

Piedmont Family YMCA

Youth Flag Football Rules & Regulations

The YMCA Youth Flag Football League shall be governed by the rules in this packet. Any rule or regulation not mentioned below shall be governed by the Official NFL Flag Football rules. Official NFL Flag Football rules can be found at <https://piedmontymca.org/spring-sports>.

Section I Teams

- A. Teams are made up of six (6) players. A minimum of four (4) players are required to start and finish a game.

Section II Equipment

- A. Team coaches are provided jerseys and flag belts that shall be used for games. Teams are identified as 'Home' and 'Away' on the schedule. Away teams shall wear the light colored jersey. Home teams shall flip to the dark colored side of the jersey.
- B. Players are required to wear closed-toe, closed-heel shoes.
- C. Players are required to wear a mouth-guard. Parents are responsible for purchasing mouthguards. Mouthguards are available onsite on game days for purchases.
- D. Jerseys must be tucked in.
- E. Players are not permitted to wear jewelry, hats, hard-hair control devices, tied bandanas, jeans, cargo shorts, metal spiked cleats, or hard casts/braces.
- F. It is recommended that all players wear shorts **without** pockets. Shorts with belt loops must be taped.
- G. YMCA will supply game balls for each league.

Section III Field

- A. The field shall be 30 yards wide by 70 yards long with two ten-yard endzones.
- B. There shall be a midfield line to gain. No run zones are identified with a line five yards prior to the line to gain and five yards prior to the end zone in the offense's direction.
- C. Refer to last page for detailed field visual.

Section IV Time

- A. There shall be two halves played to complete a regulation game. Each half shall be 20 minutes.
- B. There shall be a 3-minute halftime period.
- C. The clock shall run continuously in each half excluding an injured player, an administered timeout, or referee's discretion.
- D. In the last two (2) minutes of the second half, the clock will stop for:
 - a. Extra Points

- b. Change of Possession
- c. Plays that end out-of-bounds
- d. Incomplete passes
- E. Each team shall have one (1) sixty second timeout to be used each half. Timeouts do not rollover between halves.
- F. Each coach is required to make a deliberate effort to balance playing time equally amongst all players on their team. The Sports Director, Referees, and Site Supervisor shall have the authority to change substitutions mid-game at their discretion if coaches are not complying with the spirit of the rule.

Section V Formations

- A. A minimum of one player is required on the line of scrimmage. A maximum of 5 shall be allowed on the line of scrimmage. The quarterback must be off of the line of scrimmage.

Section VI Coaches

- A. A maximum of one (1) coach is permitted to speak to the officials during the game.
- B. 1st-4th Grade
 - a. One (1) coach is permitted to coach on the field for offense and defense. While a play is live, the coach shall limit communication to cheering. The coach shall not be instructing players during a live play.
- C. 5th-8th Grade
 - a. Coaches are not permitted on the field and must coach from the sidelines.

Section VII Scoring

- A. After one team is winning by 35 points or more, the losing team will retain possession of the ball starting on their own 5-yard line. This will continue until the teams is losing by less than 35 points.

Section VIII Grade Level Modifications

- A. 1st-2nd Grade
 - a. The 'No Run' zone is eliminated. Teams may run anywhere on the field.
 - b. Defenders **are not** permitted to rush the passer unless there is a legal handoff executed in the backfield.
- B. 3rd-4th Grade
 - a. A maximum of two (2) players are permitted to rush the quarterback unless there is a legal handoff executed in the backfield.
- C. 5th-8th Grade
 - a. Pitches and laterals are accepted but only behind the line of scrimmage.
 - b. No limit on rushers.

Section IX Overtime

- A. Regular season games that conclude with a tied score will end with a tie.
- B. Post-season games that conclude with a tied score shall proceed as follows:
- C. Home team calls the toss to determine the team that chooses to be on offense or defense first.
 - a. If a second round of overtime must be played, the team that lost the coin toss will get to choose offense or defense for the start of the second round of overtime. This process continues with teams alternating who gets to choose to be on offense or defense to start out during every round of overtime.
 - b. The referee will determine which end of the field the overtime will take place on.
- D. Each team will take turns getting one (1) play from the defense's 5-yard line for one point or the defense's 10-yard line for two points. Whether to go for one or two points is up to the offensive team. Whether or not the team that begins on offense converts the team that started on defense gets a chance on offense to win or tie by converting a one- or two-point play of their own.
 - a. Example: Team A starts on offense and chooses to go for one point from the 5-yard line and is successful. Team B is then on offense and can choose to either go for one point from the 5-yard line to tie and force a second round of overtime or to go for two points from the 10-yard line for the win.
 - b. If the second team on offense in an overtime round fails to beat or match the team that went first, the team that went first wins.
- E. Starting with the 2nd overtime, both teams must "go for two" from the 10-yard line.
- F. Starting with the 3rd overtime, each team will get 1 play from the 5-yard line going out from the endzone. The team with the most yards will be the winner. The team with the most yards will be awarded 1 point added to their final score.
- G. Final Score will be recorded to include all points scored for each team.
- H. All regulation period rules and penalties are in effect.
- I. There are no timeouts.
- J. Interceptions are returnable in OT, and worth 2 points.
- K. Interceptions returned for a score in the first or second overtime period, the game is over.
- L. Interceptions advanced in the third overtime period, the game is over.

Section X Sportsmanship and Player Conduct

All parents and coaches must agree to the following Sportsmanship and Player Conduct Pledge

- A. Display positive support for all players, coaches, and officials at every game, practice, or other event.

- B. Place the emotional and physical well-being of my child ahead of a personal desire to win.
- C. Avoid “coaching” from the stands – I am not the coach, so I will not shout out instructions – and I will avoid criticizing officials, coaches and opposing players during the game and after.
- D. Maintain realistic expectations, stay positive, and avoid criticizing my child’s play.
- E. Understand that children play sports for fun, fitness, friends, participation and skill development, and I will make sure my child’s reasons for playing sports come before mine.
- F. Not offer opinions on the officiating or on a particular call.
- G. Be a positive and encouraging fan and applaud good plays for both teams.
- H. Insist that my child play in a safe and healthy environment.
- I. Demand a sports environment for my child that is free of drugs and alcohol, and will refrain from their use at all youth sports events.
- J. Realize that there are four roles in sports – player, coach, official or fan – and I will choose one and respect the others.
- K. Make sure that my child’s having fun is prioritized over winning and losing.
- L. Do my very best to make sports fun for my child.

