

NYS

Flag Football Rules

1. Each game will begin with a coin toss. The team listed first on the schedule is considered the home team and will call heads or tails. The winner of the coin toss will then choose which team will kickoff. After halftime the team that received the opening kickoff must kickoff to the other team to begin play.
2. The playing field will be 35 yards wide and 60 yards long. Each end zone will be 10 yards deep. The field will consist of four, 15 yard zones.
3. The game will consist of four, ten minute quarters, with a three minute halftime and one minute between quarters. Each team is allowed two, 45 second timeouts per half. No overtime in the case of a tie.
4. The size of the football is:
 - 6 – 7 year olds - Antioch Pee Wee Football
 - 8 – 13 year olds - Antioch Junior Football
5. Scoring is as follows:
 - Touchdown - 6 points,
 - Conversion (from 5yd line) - 1 point; running play
2 points; passing play
 - Safety - 2 points.
6. The game will be played seven on seven. Each team will therefore have a maximum of 14 players allowed on their roster. Every child must play at least half of every game.
7. No forfeits.
8. The head coach has the authority to limit game playing time of any player on their team who continually misses practices without a valid excuse, or that may have caused disciplinary problems during a prior practice or game.
9. The NYS jersey, flags and an approved mouthpiece are required to be worn in order to participate. Each jersey must be tucked in and no jewelry, hats, open toed shoes, or metal cleats may be worn.
10. All offensive penalties sustain a five yard penalty and must replay the down. All defensive penalties incur a ten yard penalty and an automatic first down. Any unsportsmanlike conduct by any player, coach, or spectator will result in immediate ejection, a 15 yard penalty and loss of down. The game will resume once the violator has left the premises.
11. Interceptions are allowed and may be run back for a touchdown.
12. The removing of a player's flag that does not have possession of the football will result in a 10 yard penalty.
13. Physical contact may not be used to stop the ball carrier or to remove their flag. Absolutely no physical contact with receivers with the intent of altering their route will be allowed. No pass interference.
14. Defensive rushing is allowed only after a hand-off, toss, or any similar reverse lateral exchange between the Quarterback and receiver/runner. The defense may not cross the line of scrimmage until the ball leaves the Quarterback's hands.

15. Only one offensive rushing play is allowed in any series of downs. All other plays must include a forward pass. A forward pass is a pass that is thrown from behind the line of scrimmage, by an offensive player, in any forward motion including an underhand, sideways, or shuffle pass. The forward pass MUST cross the line of scrimmage. Any pass that is thrown to a receiver behind the line of scrimmage will be ruled incomplete.
16. The offense has five seconds from the snap of the ball to throw the forward pass or complete a hand-off/lateral. If a pass/hand-off/lateral is not attempted before the five second time allowed, the play is whistled dead and the offense will start the next play from the original line of scrimmage.
17. A first down will be earned every time a team advances the ball into a new zone. If your team has been penalized you must make up the lost yardage and still enter the next zone to earn the first down.
18. There is a 30 second time limit between plays. (Clock starts with the official's whistle.)
19. Huddles are optional.
20. All offensive plays must begin with a center snap. Traditional or side snaps will be accepted.
21. Direct snaps to any offensive rusher or running back are not allowed and will be ruled an offensive penalty if attempted. (No "Wildcat" formations; No Quarterback sneak/draw)
22. All seven players on offense are eligible receivers, including the center.
23. One player is allowed in motion at snap of the football. Players may line up in the backfield.
24. Catches must be made with a minimum of one foot in bounds.
25. Straight-arming or other types of flag guarding are not allowed. If a player's flags fall off then the player is immediately down at that spot and play is over.
26. Offense may screen block (hand contact only). No arm extension allowed.
27. Punting is allowed on fourth down only. No rushing the punter. There are no fake punts. The offense must declare their intent to punt before their huddle is broken. No snap required and the offense must wait until the ball is kicked before they can cross the line of scrimmage. The receiving team may choose to have all their players downfield to catch the punt. If punt is not caught from the air it is dead where it hits the ground.
28. Placekicking takes place from the 15 yard line with the receiving team is at midfield.
29. On-side kicks are not allowed.
30. If a ball is kicked through the end zone, it is a touchback and the offense will take possession at their 15 yard line.
31. If the kickoff goes out of bounds the kicking team must kickoff again. If the ball is kicked out of bounds for a second time, the offense will take possession at midfield.
32. If the receiving team drops the kickoff then the ball may not be advanced. If the ball is dropped in the end zone a touchback is called. The ball can be advanced if it is caught on the bounce.