

## **FREMONT YOUTH LEAGUE FLAG FOOTBALL**

### **FLAG FOOTBALL GAME RULES**

#### **6 on 6**

**Updated: 9-29-25**

##### **General Game Play:**

- Games are 32 minutes, consisting of 4-8 minute quarters RUNNING CLOCK. 1 minute break between 1<sup>st</sup>/2<sup>nd</sup> quarter and 3<sup>rd</sup>/4<sup>th</sup> quarter. Half time will be 5 minutes. Clock will be a running clock unless time outs are called.
- Each team will get 2 time outs per half. They do not carry over if unused. 30 seconds per time out.
- Offense will be allowed 45 seconds to call play once the ball is set. There will be some flexibility to this but Ref's will issue a warning if they feel it's being abused. If issue continues a delay of game penalty will be enforced.
- Coin toss will determine first possession and direction.
- Interceptions ARE WORTH AN AUTOMATIC PICK 6. The whistle will be automatically blown on an interception. Also, a fumble recovery is worth an automatic 6 pts with the whistle being automatically blown. The ball goes BACK to the team that just got scored on by that fumble or interception. Please reset it back on the 40-30-20-10 whatever quarter they are in.
- Snap from center to QB can be done either between legs or at side of center to start play.
- Substitutions must be made at change of possessions or coaches choice. But all players on team must get playing time. Please work in the players at all positions pending on their talent and ability.
- 1<sup>st</sup> quarter will start at the 40yd line - 2<sup>nd</sup> quarter will start at the 30yd line - 3<sup>rd</sup> quarter will start at the 20yd line - 4<sup>th</sup> quarter will start at the 10yd line. If a play was ran and the time of that quarter ran out, the ball is spotted where the whistle was blown to finish out their set of downs if needed into the next quarter. It does not get reset to that quarter RULE.
- FOOTBALL SIZE: PEE-WEE
- IF A GAME TIES, A WIN IS WORTH ½ AND A LOSS IS WORTH ½ (NO OVERTIME IS PLAYED)
- NO STIFF ARMING AT ANY PART OF THE BODY ACCEPT THE HANDS THAT ARE REACHING FOR A FLAG AND NO SLAPPING AT THE BALL TO KNOCK IT OUT AND NO SLAPPING AT THE HANDS THAT ARE REACHING FOR A FLAG.
- MUST HAVE 3-FLAGS WITH VELCRO ON A BELT IN ORDER TO BE ON THE FIELD TO PLAY. 1 ON LEFT HIP SIDE AND 1 ON RIGHT HIP SIDE AND 1 ON THE TAILBONE (NO FLAG IN FRONT)

##### **Scoring:**

- Touchdown = 6 points
- NO EXTRA POINTS
- OFFICIALS & VOLUNTEERS & COACHES will be responsible for keeping score of games and the chain gang....NEED 4
- NO OVERTIME
- FEWEST ALOUD POINTS AT THE END OF THE SEASON WILL DETERMINE THE TEAMS PLACEMENT POSITION FOR 1ST 2ND 3RD ETC ETC IF NEED BE.

##### **Offensive Rules:**

- NO FLAG GUARDING – NO STIFF ARM – NO SLAPPING
- All players are eligible to go out for a pass. Must have 3 players on the line of scrimmage to start every down(minimal). Any formation is aloud. NO LEAD BLOCKING OR BLOCKING PERIOD. No players are to go in MOTION. Keep it simple
- Penalties and Warnings will be called. A referee can make any changes to a play or incident if they already been warned about that play or incident.

### **Offensive Rushing:**

- NO BLOCKING OR LEAD BLOCKING IS ALLOWED
  - The Quarterback cannot run the ball coming directly from the snap of the center.
  - Hand-off, laterals and pitches are allowed.
  - "Center Sneaks" are not permitted
  - The player who takes the hand-off, lateral or pitch can throw the ball from behind the line of scrimmage.
  - If a player receives a hand-off, lateral, or pitch, the player CAN throw the ball forward.
  - A forward lateral or pass in the backfield is considered a running play. The ball must cross the line of scrimmage in the air to be considered a forward pass.
  - Once the ball has been handed off, lateraled or pitched, all defensive players are eligible to rush.
  - Spinning is allowed. Jumping is allowed. NO STIFF ARM
  - No diving. 5 yard penalty from the spot of the dive.
  - The ball is spotted where the ball is when the flag is pulled. (TEACH YOUR PLAYERS TO RAISE THE FLAG IN THE AIR ONCE ITS PULLED)  
Player running with the ball must make an effort to avoid running through or initiating contact on the defensive player. Depending on the severity of the offense, an unsportsmanlike conduct penalty may be assessed.
  - NO FLAG GUARDING – NO SLAPPING – NO STIFF ARM
- Their should be 3 players on the line of scrimmage (minimal) on each play before the center snaps the ball.

### **Dead Balls:**

The play is ruled dead when....

- Ball carrier's flag is pulled (TEACH THEM TO RAISE THE FLAG IN THE AIR AFTER PULLING THE FLAG)
- Ball carrier steps out of bounds
- Ball carrier's knee hits the ground
- Touchdowns , Interceptions, & fumble recoveries
- If the ball carrier's flag falls out without a defensive attempt, the play remains live until the point when the next defender is close enough to make a flag pull. Play is called dead at official's discretion
- Ball carrier's flags are NOT positioned at the hips (slide to the back making it difficult to pull). The referee shall determine when a defender is close enough to make a flag pull and spot the ball there.
- The ball hits the ground as a result of a "fumble". However, if the ball hits the ground during the center/QB exchange, it is not ruled dead unless the QB is having difficulty picking up the ball as a defender approaches. On a fumbled snap, only the QB is eligible to pick up the ball.

### **Rushing the QB:**

\*NO RUSHING THE QB, WHICH MEANS BLITZING IS NOT ALLOWED.

ALL DEFENSES SHOULD BE PLAYING A MAN TO MAN STYLE OF DEFENSE. PLEASE TEACH THEM THE PROPER STANCE AND FOOTWORK TO COVER A PLAYER ONE ON ONE. Also, teach your player how to switch from player to player as well. A player can release from there guy once the ball is passed, handed off or once it breaks the line of scrimmage, all players then can go for the ball carrier or wide receiver.

- ALL DEFENSE SHOULD BE MAN TO MAN COVERAGE

**Sportsmanship:**

If the field referee witnesses any acts of tackling, elbowing, cheap shots, blocking or ANY unsportsmanlike act, the game will be stopped, and the player/coach or fan maybe ejected from the game.

\*Referees (and coaches) may sit a player at any time as a warning prior to removing the player from the game for unsportsmanlike behavior as well.

**FOUL PLAY OR UNSPORTSMANLIKE CONDUCT BY ANYONE WILL NOT BE TOLERATED**

Officials have the right determine what constitutes offensive language. Offensive language towards officials, opposing players, teams or spectators is not acceptable in this league. If this occurs, the referee may give one warning and if it continues, the player (s), coach (es) and/or fan (s) will be subject to ejection from the field and premises. The game will not continue until the ejected party has left. If they do not leave, the referee will forfeit the game immediately and award the Win to the opposing team.

Anyone ejected from a game, for any reason, will not be allowed for the next game. If they are ejected a 2<sup>nd</sup> time during the season, they will be banned from the remainder of the season and are subject to dismissal from the league. In such a scenario, NO REFUND will be issued.

**Uniform Code:**

Cleats are allowed, except for metal spikes. Inspection will be made at midfield prior to each game. **For the safety of our player, all players must wear a protective mouthpiece . NO EXCEPTIONS!! (WEARING HEAD GEAR OR PADDED PANTS IS OPTIONAL)** Players without MOUTHPIECES are not permitted to participate in either games or practices.

Official league team jerseys and league flags must be worn during play. Flags must be a different color than the shorts. ATHLETIC Shorts or PANTS must be a solid color (BLACK IS RECOMMENDED) and worn during games and practices.