



Youth Flag Football League Rules
(updated 9/26/2022)

Coaches and players are responsible for knowing and following the game rules. Coaches, please go over these rules with the parents to prevent them from questioning calls made by the referee. Any questioning of a call or ruling must be made by the coach, NOT a parent, player, or spectator.

1. PURPOSE:

- a) To teach the fundamentals of football to youth.
- b) To give an opportunity for youth to participate in an organized flag football program.
- c) To teach the principles of teamwork, sportsmanship, and fair play.
- d) To provide a safe, wholesome, and enjoyable activity for children and spectators.

2. STANDINGS –

- a) Will be kept for all divisions
- b) All teams will make the end of season tournament
- c) Tiebreaker rules:
 - i) Head-to-head
 - ii) Points allowed
 - iii) Point differential
 - iv) Coin-toss
- d) Awards will be given to the Super Bowl Champions and Finalists

3. LEAGUE RULES - Players

- a) All players must be registered through Cabot Parks and Recreation (CPR) no guest players are allowed.
- b) Teams will contain 7 to 9 players each.
 - i) Game play is 5 vs 5
- c) Teams will designate a captain for each game.
- d) The offensive team must have a min of 4 players, max of 5 on the line and min of 2 max of 3 players in the backfield.
- e) The defensive team must have 4 on the line and may use any formation.
- f) Only 1 defensive player (the rusher) is allowed to cross the line of scrimmage to de-flag the

passer or the runner. The rusher must start from at least 7 yards behind the line or 7 yards away from the ball (depth determined by game official).

i) All of players on defense can pass the line of scrimmage once the ball is handed off or tossed backwards.

ii) ONCE your rusher crosses the line of scrimmage the QB can become a runner. (Even in the no run zones!)

g) Once the ball crosses the line of scrimmage all defensive players are eligible to rush.

h) Players will play at least 1 full quarter in each half unless prevented by an injury.

i) Players may be suspended from game play by the coach for the following:

i) Unsportsmanlike conduct

ii) Inexcusable absences from practice

ii). Disciplinary reasons. The player's parents must be notified in advance of the suspension.

j) All players must currently be registered and only play for one team in the CPR Flag Football program. Using an illegal player will result in forfeiture of the game.

g) All grades, if the score is tied at the end of regulation during the regular season will count as a tie, no OT! We will have overtime in the end of season tournament until a winner is decided. A coin toss (visitor calls) will determine who gets the ball first. Each team will start at midfield. We will play on the same half of the field for both teams attempt to score. When a team goes for the extra point, it must be a pass, if a team runs the ball the extra point will not count. We will alternate who gets ball first for each additional period until we have a winner.

4. LEAGUE RULES - Playing Field

a) Games will be played on a field 65 yards long and 30 yards wide.

b) Points after touchdown can be made only by running or passing the ball.

c) A point after touchdown conversion line will be marked at the following:

i) 5 yards for one-point conversion (no run zone)

ii) 10 yards for two-point conversion

d) The following field equipment will be used:

i) Visiting team MUST provide a person to hold the down-marker the whole game. This person cannot coach when doing this task!

ii) Weighted anchorless pylons will be placed on the goal line and the middle of the endzone corners of the end zones.

e) If a team is up by 24 points or more in a game, the winning team MUST always pass only when they have the ball. (Teaching the players how to pass and catch a ball). If the lead is taken down under 24 points, then the team can go back to running their regular plays.

5. LEAGUE RULES - Equipment

a) The official ball will be a pee wee size (K2) for all divisions.

b) Flags and Flag Belts:

i) Each player will wear a flag belt and flags provided by the League.

ii) Each player must wear a flag belt and flags at all times during play. The belt must be worn tightly to prevent turning during de-flagging. Jerseys must not be worn over the flags, must be tucked in at all times.

iii) If a runner's flag becomes inadvertently detached from his flag belt, the play stops, the ball is dead, and the runner is down at the point where the runner lost the flag.

c) Game Uniforms:

i) Players will wear and keep the jersey that is provided by the League.

ii) Players will provide their own shoes.

iii) Players may wear sneakers or cleats.

iv) Players must furnish and wear a protective mouthpiece during all practices and games. No one will be allowed to play or practice without a mouthpiece.

d) Eye Wear:

i) Prescription safety athletic glasses or contact lenses may be worn as needed.

6. LEAGUE RULES - Prohibited Equipment

a) Metal or hard plastic spiked shoes or street shoes.

b) Padding of any kind, including padding such as shoulder pads, hip pads, helmets.

i) Soft shell head gear that protects players from getting concussions may be worn if league approval is obtained prior to the game/season by the head coach.

c) Jewelry, watches, rings, earrings, or chains, etc.

d) Anything that conceals the flags or may endanger a player.



7. LEAGUE RULES - Substitutions

Player substitutions may be made anytime the ball is dead. Each player must play a minimum of half the game unless injured or suspended.

8. LEAGUE RULES - Length of Game

- a) Games will consist of 2 twenty-minute halves on a running clock. No overtime periods during regular season play.
- b) There will be a 5-minute half time.
- e) Teams are allowed two 1-minute time outs per half. Unused time outs don't carry over.

9. LEAGUE RULES - Beginning Play

- a) Before the game, officials will meet with the team captains for the coin toss. The winner of the toss will have the choice of offense or defense to begin the game. The loser of the toss will choose which goal to defend.
- b) After half time, teams swap in which direction they will go except for the Pre-K through Kindergarten Division and the loser of the pre-game toss will play offense.
- c) The ball will be put in play on the offense's 5-yard line at the start of the game, after touchdowns and punts if a team decides to go for it on 4th down.

10. LEAGUE RULES - Neutral Zone

- a) There is a 2-yard neutral zone between the line of scrimmage and the defensive line.
- b) All players must stay out of the neutral zone until the ball is snapped.

11. LEAGUE RULES - Ball Possession

- a) After the ball has been made ready for play, the offensive play will start as soon as possible.
 - i) Unnecessary delays will result in delay of game penalty.
 - ii) Teams will have 35 seconds to snap the ball.
 - iii) QB will have 7 seconds to throw the ball if not rushed
- b) Each team will have 4 consecutive downs to reach mid-field and if they reach mid-field, they will get another set of downs.
- c) Once a team reaches midfield, they are awarded a new series of downs.
- d) A team failing to score will lose possession. The opposing team takes over possession at the their own 5 yard-line but if a team decides to go for it on 4th down and does not cross midfield,

the opposing team will start its possession from the spot.

e) A team may elect to punt the ball to the opposition instead of attempting to gain past midfield or score a touchdown on any down prior to 4th down.

12. LEAGUE RULES - Punting

a) A desire to punt the ball will be announced to the officials by the offensive team captain.

b) A punt will not actually be kicked, but the ball will instead be moved to the 5 yard-line.

13. LEAGUE RULES – De-flagging The Ball Carrier

a) There will be no tackling of the ball carrier or passer.

b) The defensive player removing the flag will hold the flag above his head and stand still.

c) The defensive player is not allowed to hold or push the ball carrier down to remove his or her flag. An accidental touch of the body or shoulder while reaching for the flag will not be considered a violation. Touching the ball carriers head or face will, however, be considered a violation.

d) A defensive player must attempt to de-flag the passer and must not touch the passer's arm. Touching the passer's arm or jumping to block a pass is considered roughing.

14. LEAGUE RULES - Screening

a) Blocking is not allowed. The use of the hands, arms, elbows, knees, legs, or feet to make contact during a screen will be considered blocking and a penalty will be assessed.

15. LEAGUE RULES - Ball Carrier

a) The ball carrier cannot use his hands or arms to protect his flags. The defensive player must have the opportunity to remove the ball carrier's flags.

b) The ball carrier cannot run into a defender or stiff arm a defender.

c) The ball carrier must have one foot on the ground at all times. No jumping.

e) When a whistle is blown, play is stopped, and the ball placed at that spot by the officials.

16. LEAGUE RULES - Play of the Center

a) The center may use the side snap (PreK-K Division only), Grades 1st/2nd may either do the side snap or between the legs and Grades 3rd and up must snap the ball between his or her legs. The play begins when the ball is snapped.

b) The center must stay behind the forward point of the ball until the ball is snapped.

c) If a center sneak is attempted there must be a change of possession from the center to another player.

17. LEAGUE RULES - Forward Pass

a) All players are eligible receivers.

b) Passes may be attempted from behind the line of scrimmage only.

c) A lateral pass is a pass thrown parallel to the line of scrimmage or back toward the passer's own goal line. A lateral pass is not considered a forward pass and is a fumble if it hits the ground.

d) If an offensive and defensive player catch a pass simultaneously, the ball is declared dead at the spot of the catch and the passing team is awarded possession.

e) An offensive player cannot be out of bounds and return in bounds to catch a pass. A catch is ruled incomplete.

f) Only one forward pass may be attempted during any one down.

18. LEAGUE RULES - Play stops and the ball is dead when:

a) When the ball carrier touches the ground with his body, other than hands or feet.

b) When the ball carrier's flag has been pulled.

c) If a pass receiver or ball carrier has a missing flag. The ball is dead at that spot if he or she has the ball.

d) Following a touchdown, safety, or touchback.

e) When the ball goes out of bounds for any reason.

f) If the center snap hits the ground as a result of a fumble or muffed ball. If the offense has downs remaining, they retain possession at the spot.

g) If a lateral pass touches the ground the ball is declared dead at that point. If the offense has downs remaining, they retain possession at the spot.

h) If a forward pass strikes the ground or is caught at the same time by opposing players.

i) If the ball carrier fumbles the ball. If the offense has downs remaining, they retain possession at the spot.

19. LEAGUE RULES - Team Practice - Teams may practice up to twice a week for 60 minutes each time.

a) Each team will set own exact schedule and practice location.

20. LEAGUE RULES - Penalties

a) The following penalties will result in a 10-yard penalty and a first down will be awarded.

- i) Tackling
- ii) Unnecessary roughness
- iii) Roughing the passer and/or jumping to block a pass
- iv) Blocking or pushing a ball carrier out of bounds.
- v) Straight arming or hacking
- vi) Defensive player's use of hands to ward off a screen
- vii) Defensive Pass Interference
- viii) Holding

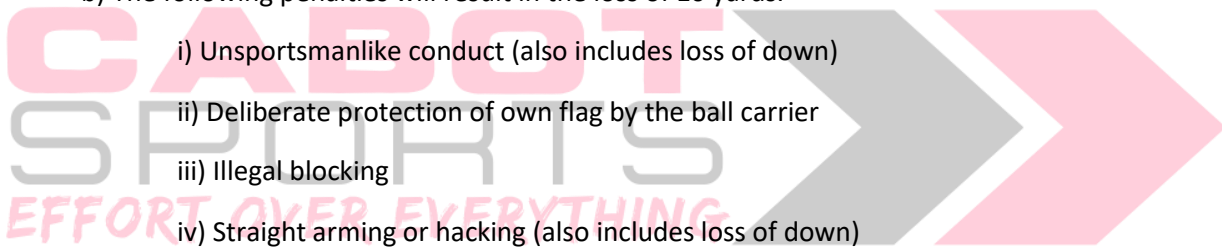
b) The following penalties will result in the loss of 10 yards.

- i) Unsportsmanlike conduct (also includes loss of down)
- ii) Deliberate protection of own flag by the ball carrier
- iii) Illegal blocking
- iv) Straight arming or hacking (also includes loss of down)
- v) Offensive Pass Interference
- vi) QB intentional grounding (also includes loss of down)

c) The following penalties will result in the loss of 5 yards.

- i) Offsides and neutral zone infractions
- ii) Illegal delay of the game
- iii) Illegal number of players on the offensive or defensive line of scrimmage or too many players on the field
- iv) More than one player rushing the passer or crossing the line of scrimmage
- v) No mouthpiece (Player must leave field until mouthpiece is obtained)

d) Any coach or player who has to be warned by the official for unsportsmanlike conduct will cause his or her team to be penalized 10 yards. A second offense will be cause for dismissal from the game site.



e). Teams and coaches must remain in their team area during the game, defined by the midfield line to goal line once home and visiting team sides have been determined.

*All league rules are subject to change at the discretion of Cabot Parks and Recreation Programs administrative staff at any time during the season.

