

YOUTH FLAG

FOOTBALL

North Crawford | Viroqua | Westby

RULES

1. No KickOffs: Ball will be placed at the 45 yd line on a change of possession
2. First Downs: Located at the 30 yd line and 15 yd line
3. Scoring: After a score a team may try for 1 point or 2 points.
 - A 1 point score ball will be placed at the 5 yd line.
 - A 2 point score the ball will be placed at the 10 yd line.
4. Punts: There will be no punting. If a first down is not achieved, defensive team will take over on a change of possession and start at the 45 yd line.
5. Interception: Player may return the ball for a score. If failed the interception will result in the ball being played at the 45 yd line.
6. No Fumbles: A fumble ball will be a dead ball where the ball was fumbled. Continue with next down.
7. Player Down: if the person running the ball falls, they are down where they fall
8. Center/Quarterback Exchange:
 - 3rd /4th grade: the ball on back of center
 - 5th /6th grade: the ball on the ground for the snap; shot gun formation is okay
9. Quarterback: quarterback sneaks and sweeps are allowed only off to the sides – not down the middle
10. Defensive Formations/Rushing Rules: All defenses will play a base 2-5 scheme. The 2 DL players need to be nose to nose with the offensive guards. This will allow the 2 DL players the ability to rush on every down. The 5 linebackers must start 4 yds off of the line of scrimmage. No corner or safety blitzes allowed.
11. Offensive Formation/Rule: The center is an eligible player to receive the ball
12. Clock: The clock runs continuously for 25 minutes per half with a 5 minute half time

13. Play Clock: Play has to be run in 20-30 seconds
14. Time Outs: Each team will be allowed 1 time out per half. Time outs will be 30 seconds.
15. Tie Game: Each team will have 4 downs to score from the 15 yd line. Scoring will be the same as regulation game time.
16. Securing the Flag: The play is dead when the ball carrier's flag is legally pulled from his or her belt. The defensive player should grab the flag and raise it above the head. The official will declare the ball a dead at the point where the flag was pulled from the belt.
17. Shirts: All players' shirts must be tucked in. All belts must be fastened down at all times.
18. No tackling is permitted.
19. No hurdling is permitted.

Flag Football Penalties

1. Offsides - 5 yds and same down
2. Illegal Motion – 5 yds and same down
3. Illegal Use of Hands – 5 yds and same down
4. Holding – 10 yds and same down
5. Pass Interference: ball placed on infraction and automatic first down
6. Unnecessary Roughness on Offense: 10 yd penalty and loss of down
7. Unnecessary Roughness on Defense: 10 yd penalty and automatic first down
8. Unsportsmanlike Conduct on Offense: 10 yd penalty and loss of down
9. Unsportsmanlike Conduct on Defense: 10 yd penalty and automatic first down
10. Tackling: will be considered unnecessary roughness (see #6 and #7)
11. Hurdling: will be considered unnecessary roughness (see #6 and #7)
12. Blitzes: if quarterback is blitzed when he is in the pocket = 5 yd penalty
*except DL *if the quarterback is outside the pocket he is now a runner
13. Hands to the Face: 10 yd penalty and automatic first down