



RFYFA 5th/ 6th Grade Flag Football League Rules and Expectations

When talking to your team, make sure you are on their level and not talking over their heads. **Make sure there is equal playing time among the members of the team so that no kid is left out. One coach from each team will be required to keep track of substitutions each game on the Team Roster.** Learn your kid's first names and **call them by name** whenever talking to them in practices and games. This shows them that you care!

Beginning the Game: Field Dimensions

The field will be 40 yards long, with 10-yard-deep end zones. The field will be 50 yards wide. There are "no run" zones in 5-yard space on either side of midfield. There is also a "no run" zone when the offense's ball is placed 5-yards or closer to the opposing team's end zone. Players will perform "rock, paper, scissors" to determine possession at the start of the game.

Rule 1: The Game, Field, Players, and Equipment

- Teams: Shall consist of seven (7) players, with the minimum starting number of five (5). On Offense teams will have seven (7) youth players. On Defense teams will have seven (7) youth players. Two referees will be available for each game.
- Before plays there can be one coach on the field for each team. During plays no coaches are allowed on the field.
- Equipment of Players: Players will not wear helmets, but it is required that each youth player wear a mouth guard when on the field. In addition, players must wear tennis shoes or rubber cleats. Players of opposing teams must wear contrasting colored jersey shirts, which are provided by RFYFA. All players shirts must be tucked into shorts/pants when on the field. The flag belt must be worn so there is one flag on each hip of the player. In addition, the flag belt cannot have excess material dangling off it. The excess material should be cut and/or taped prior to the start of the game.
- Every player should get a chance to touch the ball at least once per game.
- If a team has a 17+ point lead, they must give the ball to less experienced players.

Rule 2: Periods and Time Factors

- Playing Time and Intermissions: Playing time will consist of approximately two 20-minute halves. Halftime will be 2 min. long. The play clock is 45 seconds, with a warning to the offense for the first offense. The game will have a running clock, with the exception of the last two minutes. During the last two minutes of the game, the clock will stop for incomplete passes, players running out of bounds, turnovers, timeouts, and touchdowns.
- The Coach Quarterback must throw the ball within eight seconds of the snap, or it will be a loss of down. The ref or assistant coach must count out loud once they get to five seconds.
- Timeouts: Each team will have one timeout per half.
- Tie Game: Will end in a tie.

Rule 3: Ball in Play, Dead Ball, and Out-of Bounds

- Inadvertent Whistle: If an official blows his or her whistle inadvertently, the ball is dead and the play stops. Referee's judgment will govern the situation.
- Fumbles: **All fumbles are dead as soon as the ball touches the ground.**





- Down: Once any part of ball carrier's body touches the ground (excluding hands and feet) play shall be ruled down. **Players will be marked down where they are when their flag comes off, NOT where the ball is when the flag comes off.**

Rule 4: Putting the Ball in Play to Begin Game and or Series

- There are no kickoffs. At the beginning of the game and each half the "receiving team" (or, team on offense) begins at their own 5-yard line.
- Punts: There will be no actual punts during the game. The Offense will get a first down at the midfield marker, or on 4th down they can choose to turn the ball over to the Defense. In that situation, the Defense moves to Offense and will start with the ball at their own 5-yard line.

Rule 5: Snapping, Handing, and Passing the Ball

- Legal snap: The ball must be snapped with one fluid motion from the ground. **Legal snaps need to be between the center's legs.**
- Passing Plays: A forward pass may be made from any point behind the line of scrimmage. Handing the ball forward will not be considered a forward pass. Only one foot needs to touch in bounds for a pass to be complete.
- Pass Interference: During a legal forward pass, contact which interferes with an eligible receiver is pass interference, unless it occurs when two or more eligible receivers make a simultaneous and bona fide attempt to reach, catch, or bat a pass. It is also pass interference if an eligible receiver is deflagged prior to touching the ball. In addition, if the pass interference by either player is intentional or unsportsmanlike, his or her team shall be penalized an additional five yards.
- Running Plays: **THE QB CANNOT RUN PAST THE LINE OF SCRIMMAGE (LOS).** The only exception is if the quarterback is rushed by a blitzer who started 7 yards away from the LOS. In this case, the quarterback cannot rush past the LOS until the rusher crosses the LOS. Fake handoffs or "play action" plays are allowed, but once the fake handoff occurs any defender can cross the LOS to rush the quarterback/running back.

Rule 6: Scoring Plays and Touchbacks

- Touchdowns: A touchdown scored shall be worth six points. After touchdowns, teams will choose to attempt an extra point conversion from the 5-yard line or 10-yard line. All conversions from the 5-yard line are one point, while all conversions from the 10-yard line are 2 points. Running plays are not allowed on extra point attempts from the 5-yard line.
- Safeties: There are no safeties in this league. If a player is "sacked" or stopped in their own end zone, they will start from the 1-yard line on the next play. The only exception is if a team is sacked or stopped in their own end zone on 4th down. In that situation the defensive team will be awarded 2 points and given the ball at midfield.

Rule 7: Conduct of Players and Others

- Offensive Screen Blocking: The offensive screen block is allowed. The screen blocker shall have his/her hands and arms at his/her side. Any use of the hands, arms, elbows, legs or body to initiate contact during an offensive player's screen block is illegal. A player must be on his/her feet before, during and after executing a screen block.





- Use of Hands or Arms by the Defense: 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. Screen blocks will be judged as legal or illegal similar to how blocks and charges are judged in Basketball.
- Runner Guarding the Flag belt: Runners shall not flag guard by using their hands, shoulders, arms, or the ball to deny the opportunity for opponent to pull or remove the flag belt. This includes "stiff arming" the defender. The runner will be called "down" on the spot if the ref calls flag guarding.
- Spinning: Spin moves are allowed.
- Loss of Flags: When a runner loses his/her flag belt accidentally, inadvertently or intentionally, play continues and the de-flagging reverts to a one-hand tag between the shoulders and knees.

Rule 8 – Defensive Alignment, Interceptions and Blitzing the Quarterback

Defensive players must not line up closer than 1-yard to the line of scrimmage. Defensive players can blitz the quarterback a maximum of three (3) times per half. When blitzing the rusher must line up seven (7) yards away from the LOS before the snap. This blitz mark will be set by the referee. The rusher cannot go past the blitz mark until the ball is snapped, or the blitz will be considered illegal.

The defense cannot cross the line of scrimmage until a handoff has been made by the offense, or a fake handoff has been executed. Interceptions can be returned for a touchdown. If the intercepting player's flag is pulled prior to reaching the endzone, the ball will be spotted at that position on the field.

Rule 9 – Penalties

Any penalty call by the referee results in a 5-yard gain or loss. The only exceptions to this are the following:

- Pass Interference – 15-yard penalty
- Poor Conduct – 15-yard penalty

Poor Conduct is determined by the referee, but examples include swearing, intentional tackling, running through players that are screen blocking, etc.

Rule 10 – First Downs

There will be one first down at midfield. This is will be marked by cones on the field and does not change. Teams start at the 5-yard line to begin their drive. This means they only have 15 yards to go to reach their first down.

Rule 11 – Substitutions

Substitutions will take place freely throughout the game on both sides during dead ball situations.

