



YMCA Flag Football Rules Grid

7-8, 9-10, 11-12, 13-14yo Leagues (82515)

The Game	Flag Football is a Non-Contact Sport. Intentional player contacts will result in a penalty.
Ball Size:	7-8 Pee Wee. 9-10, 11-12yo Junior. 13-14yo Youth
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 mid field line. (AKA-No Run Zones)
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. 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".
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.	(3) 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- Forward Pass Only Rule . Note: <u>Any in-air movement of the ball that travels beyond the LOS for positive yards and can be a pass, shovel, toss, or pitch is defined as a Forward Pass.</u> <u>Any in-air movement of the ball that travels inside the LOS (backfield) and can be a pass, toss, pitch, shovel is called a Lateral.</u> A lateral is not a legal play when in a no run zone.	This zone is marked before midfield and each end zone. The no run zones require Forward Pass Only Rule : Defined- a forward pass maybe any ‘in-air’ movement of the ball that travels beyond the LOS, for positive yards. Following a touchdown, going for one point from the No Run Zone- must be a forward pass beyond the LOS, for positive yards. Going for two points, any offensive play is allowed starting from the (10) yard line.
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	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).
Rushing the QB or any ball carrier inside the LOS.	A Defense player can rush the QB <u>only</u> starting 10 yards <u>beyond the LOS</u> at “hike” and <u>penetrate inside the LOS</u> . Any defense may rush a ball carrier once the ball is passed, lateralled, or handed off <u>inside the LOS</u> aka, backfield.

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”	Ages 7yo The offense has (7”) from “Hike” to advance the ball beyond the LOS for positive yards. Failure to make the play for positive yards within (7”) is a loss of down.
Play stops:	Offensive player flag is pulled. Player knee or bottom touches ground. Injury. Time out. Player steps on boundary line (out of bounds). Flag or ball falls out during play. Ball is spotted where called.

Pass terminology: A forward pass can be any form of ‘in-air’ delivery: Pass, Toss, Pitch, Shovel that travels beyond the LOS in positive yards. ALSO as in No RUN Zone or Point After attempts and is allowed. NOTE: Any above delivery of the ball (as defined) that starts and ends BEHIND the LOS (Backfield) is not a legal forward pass.

Formations: Offense (7” Rule)- Offense has 7” to get the ball beyond the LOS.	Any formation is allowed on offense except : The QB must be directly behind the center or shot gun and receive the ball at “hike” from the center at the LOS. Center must hike under his legs (7-8yo may side hike) to the QB only. No wild-cat. QB can roll-out and allow any number of pitches, shovels, lateral passes, tosses, hand-offs behind the LOS. QB cannot scramble/run for positive yards. EXCEPTION: QB CAN scramble/run for positive yards, IF the defense rushes and penetrates the LOS from a point 10 yds out. No hidden ball tricks. One offensive player in motion, parallel to LOS.
Formations: Defense	Any defensive alignment is allowed. Defense must line up beyond the LOS (leave a neutral zone). Defense is allowed to rush the QB form 10 yards out at hike. And if the offense hands off or laterals, shovels, pitches or passes- inside the LOS-(backfield) any defense player can rush the ball carrier.
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. No vertical stops and jumps. Cannot wave away or make contact, to avoid flag pull.
Offensive Penalty (5yd)	False Start, delay of Game. Ball is moved back (5yards, repeat the down) . In progress plays ie: Pushing, Screening, Blocking, Flag Guarding. Charging at the defense player

	(power runs). Ball is moved back from point of infraction. If any above, half distance to goal within 5yd line.
Defensive Penalty (5yd)	Off Side, Pass Interference , purposeful Contact with ball carrier. Holding- Blocking. Illegal flag pull (pulling the belt, jersey, shorts .) Assessed from the point of infraction.
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 (may be removed from the game) Stripping the ball. Purposeful QB contact behind LOS.
Safety: (2 points to the defense) Possession change.	In end-zone Ball carrier flag pulled or falls off or play clock expires or Knee touches the ground or ball carrier Steps out of bounds or Offensive penalty in end zone
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. One offense. One defense. Away from the play. Coach that impeded a play will be assessed a (5) yard penalty)

Players:

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, pass, 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 to be considered a legal play..

