

PARKS & RECREATION DEPARTMENT

RECREATIONAL PROGRAMS | SPECIAL EVENTS | PARKS & FACILITIES

Youth Flag Football Rules 2020

Start of Play:

- Teams must field a minimum of 5 players at all times.
- A coin toss will determine the first possession of each game. The opposing team will receive the ball to start the 2nd half.
- The ball must be snapped between the legs to start a play.
- The offense will take possession of the ball at midfield and will have four (4) plays to score a touchdown.
- If the offense fails to score, the ball will change possessions and the new offensive team will take possession at midfield.
- All possessions will begin at midfield.
- The quarterback must pass or hand-off before crossing the line of scrimmage. Designed quarterback runs are not allowed.
- Defensive players may not rush the quarterback.

Game Timing:

- Games will consist of two (2) twenty (20) minute halves.
- There will be a running clock during both halves, with the exception of the last two (2) minutes of the 2nd half. During those two (2) minutes, the clock will stop on all incomplete passes, penalties, out-of-bounds and scoring plays.
- Halftime will be 5 minutes.
- Each time the ball is spotted, the offensive team will have thirty (30) seconds to snap the ball. Teams will receive one (1) warning before a delay –of-game penalty is enforced.
- Each team will receive two (2) thirty (30) second timeouts per half. Timeouts will not carry over.
- There is no overtime. If tied at the end of regulation, the game will end in a tie.

Scoring:

- Touchdown: 6 points
- Safety: 2 points
- Extra Point: 1 point from the 5 yard line; 2 points from the 10 yard line

Rushing:

- For rule clarification, the quarterback will be defined as the player who receives the snap.
- If a player's flag falls off without being "pulled", the play will be stopped and the ball will be spotted at the place the flag was last attached.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player. Play will be stopped and the ball will be spotted at the point in which the player left their feet.

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Passing:

- The quarterback has seven (7) seconds after receiving the snap to release a pass. If a pass is not released before the seven (7) second “pass clock” expires, the play will be whistled dead and a loss of down will occur.
- Interceptions cannot be returned. A change of possession will occur and the ball will be spotted at midfield.

Receiving:

- All players are eligible to receive passes.
- A player must have at least one foot in bounds when making a reception.
- A player who receives a pass after their flag has fallen out will be down at the point of reception.
- Offensive and defensive pass interference penalties will be assessed when necessary.

Dead Balls:

- Player substitutions can be made at any dead ball.
- Play will be ruled dead when:
 - A ball carrier’s flag is pulled
 - A ball carrier steps out of bounds
 - A touchdown or safety occurs
 - A ball carrier’s knee hits the ground
 - The ball is fumbled; A change of possession will occur and the ball will be spotted at midfield.
 - The ball is intercepted; A change of possession will occur and the ball will be spotted at midfield.

Blocking:

- Contact blocking is not allowed.
- A player may “shield” block by placing their body in front of their opponent, as long as no contact is initiated.
- Moving screens or blocks will not be allowed.
- A blocker may not outstretch their arms to cover additional space.
- Blocking should only be used to cut off the angle of the opponent, causing them to change direction.
- All incidental contact will be decided by the referees, and penalties may be assessed if necessary.

Penalties:

- All penalties will be determined and assessed by the referees. Incidental contact versus illegal contact will be a judgement call determined by referees. These calls will not be up for discussions.
- Coaches may approach referees for rule clarification only.

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- The game cannot end on a defensive penalty, unless the penalty is declined by the offense.

Offensive Penalties:

- Offsides-10 yards
- Illegal Contact (blocking, holding)- 10 yards
- Offensive Pass Interference- 10 yards
- Flag Guarding- 10 yards
- Delay of Game-10 yards
- Pass Clock violation- loss of down

Defensive Penalties:

- Offsides-10 yards
- Illegal Contact (blocking, holding)- 10 yards
- Defensive Pass Interference- 10 yards
- Illegal Flag Pull- 10 yards
- Illegal Rushing-10 yards

Attire:

- All players will be supplied with a t-shirt, flag belt and flags. Shirts must be tucked in to allow flags to be exposed.
- Cleats are allowed.
- All participants are encouraged to wear a protective mouthpiece.

Ball Size:

All divisions will use a PeeWee size 5 ball.

Coaching:

- Coaches will be allowed on the field during games and are encouraged to provide instruction to improve skill and knowledge of the game.

Sportsmanship:

- All coaches, participants and spectators are expected to act in an appropriate manner at all times. Each coach, player and spectator will be held to the expectations of the Branson Parks and Recreation Code of Conduct, which must be signed in advance of the season.