

Youth Flag Football Rules

Ages 12-14



Weeks 1-3, each team will have a volunteer coach on the field to help direct the players as well as huddle the team and assist in creating plays. The remainder of the season, coaches must stay on the sideline to coach their team.

General Rules

- Our goal is that all players play; so depending on the number of participants per team, we will play 5-on-5, 6-on-6, or 7-on-7.
- The game will consist of two (2) twenty (20) minute halves with a continuous clock.
- Teams will be allowed one (1) 45 second timeout per half.
- Each player is required to begin the game with flags around their waist.
- Cleats are not allowed.
- Players are not allowed to flag guard, jump, or hurdle players (this is a safety issue).
- If a player's flags fall off while running without the ball and they end up catching the ball, the game turns to a one-hand touch game.
- Flags must be dropped and not thrown after making a pull.
- There are no fumbles. The ball is spotted where it hits the ground.
- Teams have four (4) downs to reach the first down at midfield and four (4) downs to reach the end zone.
- Play is ruled "dead" when a player's knee hits the ground, a loose ball occurs or the ball carriers flags are pulled.
- If a game ends in a tie, it will result in a tie unless it is a play-off game.
- All penalties will result in a loss of five (5) yards.
- There will be a ZERO tolerance rule of poor sportsmanship. This is set to eliminate fighting, pushing, swearing, and taunting. Parents as well as participants are expected to set a good example.
- The Sports Center has the right to change, alter, or delete any rule for the safety of the players, teams, and facility.

Offense

- Each team will start their offensive possession with the ball on their own goal line.
- Each team will have 30 seconds to huddle and hike the ball per down. Time starts when the ball is spotted by the officials.
- The quarterback position will rotate and each child will get a chance to play quarterback (if they wish). The quarterback has to throw the ball to a teammate within 7 seconds or the down will be lost and the ball will be spotted at the line of scrimmage.
- The quarterback can only rush when a defensive player crosses the line of scrimmage.
- Only direct handoffs behind the line of scrimmage are permitted. Pitch plays are allowed, but only if behind the person pitching the ball. Offense may use multiple handoffs.
- Once the ball has been handed off, all defensive players are eligible to rush.
- "No-handoff zones" and "no pitch zones" are located 5 yards in front of the end zone and 5 yards in front of midfield (the first down). These zones only occur if the line of scrimmage is within the five yards. They are designed to avoid short-yardage, power running situations.
- The center must snap the ball between their legs. They are eligible to receive a pass.
- Offense can go for a one (1) point conversion from the five (5) yard line or a two (2) point play from the twelve (12) yard line.

Defense

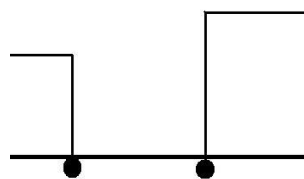
- All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. The referee will walk off this distance and stand along the sideline; all defenders must be behind the referee's line to be eligible to rush. **One** player can rush the quarterback. Players rushing the quarterback cannot use their hands to push, grab, throw, or in any way try to move a blocker out of the way to get to the quarterback. The defender is responsible for using footwork only to get around the blocker. "Linemen" may protect the quarterback with their hands behind their back, or below their waist, using footwork only to disrupt the path of a rushing defender. They **may not raise their hands**, throw their bodies into the rushing defenseman in an overtly physical way, push the rushing defenseman or grab the rushing defenseman; such will result in a penalty.
- Once the ball is handed off, the seven-yard rule is no longer in effect and all defenders may go across the line of scrimmage in pursuit of the ball carrier.
- Roughing the passer will result in a penalty. This includes but not limited to... hitting the arm, pushing the quarterback. Any contact with the "quarterback" other than grabbing for the flags will not be tolerated.
- Interceptions can be run back.
- An interception on a conversion play is worth three (3) points for the defense if returned to the end zone.

Penalties will include but are not limited to:

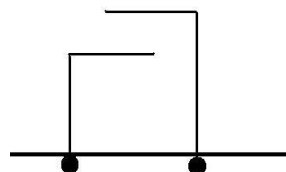
Offense: Flag Guarding, Pass Interference, Illegal Contact, Unsportsmanlike Conduct

Defense: Tackling, Tripping, Holding, Pass Interference, Illegal Contact,
Trying to cause a fumble, Unsportsmanlike Conduct

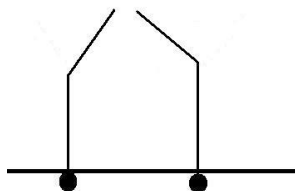
Flag Football Routes



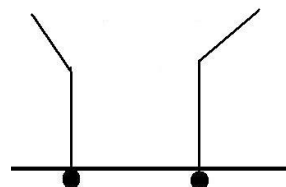
Square Out



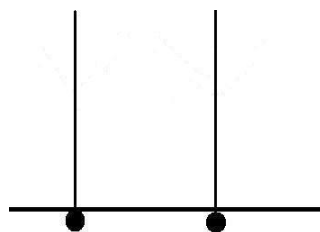
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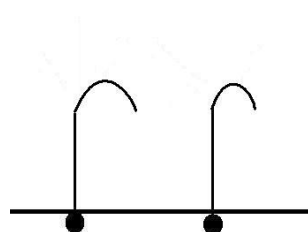
Post Pattern



Flag Pattern



Fly Pattern



Button Hook