

Youth Flag Football Rules

Age Requirements:

A player's age as of September 1st the current year will determine the age group they participate in:

6U League: ages 5-6

8U League: ages 7-8

Purpose:

The purpose of the Ayden Youth Flag Football Program is to provide a wholesome recreational activity for boys/girls ages 5-8 that will help them to build self-esteem and teach them the basic fundamentals of football.

The program is designed for the following purpose:

- To help players learn the basic skills of football.
- To help players develop self-discipline and build positive attributes such as teamwork, respect for authority and good sportsmanship.

Rosters and Registration:

- All players will be entered into the draft every year.
- The draft will take place following the registration period. A second draft may occur to fill remaining roster spots.
- Draft order will be determined by picking numbers out of a hat.
- For other Draft rules see Youth Sport Manual

Fields Rules and Sportsmanship:

- No alcoholic beverages are allowed on recreation property. This is a state law. If necessary, proper legal action will be taken to enforce this rule.
- A coach, player, or spectator with alcohol on their breath will be asked to leave the recreation area.
- No tobacco products—smoking, chewing, dipping, etc. Are allowed on the field or practice area.
- No profanity
- No negative cheering
- Children not participating must be under supervision by a parent/adult at all times. No children may be unattended at any time in any facility.

General Players Rule:

- No jewelry, watches or any accessory of hard materials may be worn during games.
- Shoes - Tennis shoes or molded sole shoes with multiple cleats are acceptable.

- Cleats: Molded multiple cleats, studs or bars less than ½ inch in diameter or width that does not extend more than ½ of an inch from the sole and are not of an extreme conical design is permissible. Detachable fiberglass or steel-tipped cleats are not legal
- Mouthpieces are not required.
- Players must wear their team shirt for all games.
- Shorts- Shorts or long pants are approved in any color that has no belt loops or buckles. Shorts or pants with pockets are acceptable.
- Shirts must be tucked in pants at all times.

General League Rules:

- PLAYERS: Teams will be allowed to play 8 players at a time, and only one coach will be allowed on the field with the offensive and defensive teams.
- COACHES: A coach on the field will not be allowed to give instructions to players. Once a play is underway. A coach on the field must be ten yards behind the line of scrimmage or behind his deepest back at the beginning of the play. At no time can a coach impede play in any way.
- MINIMUM PLAYERS: teams have no minimum to start however; both teams will play with a balanced number for example, 7 vs. 7 or 6 vs. 6. When additional players arrive, they must enter the game immediately.
- TIMEOUTS: Each teams will be allowed per half two time outs
- HAFTTIME: There will be 5 minutes between halves.
- OVERTIME: There will be no overtime procedure to resolve tie games.
- EXTRA POINTS: The ball will be place on the two-yard line. Extra points will be one point if run and two points if passed.
- SCORING: No player will be allowed to score more than two offensive touchdowns per game. Distribute the ball evenly throughout the team. Don't rely on one player only. If a player does score a third offensive touchdown, there will be no penalty, but the ball will go back to the line of scrimmage and there will be a replay of the down.
- PARTICIPATION TIME: Each player must play a minimum of five (5) plays from scrimmage each half per game. Does not include kick offs.
 - If a player does not get in the required five (5) plays, he will start the next game and play every play in the first half of the game. He will then play a minimum of five (5) plays per quarter in the remainder of the game.

- If a player does not attend half of the practices of his team, the coach is not required to play the minimum number of plays. However, the coach must first notify the league director before he/she is allowed to hold the player out of the minimum number of plays.

Division Rules

6U LEAGUE: AGES 5-6

5-6 years old: This non-competitive league to teach this age group the fundamentals of Football.

Game Rules:

- The playing field will be divided into Six (6) 10-yard zones.
- The offensive team has four downs to advance the ball from one zone to the next.
- The game will consist of Two (2) Fifteen (15) minute halves.
- A team is allowed 25 seconds to put the ball in play after the ready for play signal. A team will be warned once about taking too much time. Next warning will result in a penalty.
- The ball is placed on the 10-yard line to begin each half and after each score.
- If a player inadvertently loses his belt, re-do play in result will be a loss of down.

Offense

5 players must be on the line of scrimmage.

All offensive players are eligible receivers.

A ball handed forward behind the line of scrimmage is a forward pass. Only one forward pass may be attempted per down.

Motion-only one offensive player can be in motion at the snap. This player must be at least 5 yards behind the line of scrimmage.

A back who receives a snap must be at least 2 yards behind the line of scrimmage.

All snaps must be made between the center's legs.

Teammates cannot assist or help the ball carrier.

Offensive Screen Blocking - The offensive screen block shall take place without contact. The screen blocker shall have his hands and arms at his side or behind his back. Any use of the arms, elbows or legs to initiate contact during an offensive player's screen block is illegal. A blocker may use his hand or arms to break a fall or retain his balance. A player must be on his feet before, during and after screen blocking.

Penalty: Personal foul - 5 yards.

Screen Blocking Fundamentals - A player who screens shall not:

- When he is behind a stationary opponent, take a position closer than a normal step from him.
- When he assumes a position at the side or in front of a stationary opponent make contact with him.
- Take a position so close to a moving opponent that his opponent cannot avoid contact by stopping or changing directions. The speed of the player to be screened will determine where the screener may take his stationary position. This position will vary and may be 1 to 2 normal steps or strides from the opponent.
- After assuming his legal screening position move and maintain it, unless he moves in the same direction and path of his opponent. If the screener violates any of these provisions and contact results, he has committed a personal foul.

Punts not permitted in this division. If turnover on downs occurs, opposing team will begin possession on 10 yard line.

Offensive Fumble: An offensive fumble results in dead ball. Ball returns to offensive team unless turnover on downs. Fumbled kicks that hit the ground belong to the receiving team..

Runner

Guarding the Flag Belt

- Runners shall not flag guard by using their hands, arms or the ball to deny the opportunity the opponent to pull or remove the flag belt. Flag guarding includes:
 - Swing the hand or arm over the flag belt to prevent an opponent from de-flagging.
 - Placing the ball in possession over the flag belt or prevent an opponent from de-flagging.
 - Lower the shoulders in such a manner which places the arm over the flag belt to prevent an opponent from de-flagging.
- Penalty - Flag guarding: 5 yards

Stiff Arm

- The runner shall be prohibited from contacting an opponent with extended hand or arm. This includes the use of a "Stiff Arm" extended to ward off an opponent attempting to De-flag/tag.
- Penalty - Personal Foul: 5 yards

Obstruction of Runner

- The defensive player shall not hold, push, or obstruct the forward progress of a runner when in the act of removing the flag or making a legal tag.
- Penalty - Personal Foul: 5 yards

Defense

Players must be on their feet to de-flag a ball carrier.

The rush is instant; however, all defensive players must line up 3 yards from the line of scrimmage.

All attempts at the ball carrier must be towards his flag.

Players on defense must grab the flag. Grabbing the flag belt or any article of clothing of the ball carrier will be a holding violation.

Defensive players must go around the offensive player's screen block. The arms and hands may not be used as a wedge to contact the opponent.

- Personal foul – 5 yards

Safeties will result in two points. The ball will return to the offensive team who had the ball when the safety took place.

7-8 yrs. League

7-8 years old: This non-competitive league to teach this age group the fundamentals of Football.

Game Rules:

The playing field will be divided into seven (7) 10 yard zones.

The offensive team has four downs to advance the ball from one zone to the next.

The game will consist of Two (2) Eighteen (18) minute halves.

A team is allowed 25 seconds to put the ball in play after the ready for play signal. A team will be warned once about taking too much time. Next warning will result in a penalty.

The ball is placed on the 20 yard line to begin each half and after each score.

If a player inadvertently loses his belt, re-do play in result will be a loss of down.

Offense

5 players must be on the line of scrimmage.

All offensive players are eligible receivers.

A ball handed forward behind the line of scrimmage is a forward pass. Only one forward pass may be attempted per down.

Motion-only one offensive player can be in motion at the snap. This player must be at least 5 yards behind the line of scrimmage.

A back who receives a snap must be at least 2 yards behind the line of scrimmage.

All snaps must be made between the center's legs.

Teammates cannot assist or help the ball carrier.

Offensive Screen Blocking - The offensive screen block shall take place without contact. The screen blocker shall have his hands and arms at his side or behind his back. Any use of the arms, elbows or legs to initiate contact during an offensive player's screen block is illegal. A blocker may use his hand or arms to break a fall or retain his balance. A player must be on his feet before, during and after screen blocking.

- Penalty: Personal foul - 10 yards.

Screen Blocking Fundamentals - A player who screens shall not:

- When he is behind a stationary opponent, take a position closer than a normal step from him.
- When he assumes a position at the side or in front of a stationary opponent make contact with him.
- Take a position so close to a moving opponent that his opponent cannot avoid contact by stopping or changing directions. The speed of the player to be screened will determine where the screener may take his stationary position. This position will vary and may be 1 to 2 normal steps or strides from the opponent.
- After assuming his legal screening position move and maintain it, unless he moves in the same direction and path of his opponent. If the screener violates any of these provisions and contact results, he has committed a personal foul.

A team must declare its intention to punt. Each team must put 5 players on the line of scrimmage. The punter can come up to the center to take the snap. No player can move until the ball is kicked.

Offensive Fumble: An offensive fumble results in dead ball. Ball returns to offensive team unless turnover on downs. Fumbled kicks that hit the ground belong to the receiving team.

Runner

Guarding the Flag Belt

- Runners shall not flag guard by using their hands, arms or the ball to deny the opportunity the opponent to pull or remove the flag belt. Flag guarding includes:
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 - Lower the shoulders in such a manner which places the arm over the flag belt to prevent an opponent from de-flagging.
- Penalty - Flag guarding: 10 yards

Stiff Arm

- The runner shall be prohibited from contacting an opponent with extended hand or arm. This includes the use of a “Stiff Arm” extended to ward off an opponent attempting to De-flag/tag.
- Penalty - Personal Foul: 10 yards

Obstruction of Runner

- The defensive player shall not hold, push, or obstruct the forward progress of a runner when in the act of removing the flag or making a legal tag.
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Defensive players must go around the offensive player’s screen block. The arms and hands may not be used as a wedge to contact the opponent.

- Personal foul – 10 yards

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