



NATIONAL YOUTH SPORTS RULES FLAG FOOTBALL~ ALL AGES

Applies to both practices and games.

ATTIRE

1. The NYS provided jersey or approved uniform and colored mouthpiece are required to be worn in order to participate.
2. Each jersey must be tucked in.
3. No jewelry, hats, open-toed shoes, sunglasses, or metal cleats allowed.
4. NYS will provide GAME flags, so everyone is using the same type of flag. You will receive them before the game, at roster check-in and return them, to the Site Director, when game is over.

FIELD

5. The field will be 35 yards wide and 60 yards long.
6. Each end zone will be 10 yards deep.
7. The field will consist of four 15-yard zones.

COACHING

- 4–6-year-olds: One coach is allowed on the field
- 7–14-year-olds: No coaches on the field, except for huddle. * Coach must be off the field PRIOR to play.
- All coaches and players must be in the coach's box unless you are taking pictures. If you are taking pictures and are coaching the team, your team will receive a 5-yard penalty. ALL parents must be behind coaches' box and not interfering with the coach/players/officials.

TEAM

8. Players must be listed on the official season roster to be eligible to play. There will be roster check-in.
9. The team listed first on the schedule is considered the home team and must supply the game ball.
10. The game will be played 7-on-7.
11. All seven players on offensive team are eligible receivers, including the center.
12. Each team will therefore have a maximum of 14 players allowed on the roster.
13. Every child must play at least half of every game.
14. The Head Coach has the authority to limit game playing time of any player on their team who continually misses practice without a valid excuse, or if the player has caused disciplinary problems during a prior practice or game.

PASSING

- 4–6-year-olds: Must attempt 1 throw per set of downs. If it's an offensive penalty on a run, you lose your run.
- 7–11-year-olds: Cannot run on back-to-back plays. You can throw on any down, but cannot rush on back-to-back plays, regardless of the down.
- 4 to 14-years-old: Only ONE run per set of downs.

GAMEPLAY

15. Each game will begin with a coin toss. Away team calls heads or tails.
16. The winner of the coin toss will then choose which team will start with ball.



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17. After halftime, the team that started on defense, will receive the ball.
18. The game will consist of four 10-minute quarters, with a 3-minute halftime and 1-minute between quarters.
19. Each team is allowed two 45-second timeouts per half.
20. There will be a 30-second time limit between plays.
21. Clock starts on the official's whistle.
22. No time outs for equipment malfunction unless the ref is addressing it.
23. The clock will stop for a player injury.
24. No overtime in case of a tie.
25. No forfeits!
26. The football size is as follows:
 - 4 to 9-year-olds: Pee wee Football
 - 10 to 14-years-old: Junior Football
27. Scoring is as follows:
 - Touchdown = 6 points
 - Run = 1 point
 - Pass = 2 points
 - Safety = 2 points
 - Touchdown on Extra Point Interception= 2 points

GAMEPLAY

28. Huddles are optional.
29. Interceptions are allowed and may be run back for a touchdown.
30. Physical contact may not be used to stop the ball carrier or be used to remove their flag.
31. Absolutely no physical contact with receivers with the intent of altering their route will be allowed.
32. No pass interference.
33. Defensive rushing is allowed only after a hand-off, toss or any similar reverse lateral exchange between the Quarterback and Receiver/Runner.
34. The defense may not cross the line of scrimmage until the ball leaves the Quarterback's hands.
35. A forward pass is a pass that is thrown from behind the line of scrimmage, by an offensive player, in any forward motion including underhand, sideways or shuffle pass.
36. The forward pass MUST cross the line of scrimmage.
37. Any pass that is thrown to a receiver behind the line of scrimmage will be ruled a run. If the run has already been used it will be a loss of the down.
38. The offense has 5 seconds from the snap of the ball to throw the forward pass or complete a hand-off / lateral.
39. If a pass / hand-off / lateral is not attempted before the 5 second time allotted, the play is whistled dead, and the offense will start the next play from behind the original line of scrimmage.
40. A first down will be earned every time a team advances the ball into a new zone.
41. If your team has been penalized, you must make up the list yardage and still enter the next zone to earn the first down.
42. All offensive plays must begin with a center snap. Traditional or side snaps will be accepted.
43. No Quarterback sneak / draw.
44. Half back pass is allowed! All hand offs are counted as runs even if the running back throws the ball.
45. Reverse and double reverse are all legal plays.



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46. One player is allowed in motion at snap of football. Players may be lined up in the backfield.
47. Catches must be made with a minimum of one foot in-bounds.
48. Straight-arming or other types of flag guarding are not allowed.
49. If a player's flag falls off, then the player is immediately down at that spot and the play is over.
50. NO BLOCKING.

GAMEPLAY: PUNTING

51. Punting is allowed on fourth down only and will automatically move the ball to the opposing team's 15-yard line.
52. The offense cannot move until the ball is kicked.

GAMEPLAY: PENALTIES

53. Removing a player's flag that does not have possession of the football will result in a 10-yard penalty.
54. All offensive penalties sustain a 5-yard penalty and must replay the down.
55. All defensive penalties incur a 10-yard penalty and an automatic first down.
56. Any unsportsmanlike conduct, by any player, coach, or spectator will result in immediate ejection, a 15-yard penalty, and loss of down. The game will resume once the violator has left the premises. The clock will NOT stop to eject a player, coach, or parent. Anyone that is ejected will not be able to return the game facility grounds the following weekend. If a second violation happens, you may not return for the rest of the season. No refund will be given!
57. Direct snaps to any offensive rusher or running back are not allowed and will be ruled an offensive penalty if attempted.
58. One Sportsmanship warning will be given before each game starts.