

**NORTH LOGAN CITY RECREATION
2018
YOUTH FLAG FOOTBALL RULES**

LEAGUE GROUPS 1) 1st & 2nd Grades Ball Size Mini
..... 2) 3rd 4th Grades Ball Size Pee-Wee
..... 3) 5th & 6th Grade Ball Size Junior
..... 4) 7TH & 8TH Grade Ball Size Youth

ROSTERS

- 1) Will have a combination of children within the age group that they are registered in.
- 2) Mandatory Playing Rule: All players must play a minimum of half the game.
- 3) Each team shall designate 2 players as captains for the coin flip and to collect the flags at the end of the game.

PLAYING FIELD

- 4) **1st grade through 4th grade** fields will be 60 yards in length and 40 yards wide. The field will be divided into 4 zones of 15 yards between two end zones of 10 yards each.
- 5th through 8th grade fields will be 80 yards in length and 40 yards wide. The field will be divided into 4 zones of 20 yards between two end zones of 10 yards each.
- 5) There are no goal posts, so point after attempts will be a play from scrimmage at the 3-yard line.
- 6) First downs are awarded each time a team crosses over another zone line. (End zones and first down lines will be clearly marked with cones and/or yard markers.)

FLAGS/BELTS

- 7) Each player must wear a belt and two or three flags (pending the style) during each play of the game. Any player that does not have 2/3 flags on will be ineligible to handle the ball (**even if his/her flag inadvertently falls off during the play.**) Flags will be provided by North Logan City Recreation.
- 8) All player shirts must be tucked in and cannot be worn over belts.

UNIFORMS

- 9) All team members must wear the same color shirt (shirts provided by North Logan City Recreation.) Any type of pants may be worn.
- 10) Any type of shoes are allowed except metal cleats.

PLAYING RULES

- 11) **First and foremost, this is a recreational league designed to provide a fun learning experience for the children (There is no score kept or no win/loss records kept. Since this is a recreation league)**
- 12) Free substitution is always in effect and a player may enter the game anytime the ball is dead.
- 13) Seven players (maximum) are on the field from each team. The game will be four 12 minute quarters with a three minute half-time. Games will not be over 1-hour long.

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Continued

- 14) Each half will start with a kickoff:
 - a) 1st & 2nd grade from inside midfield
 - b) 3rd-4th from outside midfield
 - c) 5th-8th from the 20-yard line

During the kick off, the receiving team must have a minimum of 3 players on the front line nearest the kicker.

- 15) Kickoffs that go out of bounds will be marked on the first down line closest to where the receiving team was heading when the ball went out.

PUNTING

- 16) Intentions to punt are announced to the referee by the offense. The punt is always a free kick with all players on both offense and defense holding a position until the ball has been kicked.

DOWNS

- 17) Each team will have four downs to advance the ball into the next zone or to score a touchdown. Once a team enters into the next zone it is a first down and a new series of downs begins.

DEFENSE

- 18) Defense may line up in any formation, defense must line up 3 yards back from the line of scrimmage
- 19) A "tackle" is recorded when the player having possession of the ball has his flag removed from his waist. The defensive player will hold the flag above his head and show the official.
- 20) The defense cannot hold or push the ball carrier down. An accidental touch of the body or shoulder while reaching for the flag will not be considered a violation, however, touching the head in any way will be a violation.
- 21) A defensive player must go for the passers flag, he cannot hit or attempt to block the passers arm.

OFFENSE

- 22) Basic rule on offense:

Must have 4 players lined up on the line of scrimmage and 3 players in the backfield. The backfield shall be considered one step or more behind the line of scrimmage. (This is important to teach every player that they are either on the line or in the backfield.) The official will call this if they don't line up correctly.

Players on the offensive line must be lined up within 10 yards of the ball laterally and all players must be set for at least one second prior to the center snap.

23) A blocker must be on his feet at all times while blocking. No lineman except the center can assume a 2-point stance; they must simply stand or put their hands on their legs and await the snap.

24) A blocker cannot use his hands. Blocking shall be done with the arms and body in the form of shoulder and brush blocking only. Blockers cannot leave their feet to block. **This rule is to eliminate as much contact as possible. Remember this is flag football, not tackle.**

25) Blocking from behind is not permitted (clipping).

BALL CARRIERS.....

26) Cannot use their hands and arms to protect their flag.

27) Cannot stiff arm a defensive player or lower his head to drive into the defense.

28) The ball carrier cannot spin or hurdle to avoid the defense.

29) Ball carriers cannot run straight up the middle of the line unless there is some delay on the hand off during the play.

CENTER SNAP.....

30) The center must snap the ball between his legs.

PASSING

31) All players are eligible to receive passes.

32) All forward passes must be made from behind the line of scrimmage. (A lateral pass is not considered a forward pass.)

RECEIVING

33) A receiver needs only one foot in bounds for a legal catch.

DEAD BALL

34) All balls touching the ground are immediately dead (except kickoffs and punts).

Other examples:

- a. When the ball carrier touches the ground with his body, other than hands and feet.
- b. Ball carriers flag has been removed.
- c. If the receiver or ball carriers has a missing flag, the ball is dead at that point.
- d. If the center snap hits the ground.
- e. When the ball hits the ground as a result of a fumble or muffed ball. (There are no recoveries in flag football)

COACHES ON THE FIELD.....

35) Coaches are permitted to "coach" on the field, but must stay out of the way of the play. The officials will use their judgment on coaches being "in the way."