



# FLAG FOOTBALL

## FIELD

- 60 yards long | 35 yards wide | two endzones of 10 yards each
- Cones establish line of scrimmage and neutral zone.

## EQUIPMENT

- **NEW: Protective soft padded headgear - padded headband or soft helmet is REQUIRED**
- PeeWee size football
- Official flag belts issued by NYO
- Jerseys and shorts are issued by NYO; must be worn by all players during games
- Molded cleats
- Mouthpieces must be worn by at all times.
- No other hats or jewelry. Long-sleeve shirts may be worn under jerseys.

## PARTICIPATION

- Maximum of 8 players on field for each team.
- Games can be played with fewer than 8 players per team, and each team should adjust for the same number of players per team on the field.

### MINIMUM PLAY

- **K/1st** - All players must play a minimum of one full half of each game. K or Pre-K must play all defensive plays -or- carry the football at least once on offense a minimum of 1x each half of each game.
- **2nd Grade** - All players must have a starting position on either offense or defense and play all snaps on that side of the ball each game.

## GAME RULES

- |                      |  |
|----------------------|--|
| Volunteers           | • Both teams should each have a scoreboard operator and chain crew for every game.   |
| Start of game        | • Coin toss determines first possession, with designated visitor making call.  |
| Length of game       | • <b>K/1st</b> - Two halves of 20 minutes each with running clock. During last two minutes of each half, clock will stop based on traditional football rules and as indicated from on-field referee.<br>• <b>2nd Grade</b> - Four 7 minute quarters. Clock will stop based on traditional football rules and as indicated from on-field referee.       |
| Timeouts             | • Each team is allowed two timeouts per half.  |
| Play clock           | • Maximum of 30 seconds between plays, to be monitored and enforced ONLY by referees.  |
| On-field coaches     | • One coach per team may be on the field at all times. On-field coach can huddle and call plays with team, but must stand back a minimum of 10 yards from the line of scrimmage once the play is ready to start.   |
| Change of possession | • Start of each half, failure to advance beyond mid-field, or score. No kicking/punting.<br>• Every change of possession will start at the opposing 10 yard line.<br>• Interceptions will be spotted where the defender's flag was pulled.   |
| Scoring              | • <b>K/1st</b> - no official score is kept on scoreboard.<br>• <b>2nd Grade</b> - Touchdowns count for 6 points. Successful extra point tries starting from the 3-yard line count 1 point, while tries starting from the 5-yard line count 2 points. If a scoring team trails by 21 points or more after scoring, they will be awarded the ball again. |

**During games - enforcement of rules is at the SOLE DISCRETION of the referee. Arguing or complaining to the referee may result in a penalty, game forfeiture, and a loss of coaching privileges for NYO Football and for any other NYO sport.**

## OFFENSE

Line of scrimmage	<ul style="list-style-type: none"><li>• Must have 5 players on the line of scrimmage</li></ul>
Motion	<ul style="list-style-type: none"><li>• Only one player in motion prior to the snap is allowed.</li><li>• Motion must be parallel or away from the line of scrimmage.</li></ul>
Formations	<ul style="list-style-type: none"><li>• Unbalanced formations are allowed.</li><li>• Must have 5 players on line of scrimmage</li></ul>
Play snaps	<ul style="list-style-type: none"><li>• QB may walk to center to receive snap.</li><li>• Shotgun snaps are permitted.</li><li>• Snaps can also be executed by center turning and handing ball to QB.</li><li>• QB may pickup mishandled snap once during the play, which is not considered a fumble.</li></ul>
Blocking	<ul style="list-style-type: none"><li>• Shielding or shadow blocking with palms outward is permitted.</li><li>• Blocking with arms fully extended is not allowed and could result in a penalty.</li><li>• No block in the back or "blindside" block will be allowed.</li></ul>
Running	<ul style="list-style-type: none"><li>• QB is ineligible to run the ball directly from snap.</li><li>• Must handoff or throw to another player.</li><li>• Only direct handoffs behind the line of scrimmage are allowed.</li><li>• Multiple handoffs on each play are permitted.</li></ul>
Passing	<ul style="list-style-type: none"><li>• QB or player receiving handoff may elect to pass.</li><li>• QB is eligible to receive a pass after initial handoff.</li><li>• Shovel passes are allowed.</li><li>• All 8 players on the field are eligible to catch a pass.</li></ul>
First downs	<ul style="list-style-type: none"><li>• 4 downs to cross midfield or to score.</li><li>• Successfully crossing midfield results in another 4 downs to score.</li><li>• Failure to cross midfield or score will result in a change of possession.</li></ul>

## DEFENSE

Rushing the QB	<ul style="list-style-type: none"><li>• All defensive players must line up a minimum of 7 yards from line of scrimmage.</li><li>• All players can rush the QB on the snap of the ball.</li></ul>
Pulling flags	<ul style="list-style-type: none"><li>• The play is dead when the defender successfully pulls the ball carrier's flag.</li><li>• Defenders should try to avoid direct frontal contact to pull a flag.</li><li>• Tackling or shoving the ball carrier is not allowed, and will result in a penalty.</li><li>• Attempts to strip the ball are not allowed and will result in a penalty.</li></ul>

## OTHER

Fumbles	<ul style="list-style-type: none"><li>• No live fumbles. Ball is placed at the point where it touches the ground.</li><li>• EXCEPTION: QB may pickup mishandled snap once during the play.</li></ul>
Interceptions	<ul style="list-style-type: none"><li>• Intercepted pass or lateral that does not touch the ground is a live ball.</li><li>• Ball can be advanced, and will be spotted where their flag is pulled -or- will count as a score if crossing the goal line without flag being pulled.</li></ul>
Ball carrier falls	<ul style="list-style-type: none"><li>• Ball carriers who fall to the ground are considered down and the play is dead.</li><li>• Ball is spotted where ball carrier falls.</li><li>• EXCEPTION: QB picking up mishandled snap from center and inadvertently touches the ground.</li></ul>
Ball carrier loses flag	<ul style="list-style-type: none"><li>• A single hand touch by defender will be considered a legal flag pull.</li></ul>

## PENALTIES

- 5 yards - Offsides, Interference, Illegal Contact, Illegal Rush, Illegal Pass
- 10 yards - Holding, Unnecessary Roughness, Unsportsmanlike Conduct
- Penalty assessment is at the SOLE DISCRETION of the referee.

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