

Florida Youth Football & Cheerleading Association, Inc.
Youth Flag Football Rules

Playing Rules

- Play shall begin with the kick-off from the 45-yard line by the offensive team.
- The defensive team shall line up on the opposite 45-yard line.
- The ball is required to go ten (10) yards to be a free ball. (No Onsides kick).
- Buffer zone: One (1) yard back for defense marked by 1 beanbag.
- Punting is permitted, 5 yard halo in effect for receiver of ball on kicks. If defender is within 5 yards of ball on the ground. Ball is blown dead.
- **Interceptions will be spotted from the point of the interception.**
Ball is dead at the interception point. They cannot be advanced for touchdowns.

Time

- The game shall be played for (2) 15 minute halves, with an (8) minute half-time.
- **Time shall run continuously**, except for the following stipulations:
 - a. A Score, Time-out, Official's time-out, Injury, **3 team time-outs per half**. (No carry-overs.)
- A two minute warning goes into effect at the end of each half. Continuous clock rule ceases.

Scoring (Ball shall be spotted on the 28-yard line).

- Touchdown = 6 points.
- Safety = 2 points.
- Extra point = 1 point for running, 2 points for passing.

General Rules

- **Once the center touches the ball, the coaches shall not verbalize or prompt any instructions to the team and shall be at least 5 yards away from the nearest player.** (2 coaches allowed on field)
- There shall be a minimum of 3 players on the line, both offensively and defensively, when the ball is hiked.
- **One offensive touchdown per player per game.** If a second touchdown is scored by the same player, the ball shall be re-spotted at the scrimmage line and a loss of down shall be assessed.

The ball is down when:

- The ball carrier's flag has been pulled,
- The ball carrier's knee touches the ground,
- The ball carrier guards or attempts to prevent his/her flag from being pulled, and/or
- When the whistle is blown.
- **A fumble of any kind constitutes a dead ball, which shall be marked at the point of the fumble.**
- A tie at the conclusion of a mini-game shall be settled by FHSAA Rules.
(4 downs from the 10-yard line (Kansas City Tie Breaker)).

PENALTIES

5-yard penalties

1. Excess time-out illegally used or requested.	8. Illegal kick.
2. Illegal delay of the game.	9. Helping the runner.
3. Putting the ball into play before declared "ready for play".	10. Holding defensively or offensively.
4. Infraction of scrimmage formation.	11. Jumping or hurdling over another player to avoid having the flag pulled.
5. Offside.	12. Illegal blocking on the line.
6. False start.	13. Illegal blocking down field.
7. Too many players on the field.	14. Offensive pass interference.

10-yard penalties

1. Stiff-arming.	4. Clipping
2. Striking, kicking, kneeling, elbowing, etc.	5. *Unsportsmanlike conduct.
3. Tripping.	6. *Tackling.

*Ejection for the remainder of the game—after the second offense of unsportsmanlike conduct or tackling, the player shall be removed from the game.