense choose end zone defending. Reverse possession start of second half.
Substitutions	To assure all players get equal minutes of play on the field, divide the players into offensive and defensive squads. Where overlap of players is needed, rotate in new players at the change of possession.

Referee/Time Keeper	Yes (All calls are final) Clarifications about calls are allowed but a TIME OUT will be charged. No disputes.
No run zones –Not enforced in 5-6yo league.  Extra point –exception to ‘no Run Zone’	<b>This zone is marked before mid-field and each end zone. Any offensive play can be made.</b>  <b>Following a touchdown, going for extra one point from the No Run Zone- <u>Must be a pass</u> that must be, <u>forward the LOS</u>. Going for two points, that play maybe any offensive play.</b>
Change of possession	Failure to get a first down or touchdown results in setting the ball at the opposite field (5 yard line)
Overtime	No, Ties will stand
Interceptions returned	Yes. Player advances until flag is pulled. Ball is spotted at the spot where flag was pulled for the new offense.
Interception in end zone	Ball can be returned the length of the field for same point(s) total as original attempt. Failure to fully return, results in spotting ball the far end (5) yard line.
Uniforms/Flags	Y jerseys must be tucked in. Belted (2) Velcro flags only worn on opposite hips.
Mouth guards	Required- no mouth piece- no play
Points	<b>Touchdown=(6) points. Extra points: “Going for one”. Ball is placed at the <u>No RUN Zone</u> and must be a <u>Forward Pass only</u>. “Going for two”. Ball is placed from the (10yd) and allows run or pass. Safety=(2) points. If a safety, ball is awarded to the defense that made the safety starting opposite end of field at own (5yd).</b>
Rushing the QB inside the LOS or any ball carrier inside the LOS. <b><u>(Not allowed for 5-6yo league)</u></b>	Defense must remain behind the LOS at all times. <b><u>No rush inside the LOS at all, even if handed off or lateralled.</u></b>
Play Clock: Offensive huddle	Ball is set, referee whistle, then 30 second clock to get the ball in play.

Executing the offensive play from “hike”	5-6yo the offense has (9”) from hike, to advance the ball beyond the LOS. Failure to make the play is loss of down.
Play stops:	Offensive player flag is pulled.. Player knees, bottom touches ground. Injury. Time out. Player steps on boundary line. Flag or ball falls out during play. Ball is spotted where called.

Formations: Offense <b>(9”RULE)- Offense has 9” to get the ball beyond the LOS.</b>	Any formation is allowed on offense <b>except:</b> The QB must be directly behind the center or shot gun and receive the ball at “hike” from the center at the LOS. Center hike may side hike or under leg hike. No wild-cat. <b>QB cannot run with the ball for positive yards after getting the hike.</b> QB can roll-out and allow any number of laterals, passes, hand-offs behind the LOS. No QB or Center sneaks allowed for + yards. No hidden ball tricks. Beyond the LOS, No laterals, hand-offs. One offensive player in motion, parallel to LOS
Formations: Defense	Any defensive alignment is allowed. Defense must be beyond the LOS. <b><u>Defense cannot rush the QB or penetrate inside the LOS even if the offense hands off or laterals or passes- inside the LOS.</u></b> Defense must wait until ball carrier is forward or beyond the LOS for positive yards, to grab a flag..
Advancing the ball	Ball is spotted where the runners feet are when flag is pulled. Runner cannot: Extended arm with ball or dive. Ball carrier may twist, pivot, spin. <b>No vertical stop and jumps.</b> Cannot dive, wave away or make contact, to avoid flag pull.
Offensive Penalty (5yd)	False Start. Pushing. Screening. Blocking. Delay of Game. Flag Guarding. Charging at the defense player (power runs). Half distance to goal within 5yd line.
Defensive Penalty (5yd)	Off Side. Pass Interference. Contact with ball carrier. Holding- Blocking. Illegal flag pull (pulling the belt, jersey, shorts to slow the ball carrier down.
Team Penalty (10 yards) plus awarded an automatic first down against the defense) or (10 yards) plus loss of down against the offense)	Un sportsmanship Conduct- Player or Coach. Taunting. Aggressive behavior (can also be removed from the game) Stripping the ball.

Safety: (2 points to the defense and new possession own 5yd)	In end-zone Ball carrier flag falls off or play clock expires or Knee touches the ground or ball carrier Steps out of bounds .
Records/Rankings/Playoffs/ Time Outs/Coaches on Field/ Coaches on the field	Y does not keep W/L. Seasonal playoffs maybe scheduled and TBD. One (one) minute time out each half. Coaches: One Offense- One Defense- Away from the play. Coach that impeded a play will be assessed a (5) yard penalty.

## Flag Football Rules 5-6yo Overview

Only players registered with the YMCA will be allowed to play and wear an approved YMCA jersey and conform to age limitations birthdate as of: August 1. **No stacked teams** allowed. Every player will play at least one half of every game, unless injury or child wishes not to.

- Teams with 12 players are to play equal squads: A/B alternating downs or possessions.
- Any violation of the participation requirement will result in a forfeiture.
- Each player must have the proper equipment: Mouth piece, athletic shoes or cleats, suitable shorts or pants official YMCA team jersey. Approved flag belts.
- Jerseys must be tucked in. Belts must be tightened around waist and loose straps tucked inside the shorts . No jewelry or head gear is allowed

### Coaches:

- All coaches required to complete Request to Coach Form, prior to assuming this responsibility. **Coaches must be away from the unfolding play or get a penalty**
- One coach from each team will be allowed on the field. One offense coach, one defensive coach. Additional coaches are to remain on the sidelines.
- Coaches cannot question, comment, or exhibit disruptive language or behavior anytime to any YMCA staff, participant or spectator.

### Parents:

- Must exhibit the same behavior controls and follow the YMCA Code of Conduct document, as the team and coaches and players are mandated.

### Special Rules

1. Parents are to provide supervision for all their children at all times.
2. All scheduled games are final. Rain-out games will be rescheduled by the YMCA staff.
3. **Forfeits will result in a scrimmage game among team's players present. Teams may combine .**
4. All players must sign and return the Concussion Awareness Form to the coach.
5. **Offensive or defensive coach may elect to decline a offensive or defensive penalty**

**Pass terminology: A forward pass can be, toss, pitch, shovel that travels beyond the LOS in positive yard area, ALSO as in No RUN Zone or Point After attempts and is allowed. A lateral pass, toss, shovel, pitch behind the LOS that travels in the (offense backfield), is not a legal forward pass. In the no run zone, a lateral pass is considered a backfield play and another Forward pass, beyond the LOS, must be executed.**

