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FOR SOCIAL RESPONSIBILITY**

**YMCA of Northwest North Carolina**  
**Flag Football**  
**3,-5, 4-5 yr. old Rules**

**Number of Players:** Five players per team on the field

**Ball Size:** Pee Wee

**Length of Game:** Two halves. Each half is 12 minutes.

**Officials:** One official

**Playing Time:** Players shall play a minimum of 50% of game. No player shall play more than 75% of total playing time unless all other players present have played at least 75% of total playing time.

Players are encouraged to play different positions.

**Score:** Not kept for this division

**Play Clock:** Teams will have 30 seconds to snap the ball once the official spots the ball.

**Time Outs:** Each team has two time outs. Time outs are 30 seconds.

**Flags:** All flags must be placed over jerseys.

### **1. General Information**

- a. The offensive team takes possession of the ball at its 5 yard line and has four plays to get the ball to midfield. Once a team crosses midfield, the team has four plays to score. If the offense does not reach midfield or does not score after reaching midfield, the ball changes possession and the new offensive team takes possession on its 5 yard line
- b. After an interception, the new offensive team will take possession from the spot the defender's flag was pulled
- c. Extra Point attempts are placed at the 5 yard line. This must be a pass play.
- d. Two-point conversion attempts are placed at the 12 yard line. This may be a run or pass play.
- e. Legal Snap: A center must snap the ball with a rapid and continuous motion between or beside their legs to a player in the backfield and the ball must completely leave their hands. Center sneaks are illegal.

### **2. Running**

- a. Quarterback running: The quarterback cannot directly run the ball and there must be an exchange.
- b. If the runner inadvertently loses his flag while maintaining possession of the ball, the defender must use a one-hand touch
- c. A player is considered down without having the flag pulled if any other body part other than the foot or hand is touching the ground.
- d. The ball is spotted where the ball carrier's feet are when the flag is pulled, not the location of the ball
- e. Players feet cannot leave the ground to advance the ball
- f. No Run Zones: The offensive team may not run the ball when the line of scrimmage is at the opposing team's 5 yard line or closer to the end zone or midfield.

#### **YMCA OF NORTHWEST NORTH CAROLINA**

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### **3. Passing**

- a. The quarterback has a 9 second pass clock to get rid of the ball.
- b. When inside the “no running zones” the pass must cross the line of scrimmage

### **4. Receiving**

- a. All players are eligible to receive a pass
- b. Only one player is allowed to be in motion at a time
- c. Players must have at least one foot in bounds when making a catch.

### **5. Rushing the Passer**

- a. There is no rushing the passer in this age group
- b. Once the ball is handed off, the defense (in any location) may cross the line of scrimmage

### **6. Blocking/Screening**

- a. Blocking: There is to be no blocking allowed. A block is considered any action that:
  - i. Contact is initiated by the team with the ball
  - ii. An attempt to purposely get in the way of the defense by moving with the individual with the ball

### **7. Penalties**

- a. Offensive Penalties (Offensive P.I., Offsides, Center Sneak, Illegal Run, Blocking, Holding and Stiff arms): 5 yards and loss of down
- b. Defensive Penalties (Defensive P.I., Defensive Offsides, Illegal Blitzing): 5 Yards and repeats down
- c. Flag Guarding: 5 yard penalty from the point of the infraction and loss of down.
- d. Unsportsmanlike conduct: 10 yard penalty and loss of down. (includes any attempt or form of tackling)

### **8. Coaches**

- a. Coaches will be responsible for the behavior of their teams and parents

### **9. Spectators**

- a. Fans are encouraged to cheer and support both teams. All are expected to be courteous and be positive role models for players. Spectators will respect coaches, players, game officials and other spectators at YMCA events.

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**YMCA of Northwest North Carolina**  
**Flag Football**  
**6-7, 6-8 yr. old Rules**

**Number of Players:** Five players per team on the field

**Ball Size:** Pee Wee

**Length of Game:** Two halves. Each half is 20 minutes.

**Officials:** One official

**Playing Time:** Players shall play a minimum of 50% of game. No player shall play more than 75% of total playing time unless all other players present have played at least 75% of total playing time.

Players are encouraged to play different positions.

**Score:** Not kept for this division

**Play Clock:** Teams will have 30 seconds to snap the ball once the official spots the ball.

**Time Outs:** Each team has two time outs. Time outs are 30 seconds.

**Flags:** All flags must be placed over jerseys.

### **1. General Information**

- a. The offensive team takes possession of the ball at its 5-yard line and has four plays to get the ball to midfield. Once a team crosses midfield, the team has four plays to score. If the offense does not reach midfield or does not score after reaching midfield, the ball changes possession and the new offensive team takes possession on its 5-yard line
- b. After an interception, the new offensive team will take possession from the spot the defender's flag was pulled
- c. Extra Point attempts are placed at the 5 yard line. This must be a pass play.
- d. Two-point conversion attempts are placed at the 12 yard line. This may be a run or pass play.
- e. Legal Snap: A center must snap the ball with a rapid and continuous motion between or beside their legs to a player in the backfield and the ball must completely leave their hands. Center sneaks are illegal.

### **2. Running**

- a. Quarterback running: The quarterback cannot directly run the ball and there must be an exchange.
- b. If the runner inadvertently loses his flag while maintaining possession of the ball, the defender must use a one-hand touch
- c. A player is considered down without having the flag pulled if any other body part other than the foot or hand is touching the ground.
- d. The ball is spotted where the ball carrier's feet are when the flag is pulled, not the location of the ball
- e. Players feet cannot leave the ground to advance the ball
- f. No Run Zones: The offensive team may not run the ball when the line of scrimmage is at the opposing team's 5 yard line or closer to the end zone or midfield.

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### **3. Passing**

- a. The quarterback has a 9 second pass clock to get rid of the ball.
- b. When inside the "no running zones" the pass must cross the line of scrimmage

### **4. Receiving**

- a. All players are eligible to receive a pass
- b. Only one player is allowed to be in motion at a time
- c. Players must have at least one foot in bounds when making a catch.

### **5. Rushing the Passer**

- a. There is no rushing the passer in this age group
- b. Once the ball is handed off, the defense (in any location) may cross the line of scrimmage

### **6. Blocking/Screening**

- a. Blocking: There is to be no blocking allowed. A block is considered any action that:
  - i. Contact is initiated by the team with the ball
  - ii. An attempt to purposely get in the way of the defense by moving with the individual with the ball

### **7. Penalties**

- a. Offensive Penalties (Offensive P.I., Offsides, Center Sneak, Illegal Run, Blocking, Holding and Stiff arms): 5 yards and loss of down
- b. Defensive Penalties (Defensive P.I., Defensive Offsides, Illegal Blitzing): 5 Yards and repeats down
- c. Flag Guarding: 5 yard penalty from the point of the infraction and loss of down.
- d. Unsportsmanlike conduct: 10 yard penalty and loss of down. (includes any attempt or form of tackling)

### **8. Coaches**

- a. Coaches will be responsible for the behavior of their teams and parents

### **9. Spectators**

- a. Fans are encouraged to cheer and support both teams. All are expected to be courteous and be positive role models for players. Spectators will respect coaches, players, game officials and other spectators at YMCA events.

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**YMCA of Northwest North Carolina**  
**Flag Football**  
**8-9 yr. old Rules**

**Number of Players:** Seven players per team on the field

**Ball Size:** Pee Wee

**Length of Game:** Two halves. Each half is 20 minutes.

**Officials:** One official

**Playing Time:** Players shall play a minimum of 50% of game. No player shall play more than 75% of total playing time unless all other players present have played at least 75% of total playing time.

Players are encouraged to play different positions.

**Score:** Not kept for this division

**Play Clock:** Teams will have 30 seconds to snap the ball once the official spots the ball.

**Time Outs:** Each team has two time outs. Time outs are 30 seconds.

**Flags:** All flags must be placed over jerseys.

### **1. General Information**

- a. The offensive team takes possession of the ball at its 5 yard line and has four plays to get the ball to midfield. Once a team crosses midfield, the team has four plays to score. If the offense does not reach midfield or does not score after reaching midfield, the ball changes possession and the new offensive team takes possession on its 5 yard line
- b. After an interception, the new offensive team will take possession from the spot the defender's flag was pulled
- c. Extra Point attempts are placed at the 5 yard line. This must be a pass play.
- d. Two-point conversion attempts are placed at the 12 yard line. This may be a run or pass play.
- e. Legal Snap: A center must snap the ball with a rapid and continuous motion between or beside their legs to a player in the backfield and the ball must completely leave their hands. Center sneaks are illegal.

### **2. Running**

- a. Quarterback running: The quarterback cannot directly run the ball and there must be an exchange. If the QB is blitzed and the blitzed comes across the line of scrimmage, the quarterback can run with the ball without handing the ball off.
- b. If the runner inadvertently loses his flag while maintaining possession of the ball, the defender must use a one-hand touch
- c. A player is considered down without having the flag pulled if any other body part other than the foot or hand is touching the ground.
- d. The ball is spotted where the ball carrier's feet are when the flag is pulled, not the location of the ball
- e. Players feet cannot leave the ground to advance the ball

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- f. No Run Zones: The offensive team may not run the ball when the line of scrimmage is at the opposing team's 5 yard line or closer to the end zone or midfield

### **3. Passing**

- a. The quarterback has a 9 second pass clock to get rid of the ball.
- b. When inside the "no running zones" the pass must cross the line of scrimmage

### **4. Receiving**

- a. All players are eligible to receive a pass
- b. Only one player is allowed to be in motion at a time
- c. Players must have at least one foot in bounds when making a catch.

### **5. Rushing the Passer**

- a. Anyone wanting to rush the passer must be behind the 10 yard QB rush mark. Any number of players may be behind this mark.
- b. Once the ball is handed off, the defense (in any location) may cross the line of scrimmage

### **6. Blocking/Screening**

- a. Blocking: There is to be no blocking allowed. A block is considered any action that:
  - i. Contact is initiated by the team with the ball
  - ii. An attempt to purposely get in the way of the defense by moving with the individual with the ball

### **7. Penalties**

- a. Offensive Penalties (Offensive P.I., Offsides, Center Sneak, Illegal Run, Blocking, Holding and Stiff arms): 5 yards and loss of down
- b. Defensive Penalties (Defensive P.I., Defensive Offsides, Illegal Blitzing): 5 Yards and repeats down
- c. Flag Guarding: 5 yard penalty from the point of the infraction and loss of down.
- d. Unsportsmanlike conduct: 10 yard penalty and loss of down. (includes any attempt or form of tackling)

### **8. Coaches**

- a. Coaches will be responsible for the behavior of their teams and parents

### **9. Spectators**

- a. Fans are encouraged to cheer and support both teams. All are expected to be courteous and be positive role models for players. Spectators will respect coaches, players, game officials and other spectators at YMCA events.

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**YMCA of Northwest North Carolina**  
**Flag Football**  
**9-11, 10-11 yr. old Rules**

**Number of Players:** Seven players per team on the field

**Ball Size:** Junior

**Length of Game:** Two halves. Each half is 20 minutes.

**Officials:** Two officials

**Playing Time:** Players shall play a minimum of 50% of game. No player shall play more than 75% of total playing time unless all other players present have played at least 75% of total playing time.

Players are encouraged to play different positions.

**Score:** Will be kept for this division

**Play Clock:** Teams will have 30 seconds to snap the ball once the official spots the ball.

**Time Outs:** Each team has two time outs. Time outs are 30 seconds.

**Flags:** All flags must be placed over jerseys.

### **1. General Information**

- a. The offensive team takes possession of the ball at its 5 yard line and has four plays to get the ball to midfield. Once a team crosses midfield, the team has four plays to score. If the offense does not reach midfield or does not score after reaching midfield, the ball changes possession and the new offensive team takes possession on its 5 yard line
- b. After an interception, the new offensive team will take possession from the spot the defender's flag was pulled
- c. Extra Point attempts are placed at the 5 yard line. This must be a pass play.
- d. Two-point conversion attempts are placed at the 12 yard line. This may be a run or pass play.
- e. Legal Snap: A center must snap the ball with a rapid and continuous motion between or beside their legs to a player in the backfield and the ball must completely leave their hands. Center sneaks are illegal.

### **2. Running**

- a. Quarterback running: The quarterback cannot directly run the ball and there must be an exchange. If the QB is blitzed and the blitzer comes across the line of scrimmage, the quarterback can run with the ball without handing the ball off.
- b. If the runner inadvertently loses his flag while maintaining possession of the ball, the defender must use a one-hand touch
- c. A player is considered down without having the flag pulled if any other body part other than the foot or hand is touching the ground.
- d. The ball is spotted where the ball carrier's feet are when the flag is pulled, not the location of the ball
- e. Players feet cannot leave the ground to advance the ball

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- f. No Run Zones: The offensive team may not run the ball when the line of scrimmage is at the opposing team's 5 yard line or closer to the end zone or midfield

### **3. Passing**

- a. The quarterback has a 9 second pass clock to get rid of the ball.
- b. When inside the "no running zones" the pass must cross the line of scrimmage

### **4. Receiving**

- a. All players are eligible to receive a pass
- b. Only one player is allowed to be in motion at a time
- c. Players must have at least one foot in bounds when making a catch.

### **5. Rushing the Passer**

- a. Anyone wanting to rush the passer must be behind the 10 yard QB rush mark. Any number of players may be behind this mark.
- b. Once the ball is handed off, the defense (in any location) may cross the line of scrimmage

### **6. Blocking/Screening**

- a. Blocking: There is to be no blocking allowed. A block is considered any action that:
  - i. Contact is initiated by the team with the ball
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### **7. Penalties**

- a. Offensive Penalties (Offensive P.I., Offsides, Center Sneak, Illegal Run, Blocking, Holding and Stiff arms): 5 yards and loss of down
- b. Defensive Penalties (Defensive P.I., Defensive Offsides, Illegal Blitzing): 5 Yards and repeats down
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### **8. Coaches**

- a. Coaches will be responsible for the behavior of their teams and parents

### **9. Spectators**

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**YMCA of Northwest North Carolina  
Flag Football  
12-14 yr. old Rules**

**Number of Players:** Seven players per team on the field

**Ball Size:** Youth

**Length of Game:** Two halves. Each half is 20 minutes.

**Officials:** Two officials

**Playing Time:** Players shall play a minimum of 50% of game. No player shall play more than 75% of total playing time unless all other players present have played at least 75% of total playing time.

Players are encouraged to play different positions.

**Score:** Will be kept for this division

**Play Clock:** Teams will have 30 seconds to snap the ball once the official spots the ball.

**Time Outs:** Each team has two time outs. Time outs are 30 seconds.

**Flags:** All flags must be placed over jerseys.

### **1. General Information**

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