



# NATIONAL YOUTH SPORTS RULES FLAG FOOTBALL

UPDATED 2/8/2021

## ATTIRE

1. The NYS provided jersey, flags and approved mouthpiece are required to be worn in order to participate.
2. Each jersey must be tucked in.
3. No jewelry, hats, open-toed shoes or metal cleats allowed.

## FIELD

4. The field will be 35 yards wide and 60 yards long.
5. Each end zone will be 10 yards deep.
6. The field will consist of four 15-yard zones.
7. Coaches, players and spectators must stay on the sideline between the 15-yard lines. (5-7 and 10-12 may have one coach on the field)
8. Spectators must stay 2 yards (6 feet) away the sidelines. Spectators must also stay between the 15-yard lines and may not sit in the endzone areas

## TEAM

9. Players must be listed on the official season roster to be eligible to play.
10. The team listed first on the schedule is considered the home team.
  - a. The home team will occupy the south or east sideline, and the away team will occupy the north or west sideline.
11. The game will be played 7-on-7.
12. All seven players on offensive team are eligible receivers, including the center.
13. Each team will therefore have a maximum of 14 players allowed on the roster.
14. Every child must play at least half of every game.
15. 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.
16. The head coach is responsible for his/her sideline. This includes players, assistant coaches, parents, and other spectators.
  - The Head Coach may designate up to 3 assistant coaches prior to the start of the game.

## GAMEPLAY

17. Each game will begin with a coin toss. Home team calls heads or tails.
18. The winner of the coin toss will then choose which team will kickoff.
19. After halftime, the team that received the opening kickoff must kickoff to the other team to begin play.
20. The game will consist of four 10-minute quarters with a running clock, and with a with a 3-minute halftime and 1-minute between quarters.
  - a. Clock only stops in the last two minutes of the game with an incomplete pass, first down, or stepping out of bounds.
  - b. The clock will continue to run within the last two minutes of the game if a team is ahead by 14 points of more, unless a timeout is called.



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c. The clock will not stop for any reason if a team is up by 21 or more points.

21. Each team is allowed two 45-second timeouts per half.
22. There will be a 30-second time limit between plays. The play clock begins when the officials have set the ball and are in position,
23. Clock starts on the official's whistle.
24. No overtime in case of a tie.
25. For teams with playoffs incorporated, IF a team begins the match with less than 6 players, the score will be reported as a loss for the team with less players, but the match will be played as a scrimmage (with teams sharing players, if needed). Teams without playoffs incorporated, will share players to complete the scheduled match.
26. The football size is as follows:
  - 5 -7 Division: Pee Wee Football
  - 8-10, 11-13: Junior Football
27. Scoring is as follows:
  - Touchdown = 6 points
  - Conversion, from 5-yard line = 1 point, running play
  - Conversion, from 5-yard line = 2 points, passing play
  - Safety = 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. Pass Interference is enforced with a 10-yard penalty from the line of scrimmage.
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. Only one offensive rushing play is allowed in any series of downs. All other plays must include a forward pass.
36. 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.
37. The forward pass MUST cross the line of scrimmage.
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 the original line of scrimmage.
40. A first down will be earned every time a team advances the ball into a new zone.



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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 “wildcat” formations.
44. No Quarterback sneak / draw.
45. One player is allowed in motion at snap of football. Players may be lined up in the backfield.
46. Catches must be made with a minimum of one foot in-bounds.
47. Straight-arming or other types of flag guarding are not allowed.
48. If a player’s flag falls off, then the player is immediately down at that spot and the play is over.
49. Offense may NOT block. No Offensive can move into a blocking or picking position once a reception has been made or the ball carrier has crossed the line of scrimmage. Pitches and laterals are allowed downfield.

## GAMEPLAY: PUNTING

50. Punting is allowed on fourth down only.
51. No rushing the punter.
52. There are no fake punts.
53. The offensive must declare their intent to punt before their huddle is broken.
  - a. No punting in the 5-7 age division only. Once a punt is declared the change of possession will begin on the 15-yard line.
54. No snap required, and the offense must wait until the ball is kicked before they can cross the line of scrimmage.
55. The receiving team may choose to have all their players downfield to catch the punt.
56. If punt is not caught from the air, it is dead where it hits the ground.

## GAMEPLAY: KICKING

57. Placekicking takes place from the 15-yard line with the receiving team at midfield.
  - a. No kicking will take place in the 5-7 age division ONLY. 5-7 will start on the 15-yard line rather than receive a kickoff.
58. On-side kicks are not allowed.
59. If a ball is kicked through the end zone, it is a touchback, and the offense will take possession at their 15-yard line.
60. If the kickoff goes out-of-bounds, the kicking team must kickoff again.
61. If the ball is kicked out-of-bounds for the second time, the offense will take possession at midfield.
62. If the receiving team drops the kickoff, then the ball may not be advanced.
63. If the ball is dropped in the end zone, a touchback is called.
64. The ball can be advanced if it is caught on the bounce.

## GAMEPLAY: PENALTIES

65. Removing a player’s flag that does not have possession of the football will result in a 10-yard penalty.



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66. All offensive penalties sustain a 5-yard penalty and must replay the down.
67. All defensive penalties incur a 10-yard penalty and an automatic first down.
68. 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.
69. Direct snaps to any offensive rusher or running back are not allowed and will be ruled an offensive penalty if attempted.
70. Sideline infractions will be penalized as followed:
  - a. First Offense: Warning
  - b. Second Offense: 15-yard personal foul. If this occurs on a on a scoring play, it will cancel the score and the penalty will occur from the previous spot.
  - c. Third Offense: Forfeiture of Game.

## CONCUSSION RECOGNITION - SIGNS AND SYMPTOMS

Concussions are a profoundly serious injury. One misconception is that concussions are a football or contact sport related injury. Concussions can occur in any sport or recreational activity.

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head that can change the way the brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious.

### Signs Observed by Coaching Staff

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

### Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not “feel right” or is “feeling down”

You cannot see a concussion and some athletes may not experience and/or report symptoms until hours or days after the injury. Most people with a concussion will recover quickly and fully. But for some people, signs and symptoms of concussion can last for days, weeks, or longer.



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## SPORTSMANSHIP/CODE OF CONDUCT

- Shouting of negative comments by any coach or spectator to any opposing player, official, staff member or to the opponent's sideline is strictly prohibited. Any violation will result in a sideline infraction.
- If any person not included in the team roster (coach or player) enters the field of play. The referees and/or site supervisor have the discretion to end the game immediately.

### Player Code of Conduct

- I will remember that games are played for fun!
- I will display good sportsmanship ahead of my own personal desire to win.
- I will demonstrate good sportsmanship regardless of the score by acting in a positive manner towards all players, officials, parents and coaches.
- I will show respect to all game officials, coaches, players, and parents and never act in a manner that would be disrespectful toward them.
- I will not use drugs, tobacco or alcohol at any National Youth Sports practice or game and will remind others on my team not to do so.
- I will shake hands with the other team at the conclusion of all games.
- I will shake hands with the officials at the conclusion of all games.
- I will remember that youth sports are played for fun!

### Parent Code of Conduct

- I will be a role model for my team demonstrating how to treat other players, parents, officials and coaches with respect at all times.
- I will demonstrate good sportsmanship regardless of the score by acting in a positive manner towards all players, officials, parents and coaches.
- I will show respect to all referees, officials or umpires and never act in a manner that would be disrespectful toward them.
- I will be an encouragement to all players on all teams regardless of the score.
- I will place my child's emotional and physical well being ahead of my own personal desire to win.
- I will volunteer to help my child's team by coaching, officiating, planning team parties, team pictures, and team trophy orders, phone calls and/or other needs.
- I will not use drugs, tobacco or alcohol at any National Youth Sports practices or games and will remind other parents not to do so.
- I will remember that the game is played for the youth and not for the adults.
- I will encourage my child to shake hands with the other team at the conclusion of all games.
- I will encourage my child to shake hands with the officials at the conclusion of all games.

**I understand that I and possibly my child will be suspended without warning from the league for any violation of this Parent's Code of Conduct.**