

GSL Community Education

NFL Youth Flag Football Rules

The Basics

- A coin toss determines first possession. The team who wins the coin toss will be on offense first and pick the direction they will play. The team who won the coin toss will be on defense first during the second half of the game. There will be no kick-offs.
- The offensive team takes possession of the ball at its 5-yard line and has four plays to score a touchdown. After four possessions or a touchdown, the ball changes possession and the opposing team take over on the 5-yard line, going in the opposite direction. This rotation will continue throughout the game.
- All possession changes, except interceptions, start on the offense's 5-yard line.
- Interceptions may be returned.

Time and Schedule

- Games and practices are on Tuesday nights. During this time frame, warm-ups must be done at the beginning and end, and a mandatory water break is required.
- Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
- Each team has one 60 second and one 30 second time outs.

Layout of the Field

Goal	5 yards	10 yards	20 yards	10 yards	5 yards	Goal
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Scoring

- Touchdowns are worth 6 points

Running

- The quarterback cannot run with the ball.
- Only direct hand-offs behind the line of scrimmage are permitted. Offense may use multiple hand-offs when they are behind the line of scrimmage. The player who takes the hand-off can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush.
- The ball is spotted where the ball carrier's feet are where the flag is pulled, not where the ball is.
- Absolutely NO laterals or pitches of any kind are allowed.

Receiving

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- A player must have both feet inbounds when making a reception for the pass to be complete.

Passing

The quarterback has a ten-second "pass clock". If a pass is not thrown within ten-seconds, the play is dead, loss of down. Once the ball is handed off, the ten-second rule is no longer in effect.

Dead Balls

The ball must be snapped between the legs, not off to one side, to start play.

Substitutions may be made on any dead ball

Play is ruled "dead" when:

- Ball carrier's flag is pulled
- Ball carrier steps out of bounds
- Touchdown is scored
- Ball carrier's knee hits the ground
- Ball carrier's flag falls off

Note: There are no fumbles; the ball is spotted where the ball hits the ground.

Rushing

No player can rush the quarterback until seven seconds after the ball is snapped. Once the ball is handed off, all defensive players may go behind the line of scrimmage. Remember no blocking or tackling is allowed.

Sportsmanship

If a coach or parent witnesses any acts of tackling, inappropriate language or trash talking, elbowing, blocking, or any unsportsmanlike act, the game will be stopped and the player and/or parent will be removed from the game. The severity of the unsportsmanlike conduct will determine whether the player and/or parent will get to return to the game that day. Foul play will not be tolerated. Please remember this program is to develop skills in a safe and fun environment.

Attire

Players are to wear comfortable clothing. During games, the players are expected to wear this designated uniform. Cleats are allowed, except for metal spikes, but tennis shoes are also acceptable.