



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YMCA Flag Football Rules

Start of Game/Possessions:

- A coin toss determines first possession and goal to be defended.
- The offensive team takes possession of the ball at its 5 yard line and has four (4) plays to cross midfield on the kinder-2nd grade level. 3rd and up will kick off at the beginning of the game at half time and after every touchdown....K-2nd do not kick off they start at the 5 yard line. Each team has 4 plays to make it to mid field then another 4 plays to make a touchdown.
- If the offense fails to score, the ball changes possession, and the new offensive team takes over on its 5 – yard line.
- Teams may punt on 4th down. If a k-2nd grade team punts the ball goes to the other teams 10 yard line. 3rd and up will kick the ball. The teams will not move until the ball is kicked. Teams change sides after first 20-minute half with a 5 minute half – time break.

Players/Game Schedules:

- Teams must field a minimum of 5 players at all times.
- Coaches must try to match players to the best of their ability for size and matching.
- Playing time must be as equal as possible, substitution schedules are recommended.

Timing/Overtime

- Games are played two 20 min halves. Coaches sub when as needed
- Each time the ball is spotted, a team has 30 seconds to snap the ball. This will get tighter as the season goes on. Teams will receive a warning before a delay-of-the game penalty is enforced.
- Each team has two 30 second time-out per half.
- Officials can stop the clock at their discretion.
- We do not keep score so games will not go into overtime.



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Scoring:

(We do not keep score although the kids do!)

- Touchdown – 6 points
- Extra Point - 1 point (played from 5 – yard line) or 2 points (played from 10- yard line)
- Safety - 2 points

Running:

- The quarterback can run with the ball.
- Offense may use multiple hand-offs. Only one lateral past the LOS is allowed per play.
- Laterals or pitches are permitted.
- The player who takes the hand-off can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off by quarterback, all defensive players are eligible to rush.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (NO DIVING). If they do ball is downed where player leaves their feet.
- No stiff arming, or offensive player swatting at flags to protect them this will result in a loss of down for the offense.
- There are no fumbles; the ball is spotted where the ball hits the ground.

Receiving:

- All players are eligible except linemen. The quarterback can receive a pass if the ball has been handed off behind the line of scrimmage.
- Only one player is allowed in motion at a time.
- A player must have at least one foot inbounds when making a reception.

Passing:

- Shovel passes are allowed.
- Interceptions change the possession of the ball at the point of interception at the Kinder, 1st -2nd grade level. 3rd grade and up may return interception.
- Corners may play man defense and be tight on their receiver, however, if they are closer than 5 yards to the LOS they may not rush. If a corner is inside the 5 yard no rush zone they must follow their receiver until the QB breaks the pocket, the 2 second count is completed, or a handoff (or fake handoff) takes place.

Billings Family YMCA

402 North 32nd Street • Billings, MT 59101 • 406.248.1685 • www.billingsymca.org



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Dead Ball:

- The ball must be snapped between the legs, not off to one side, to start play. Both shotgun and direct snaps are acceptable.
- Substitutions may be made on any dead ball.
- Play is ruled “dead” when:
 - ✓ Ball carrier’s flag is pulled.
 - ✓ Ball carrier’s steps out of bounds.
 - ✓ Touchdown or safety is scored.
 - ✓ Ball carrier’s knee hits the ground.
 - ✓ Ball carrier’s flag falls out.

Note: There are no fumbles. The ball is spotted where the ball hits the ground. Interceptions may be returned 3rd grade and up.

Rushing the Quarterback:

- There must be 3 players on the line of scrimmage for both offense and defense when the ball is snapped. This is for the linemen, the offensive team must have a 4th player on the LOS. Those 3 linemen must make contact with one another after the ball has been snapped. The defensive players cannot try to shoot the gaps before contact has been made. Contact must be maintained for a 3 second count.
- All players who rush the passer during a blitz must be a minimum of five yards from the line of scrimmage when the ball is snapped.
- Once the ball is handed off the five yard rule is no longer in effect. All defenders may go behind the line of scrimmage. **No blunt or harsh blocking. Remember no tackling is allowed!**
- Proper blocking is hands on each other’s shoulders and arm crisscrossed over chest. No hand/finger locking is allowed.

Attire:

- Cleats are allowed, except for metal spikes. Inspections must be made.
- All players must wear a protective mouthpiece, there are no exceptions.
- Game shirts must be worn during the game. Shirts must be tucked in to allow flags to be visible.

Weather:

- Games will be played regardless of weather. Extreme circumstances will be evaluated!



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Sportsmanship/Conduct

If the field monitors or referee witness any acts of elbowing, cheap shots, or any other unsportsmanlike act, the game will be stopped and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED!**

Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators). If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.