

Youth Flag Football Rules Overview – Surf City Parks & Rec. Updated 11-06-2018

Changes are highlighted for this season.

Field Size

1. U-7 will be a 50 yard X 25 yard field and U-11 will be a 60 yard X 30 yard field
2. The field will be divided into: For U11 two (2) ten (10) yard end zones and (4) ten (10) yard “First Down Zones”. For U7 it will be two (2) ten (10) yard end zones and (3) ten (10) yard “First Down Zones”.

Uniform and Equipment

1. A jersey is to be worn at all times by all players.
2. Athletics shoes or molded cleats may be worn.
3. Mouth guard is recommended and knee pads are optional
4. Flag belt and two flags

Teams

1. U-7 teams will have 5 players on the field. U-11 will have 7 players but can play with 6 or 5. Offensive line will have a minimum of three players. All players are eligible to receive passes.
2. Each player should play at least half of each game and players should rotate positions so that all get a chance to be a ball carrier or receiver.
3. Quarterbacks are rotated by quarter so more players can play in that position.

Timing and Stoppage

1. The length of the game is:
 - a. U-7: 15-minute practice before the game and a 20-minute game divided into four (4) 5-minute quarters. (Practice and game should not exceed one hour).
 - b. U-11: 30-minute practice before the game and a 40-minute game divided into four (4) 10-minute quarters. (Practice and game should not exceed 1:15).
 - c. Halftime is five minutes and 1 minute breaks between quarters.
 - d. All games will be played with a running clock. Stopping only for the following:
 - i. A score
 - ii. Timeout (Each team has two 60 second timeouts per half – one per half for round robin).
 - iii. The Two Minute Warning (U-11 at the end of the 2 and 4 quarters)
 - iv. The expiration of time in a quarter/half.
 - v. Change in possession (clock will start after ball is placed by officials)

Offensive Play

1. Passing plays and running plays may be used in an attempt to score or gain a first down. **The quarterback may advance the ball as a running back if, and only if, the 7 yard rusher has crossed the line of scrimmage and the quarterback is under pressure from that rusher.**
2. The offense has four downs to either score or enter the next zone to earn a first down.
3. The quarterback has 7 seconds to either pass or handoff the ball. **Unless he has become a running back due the rusher of the defense.**
4. A pass is considered a reception if while possessing the ball the receiver has one (1) foot in bounds.
5. Spinning is allowed to avoid a defensive player. However no contact can be made to guard the flag from the defensive player.
6. All blocking must be "Screen Blocking"-- Offense cannot initiate contact with defense to prevent defense from reaching quarterback or ball carrier. Any use of the arms, elbows, legs, or knees to initiate contact during an offensive player's screen block is illegal. Blockers may use their hands to protect themselves, but may not "push" defensive players away.
7. Following a touchdown, the ball changes possession at the 10-yard line (taking place after an extra point attempt in U-11). A one point attempt starts from the 2 yard line; a two point attempt starts from the 6 yard line. **Extra point attempts must be a pass play.**
8. If the offensive team fails to score or gain a first down, the ball changes possession. The new offensive team will take over at their own 10 yard line.
9. For an interception, in U-7 take possession at that point. In U-11 an interception may be advanced
10. There are no fumbles. The ball is dead when it hits the ground.
11. Safety: the team scoring the safety will take possession at mid-field.
12. If a player catches a ball for a completed play or interception but lacks a flag, the play is dead.
13. Teams should run plays within 30 seconds of the ball being placed. Referees will call out at 30 second mark if ball is not in play.

Defense

1. U-7: there is **no defensive rushing**. U-11 only **one defensive player may rush** from the 7 yards behind the line of scrimmage line to be marked before the play. The player may rush at the snap of the ball.
2. There is **NO** Rushing allowed on the extra point attempt. The 7 second rule for the quarterback stays in effect.
3. Players rushing must attempt to go around the offensive blocker. **No intentional contact is allowed.**
4. When the ball is **handed off**, all defensive players are eligible to rush.
5. To down a player a defensive player must pull the flag from the offensive player's waist.
6. After pulling the flag, it should be raised above the head to show the spot where the player is down.
7. Players may leave their feet to attempt to pull the flag if NO contact is made with the offensive player.
8. Defensive player cannot hold, trip or tackle the ball carrier. Only the flag of the ball carrier is removed.

Miscellaneous

1. Scoring will be: 6 points for a touchdown
 - 1 point for an extra point from the 2 yard line
 - 2 points for an extra point from the 6 yard line
 - 2 points for a safety
2. The ball is considered **dead** when the flag is removed from the player, the players knee is on the ground, a ball is fumbled or where the player goes out of bounds with the ball. A whistle will sound any play dead.
3. The defensive team scores a safety, 2 points, when:
 - a. The flag of the ball carrier is pulled in the end zone
 - b. The offensive player with the ball steps out of bounds in the end zone
 - c. The offensive player fumbles the ball in the end zone
4. Player substitutions may be made on any dead ball.
5. **All penalties except off sides are either 10 yards or half the distance to the goal line.**
6. **Delay of game and Off sides are either 5 yards or half the distance to the goal line**
7. The ball may be snapped either sideways or between the legs.
8. There is NO punting or placekicking.
9. Running scores are kept in U-11. Tied games will **not** go into overtime.