

Bear-Glasgow YMCA Flag Football Rules Non Contact League

Players

- 5 on the field. 5 on 5

Playing Time

- All players must play half the game and in each half
- Each player must start one game
- Can sub during any dead ball
- Players must play both offense and defense

Game Length

- 5-6 yrs 2-14 minute running clock
- 7-8 9-11 yrs 2- 20 minute running clock
- 1 time out per half: Time outs will not carry over
- 30 seconds between plays
- Clock will stop last minute of play on any dead ball in the 2nd half. Clock will not stop if the game is out of hand.

Scoring

- Touchdown- 6 points
- PAT- **From 5 yard line- 1 point**
From 10 yard line- 2 points
- Safety- 2 points (**Defensive team will take the ball at the starting 5 yard line**)

Start of Game

- Coin flip with team captains.

No Running Zones

- **Are located 5 yards from each end zone and 5 yards on each side of midfield. These are designed to stop easy short yardage runs.**

Passing

- All players are eligible to go out for a pass
- **QB has a 5 second pass clock. If the pass is not thrown within 5 seconds the play is dead and loss of down.**

Penalties

- All penalties are 5 yards with the exception of Unsportsmanlike Conduct and pass interference.
- Unsportsmanlike Conduct- 10 yards (player or coach can be ejected from the game. If a player or coach is ejected from the game he/she cannot play the following week.)

League Information

- Fans and players not in the game, must be on the sideline
- 1 coach can be in the huddle for 8 Under and 10 and Under. Last 3 weeks of the season no coaches in the huddle
- No coaches on the field or huddle for 12 and under
- No coaches on the field for 10 and under once the team breaks the huddle.

YMCA Staff

- Will be present during games.

Conduct

- Fans/Coaches should not yell or abuse the officials
- Coaches should conduct themselves in an appropriate manner. **Be a role model to all players**

Possessions

- **All Offensive possessions will take place at the 5 yard line with the exception of interceptions**

First Downs

- **8 and Under-** Offensive team will have 4 plays to cross midfield for a first down. Once it crosses midfield they will have 4 plays to score a touchdown.
- **10 and Under/12 and under-** Offensive team will have 3 plays to cross midfield for a first down. Once it crosses midfield they will have 3 plays to score a touchdown.
- If the offense fails to score the ball will change possessions and the new offensive team takes over at the 5yard line.

Offense

- QB and 1RB can be in the backfield. No backfield set with the exception of the QB can be used
- QB cannot run.
- One player can be in motion.
- Play start when the QB picks up the ball from the tee. Only the QB can start the play.
- Players on the line can be 1 yard behind the ball

Defense

- No Rushing the QB
- Can play Zone or Man or any Combination
- Players may rush after a handoff or *lateral

Downing a ball carrier

- Player is down when the flag is removed by the defensive player or the belt falls off
- Ball Carrier fumbles, Play is dead at the spot
- Player's knee hits the ground
- Flag belts must be visible; All shirts must be tucked in. Officials can remove player from the game if shirt is not tucked in

Ball Carrier

- No stiff arm or using hands or arms to protect the flag
- No diving for extra yardage, if so ball will be spotted at the spot of the dive

Equipment

- Cleats or sneakers
- A mouthpiece is required for all age groups

Field Size

- Field 1 30 x 70
- Field 2 30 x 70
- Field 3 30 x 70