



Heartland Youth Football League

Est 2016

2021 FLAG PLAYING RULES

Field:

The field shall be rectangular with lines and zones. The field shall conform to the design mentioned below.

100 yard field: This field measures 120 yards in length, divided into 5 zones of 20 yards, each between 2 end zones of 10 yards each. It is 53 1/3 yards wide.

All players must be of league grades K-2. Players must be enrolled in school in order to play in the flag division. Others players (medical conditions, etc) by league approval

Squad:

A team is allowed to line up 11 players on each side of the football prior to the snap.

2 coaches per team can be used on the field of play during the game. No coach should call out any type of execution to their team after the ball is snapped by the offense.

Each Team will be responsible to provide 1 Official.

Equipment:

Each player must wear a belt with the number of flags designated as “standard” by the league, which will be 2 flags.

The flags will be attached to a belt and extend or hang from each side of the player’s body. All players must have Sonic Pop Flags.

The belt must be tight to prevent being turned around during a de-flagging.

The securing of flags to the body, waist or belt, other than provided by S-2-B, is illegal. Jerseys cannot be worn over flags. (Jersey must be tucked into pants.)

If a player’s flag is inadvertently lost, he is ineligible to handle the ball.

Flags are to be of contrasting colors, different from game uniform. Definition of uniform shall be game pants/shorts and/or jersey.

Mouthpieces: - Mandatory for all players agreed by all Teams

BALL REGULATION SIZE: Flag” K2 .

Rules of the Game:

Flag: Games will consist of two (2) 20 minute halves. There will be a 7 minute **minimum** halftime. The clock will run continuous except for: Timeouts, Injury, penalty, change of



Heartland Youth Football League

Est 2016

possession or extra point conversion. Clock will restart when ball is set after extra point.

Each team will have 2 timeouts per half. Offense will have 60 seconds to snap the ball.

All home teams must place all chain gang on the home side of the field. The chain gang will not entice or cheer for their team.

Players must be enrolled in school in order to play in the flag division.

***KICK-OFFS- Flag Division- In lieu of a kick-off, the ball will be placed at the forty (40) yard line. DOWNS (first down and zone to go)

For the purpose of this document zone will be defined as 20 & 40 yard line.

- 1 Each team will have 4 consecutive downs to advance the ball into the next zone or to score a touchdown.
- 2 Once a team enters into the next zone, it is a first down and a new series of downs begins.
- 3 A team failing to move the ball into the next zone will lose possession. The opposing team takes over at the point where the ball is declared dead and begins its series of first down and zone to go.
- 4 Ball is spotted at the 40 yard line after a touchdown.
- 5 Punts will be walked off to the team's own 20 yardline
- 6 Extra points will be 1 point for running & 2 points for a pass

DE-FLAGGING:

There shall be no tackling of the ball carrier, passer, and kicker. All defensive players are not allowed to leave their feet, by either diving or attempts to slow the opposite team down in order to make an attempt to de-flag the opposite team/player. A player shown leaving their feet will be assessed a 15 yard penalty for rule violation. The player carrying or having possession of the ball is down when the flag is removed from his waist (de-flagging). The defensive player shall hold the flag above his head and stand still.

The defensive player cannot hold or push the ball carrier to remove his flag. An accidental touch of the body or shoulder while reaching for the flag shall not be considered a violation; however, touching of the head or face shall be considered a violation.

BALL CARRIER:

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.

The ball carrier cannot lower his head to drive or run into a



Heartland Youth Football League

Est 2016

defensive player. Stiff-arming by the ball carrier is illegal.

The ball carrier cannot spin or hurdle to prevent a defensive player from removing his flags. He may run in any direction until the ball is declared dead.

A pass is legal if it is caught in front of the passer regardless if it crosses the line of scrimmage. Any pass behind the passer is a lateral.

DEAD BALL:

All balls touching the ground are immediately dead. For example: the ball is declared dead at the following times:

- 1 When the ball carrier touches the ground with his body, other than hands or feet.
- 2 When the ball carrier's flag has been pulled.
- 3 If a pass receiver or ball carrier has a missing flag (ball is dead at the spot).
- 4 Following a touchdown, safety, or touchback.
- 5 When the ball goes out-of-bounds for any reason.
- 6 If the center snap hits the ground before reaching a player, the ball is declared dead at that point.
- 7 When the ball hits the ground as a result of a fumble or muffed ball. THERE ARE NO FUMBLE RECOVERIES
- 8 If a lateral pass touches the ground (ball is declared dead at that point). If a lateral pass goes out-of-bounds, the ball is ruled dead at the point it crosses the boundary line.
- 9 If a forward pass strikes the ground it is dead.
- 10 The ball can be advanced if the ball is intercepted

All Lineman (OFFENSE AND DEFENSE) must start in a 3PT Stance.

DEFENSE:

Number of Players on Line of Scrimmage for Offense: – The Defensive Line of Scrimmage may line up 1 less than the Offense (Center). No Defensive Players are allowed in the A Gaps and the 2nd level (linebackers) may be no more than 5 players. No defensive linemen cannot lineup over the center of the offense at the line of scrimmage. The defensive tackle must be head up the offensive guard at all times and cannot shade to the inside of the offensive guard. The defensive tackle must engage the offensive guard before entering the "A" gap.

The defensive ends may not line up past the outside shoulder of the offensive tackle. Remaining defensive players (linebackers and cornerbacks) must be 3 yards off the line of scrimmage with any safeties 2 yards behind the 2nd level.

Blocking Rules: – No closed hands or grabbing of any Jerseys during Blocking. The Officials will be asked to call a Holding Penalty regardless of where the infraction occurs.



Heartland Youth Football League

Est 2016

OVERTIME:

Both teams will get up to 2 attempts to score. If still tied after 1 attempt, both teams MUST try for a 2 point conversion on the 2nd attempt. If still tied after 2 attempts, the game is declared a tie.

PENALTIES:

FLAG WEARING AND DE-FLAGGING

Tackling (15)

Wearing the flags illegally (5)

Ball carrier using his hands to prevent a defensive player from de-flagging (15)

Holding, pushing, or hitting the ball carrier while de-flagging (15).

Leaving one's feet while de-flagging (15) for spot of foul.

Wearing
one flag
(5).

ILLEGAL HAND- OFF

If the ball is handed forward beyond the scrimmage line (5) it is a loss of down.

Handing or snapping a ball to a lineman (5)

ILLEGAL SUBSTITUTIONS

More than 11 men on the field (5)

Substitution(s) while the ball is in play or before it is declared dead (5).

Disqualified player entering game (15).

BLOCKING

Leaving feet to block (15).

Cross body blocking or roll blocking (15).

Illegal use of hands by blocker (15).

Holding a defensive player (15).

Defensive player blocking or pushing the ball carrier out of bounds (15).

Butting, elbowing, or knee blocking (15).

Defensive player using hands illegally (5).

More than two blockers for the ball carrier (on one defensive player) beyond the line of scrimmage (5).

Clipping (15)

Interlock Blocking (15) from
spot of foul. Offside (5)



Heartland Youth Football League

Est 2016

False start (5)

BALL CARRIER

Stiff arming (15) from spot of foul.

Lowering head to drive or run into defensive player (15).

Use of head (15).

Use of hands or arms to protect flags (15).

Spinning or
hurdling (5).

UNNECESSARY

ROUGHNESS

Offensive and defensive (15).

Disqualification of guilty player or players if repeated.

UNSPORTSMANLIKE CONDUCT

Fighting (15) offenders ejected from game

Defensive player pulling offensive player's flag to make him ineligible for play (15).

Insulting and abusive language (15).

Interference with progress of the game by coaches or any other team
personnel (15).

Illegal play (15).

Team leaving field before game is completed (15). Failure to return – Forfeit. Win for
team remaining on the field.

Failure of home team or visiting team to control players or fans (15). Forfeit if not
controlled.

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