

YFLAG FOOTBALL™

We build strong kids, strong families, strong communities.

Town North YMCA Flag Football Rules



YMCA

**Town North YMCA
Flag Football
Rules**

THE BASICS

- A coin toss determines the first possession. Defend end or ball, no deferring.
- The offensive team takes the ball on the 5 yard line and has three plays to cross midfield. Once a team crosses midfield, it has three plays to score a touchdown. If the offense fails to score, the ball changes possessions and the new offensive team takes over on its 5 yard line.
- If the offense team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5 yard line
- All possession changes, except interceptions, start at the offense 5 yard line
- Team change sides after the first half. Possession changes to loser of coin toss.
- 6 players on the field.
- Snaps between legs for 3rd grade up. Side snap allowed 2nd and below.
- Defensive Coach must go to his sideline after calling the play.

BALL SIZE

- **Kindergarten:** Nerf Ball
- **1st & 2nd:** Pee Wee sized ball
- **3rd & 4th:** Pee Wee or TDJ ball

FIELD SIZE

- 54 yards by 30 yards
- Actual playing field is 42 yards long with 6 yards added on for each end zone.

TIMING

- Games will consist of two half's. 3 minute half time. 2 thirty second time outs per half.
- The first half will be 20 minutes running clock. 2 thirty second time outs.
- The second half will be 18 minutes running clock with 7 offensive plays to end the game.

SCORING

- Touchdown:
 - 6 points
- Extra point:
 - 1 point (played from the 5 yard line) or
 - 2 points (played from the 12 yard line)
- Safety:
 - 2points

RUNNING

- The quarterback **cannot** run with the ball in ALL leagues
- Offense may use multiple handoffs
- “No-run zones” located 5 yards from each end zone and five yards on either side of the midfield are designed to avoid short yardage, power running situations. Passes (including shovel) must be past the line of scrimmage in the “No-run zones”.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).

- The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.
- Absolutely no laterals or pitches after the ball crosses the line of scrimmage.

RECEIVING

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- As in the NFL, only one player is allowed in motion at a time.
- A player must have at least one foot inbounds when making a reception.

PASSING

- Shovel passes are allowed.
- The quarterback has seven-second "pass clock" if no rush. No seven-second clock if rusher passes line of scrimmage.
- If a pass is not thrown within seven seconds, the play is called dead, loss of down.
- Once the ball is handed off or rusher passes line of scrimmage, the seven second rule is no longer in effect.
- Interceptions are the only changes of possessions that do not start on the 5 yard line.

INTERCEPTIONS

- Kindergarten
 - Interceptions may be returned.
- 1st grade and 2nd grade Coach QB
 - Interceptions may be returned.
- 2nd grade Kid QB
 - Interceptions are spotted at the point of catch. No returns.
- 3rd / 4th Kid QB
 - Interceptions may be returned.

DEAD BALLS

- Substitutions may be made on any dead ball.
- Play is ruled "dead" when:
 - Ball carriers flag is pulled
 - Ball carrier steps out of bounds
 - Touchdown or safety is scored
 - At the point of an interception
 - Ball carriers knee hits the ground
 - Ball carriers flag falls out
 - Ball snapped over quarterback's head is returned to line of scrimmage & loss of down.
 - Quarterback may pick up bad snap in area or fumbled snap. Referee discretions.
- There are no fumbles. The ball is spotted where the ball hits the ground.

RUSHING THE QUARTERBACK 3rd grade and up ONLY. (NO RUSH 2nd & below)

- Only one player may rush the quarterback and must be a minimum of ten yards from the line of scrimmage when the ball is snapped.
- Teams may rush the quarterback on any down as long as the ten yard rule applies and only one player rushes.

- No blocking allowed
- Once the ball is handed off, the ten-yard rule no longer is in effect, and all the defenders may go behind the line of scrimmage.
- A special marker, or the referee, will designate ten yards from the line of scrimmage.
- On a play action fake the defense is allowed to rush the quarterback.

SPORTSMANSHIP/ROUGHING

- If the referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game.
- Foul play will not be tolerated.

SPECIFIC RULES FOR COACH QB LEAGUE

- Parent is the QB
- Parent QB **K & 1st grade** has **7 seconds**. **2nd grade** has **5 seconds** to get the ball out of hands.
- This can be a pass or handoff (the line judge will keep official time).
- **No player may handle the ball on consecutive plays. This includes an incomplete pass.**
- No rushing the Coach QB
- Ball must be visible to defense at all times. Example fake hand offs or fake passes.

PENALTIES

- All penalties will be called by the referees

DEFENSIVE PENALTIES

- Offside's
 - 5 yards and automatic first down
- Interference
 - 10 yards and automatic first down
- Illegal contact (holding, blocking, ect.)
 - 10 yards and automatic first down
- Illegal flag pull (before receiver has ball)
 - 10 yards and automatic first down
- Illegal rushing (starting rush from inside 7-yard marker & crossing line of scrimmage)
 - 10 yards and automatic first down

OFFENSIVE PENALTIES

- Illegal motion (more than one person moving, false start, ect.)
 - 5 yards and loss of down
- Illegal forward pass (pass thrown beyond the line of scrimmage)
 - 5 yards and loss of down
- Offensive pass interference (illegal pick play, push off/away defender)
 - 10 yards and loss of down
- Flag guarding
 - 10 yards (from spot of the foul) and loss of down
- Delay of game

- Clock stops, 10 yards and loss of down
- Downfield blocking or blocking behind line of scrimmage.
 - 10 yards (from spot of the foul) and loss of down
- Referees determine incidental contact that may result from normal run of play.
- Games cannot end on a defensive penalty, unless the offense declines it.

All Flags must be at least
15 inches.

NO EXCEPTIONS!!!

Teams with flags that the
referee deems shortened will
forfeit their game.

Important Information

Sports Staff:

-Sports Director: Andrew Alvarado
214-357-8431 Ext. 16 or aalvarado@ymcadallas.org

-Associate Sports Director: Valery Graham
214-357-8431 Ext. 35 or vgraham@ymcadallas.org

-Associate Sports Director: Trey Hargrave
214-357-8431 Ext. 44 or jhargrave@ymcadallas.org

For all schedule info./scores/reschedule info./updates:

-Visit www.quickscores.com/townnorthymca

Start Dates:

Football games start: Sunday, March 7th

Additional Dates:

Schedules posted by: Noon on Monday, March 1st

****Email ALL schedule conflicts to jhargrave@ymcadallas.org no later than Friday, February 26th**