

Southwest Youth Football Conference

Flag Football Rules

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**Sign-Ups**

- A.** Sign-ups will be the responsibility of each regional director.
- B.** The minimum number of players on a team is 8 and there is no maximum number.
- C.** When a team splits into two teams, each team should contain an equal number of players. The regional director must approve all team splits with consideration given to balancing the competitive factor (skill, experience, weight and age) as equally as possible.

**Grade and Weigh Restrictions**

- A.** Players must be at least five years of age.
- B.** Players must be in second grade or below to play.
- C.** There are no weight restrictions in flag football.

## Practices

- A.** First practice of the year will be no earlier than August 8, 2022.
- B.** Practices will be held no more than 6 hours per week throughout the season.

## Game Schedules

- A.** The game schedule will follow the Junior/Senior Schedule.
- B.** Games will be played Saturday mornings following the Junior/Senior game.
- C.** If two teams are from a school, the games will be played back to back.

## Coaches

- A.** Coaches are encouraged to be on the field.
- B.** Two coaches may be on the field at one time.

## Officials

- A.** The home team will provide the officials for the games.
- B.** Officials may be high school students.
- C.** Penalties are not called by the officials, the major role is starting and stopping of play, signaling scores and calling of time outs.

## Game Rules

- A.** The field will consist of a 40 yard field.
- B.** The field will consist of one side line and the other sideline will be on the second hash mark.
- C.** The game will consist of four quarters of play. Each quarter will be 10 minutes in length.
- D.** Each quarter will be played as follows:
  1. The drive will start on the forty yard line of play.
  2. The offensive team will have the ball for 10 minutes without a change of possession.
  3. After the 10 minutes is up, the defensive team will then become the offensive team and start on their forty yard line.
  4. This will repeat for the third and fourth quarter of play.
  5. There will be a halftime of 5 to 10 minutes for players to rest.

6. During play, the offensive team will need to try to score during the five minutes of offense. Once the score has occurred, the ball will be reset at the forty yard line and play will continue.
7. The ball may be moved by either passing or running the ball. The only exception is that the quarterback may not run the ball. The quarterback may run the ball if he has handed it, pitched or passed to another player and a reverse type play is run.
8. Play calling may be in any manner to help move the ball. There is no longer a passing rule.
9. If during play, the defensive team may intercept the ball and if possible, they may return it for a touchdown. If stopped after the interception, the ball will be returned to the 40 yard line and offensive play will resume.
10. If during play, a hand off behind the line of scrimmage, the offensive team may pick up the ball and the play can continue. Stoppage of play will be called if the play is deemed unsafe to continue.
11. If during play, the ball is fumbled after the line of scrimmage, the play will be called dead. The next play will be started from the spot of the fumble.
12. On the defensive side of the ball, no player may cross the line of scrimmage until after the ball is handed off to another player.
13. No defensive player may blitz prior to the snap of the ball.
14. Blocking will be in the style of the basketball style block. The preferred method will have the blockers step up and cross their arms in front of their chest. This will help to ensure less contact and holding by the blockers.
15. There is no kicking or punting of the ball.
16. No extra points will be attempted.
17. Home team has the option to keep score.
18. No overtime will occur.

#### Courtesy Rule

- A.** If a team is dominating another team, then the dominating team will do all that they can to rotate players into positions of skill.
- B.** Coaches are encouraged to use their time outs to help align players into positions that will encourage fair playing time of all players.