

6th/7th/8th Grade Flag Football Rules

(Updated 2023 - Influenced by NFL Flag rules/CIF Girls Flag Football)

Field

80 yards long x 30 yards wide with two 10 yard end zones

Each New Series starts at the 20yd line and its 1st down with 20yards to go

Every 20yds is 1st down.

No-Run Zones are located 5 yards from each End Zone and 5 yards from each line-to gain

Equipment

Only rubber molded cleats or tennis shoes are permitted

Each offensive team may use a ball of its choice

6 grade junior ball

7/8 grade at least a Youth regulation size ball - Can use regulation size (High School)

Players

6 players on a side

All offensive Players are eligible to catch a pass.

No Blocking or Moving Screens Allowed

Kickoffs

In order to prevent collision problems there are NO kickoffs

The team receiving the ball will start on the 20 yard line for their first down

To begin the game a coin flip will determine which team receives the ball first.

PUNTS

There will be NO punts

On 4th down the offensive team must declare whether they are "punting" or going for the first down prior to expiration of the play clock.

If the offensive team declares a "punt" after committing a delay of game foul, the penalty will be enforced at the subsequent dead ball spot.

If the offense declares a "punt" the defense will take possession of the football on their 20-yard line. (10-yard line for 50 yard fields)

If the offense goes for the first down and does not obtain it, the defense will take possession of the football at that point on the field.

BLOCKING

Blocking: No Blocking or Moving Screens allowed at any time • NO EXCESSIVE CONTACT will be allowed

The offensive team may NOT throw more than one forward pass per play.

The offensive team may throw an unlimited number of backward passes during any play.

No player may throw the ball forward if that player is beyond the line of scrimmage.

The QB MAY intentionally ground the ball by throwing the ball into the ground or out of bounds to avoid a sack.

No forward passes are allowed after an interception

Offensive Rushing

Player that takes the direct snap cannot run with the ball

They must pass or handoff to a running back or fullback

The offensive team must have 3 players on the line of scrimmage at the snap.

No spinning

No hand guarding/flag guarding

Defense

Rushing/Blitzing: Any defensive players can rush from any position on the field if they are 7 yards behind the line of scrimmage.

Teams may only rush up to two (2) players at a time.

Rushers must attempt to avoid any offensive players. NO EXCESSIVE contact is allowed.

Rusher must avoid hitting the QB's arm, even on the follow through motion.

If the defense rushes no one, the Quarterback has 7 seconds to attempt his/her pass.

Scoring

Touchdown - 6 pts

No kick attempts • 5 yards = 1 point • 10 yards = 2 points

During a PAT attempt, the ball remains live, allowing the intercepting team to return the try for 2 points to the other end of the field.

Once a team declares their choice for a 1- or 2-point conversion and the ball is declared ready for play by the officials, the team may change their decision only after calling a time-out.

FUMBLES

Ball is dead once it hits the ground and spotted at the place of the fumble

TIME

Game Length: 1. 2 - 20 - minute running halves.

2. Halftime will consist of five (5) minutes.

3. Running clock until last 2 minutes of each half. The game clock will start on the snap following the stoppage for notification of 2-minute warning.

4. Each team will have 2-time outs per half with no carry over from the first half to the second half or the second half to overtime.

5. A coin toss determines first choice of options to receive or defer

FLAGS

Easy pull triple threat flag belts (entire belt falls off when pulled on)

There must be 3 flags on the belt

Shirts/jerseys must be tucked in

Uniforms are preferred, hopefully same color with numbers

***If flags fall off on their own, defensive must touch any part of the ball carrier with one hand to stop the play

COACHES

Must remain on the sidelines unless there is a timeout or injury on the field

Ref Fees

One Game - \$50

Two Games - \$90

Each school brings payment to pay one ref per game

PENALTIES

5 yards

Offsides

False start

Excessive time in the huddle (30 seconds after the ready whistle)

Hand guarding (5yds and a loss of down)

Spinning (5yds and a loss of down)

10 yards

Holding

Cross pulling flags

Blocking of any kind

Pass interference

15 yard

Unnecessary conduct