



Wilber Youth Org. Flag Football

PURPOSE OF THE PROGRAM

The goal of the youth flag football program is to give every child 1st-6th grade a chance to play flag football. An emphasis will be placed on teaching the fundamental skills of football, teamwork, sportsmanship and giving the kids an opportunity to build friendships while having FUN! Flag football play and tactics are designed to employ speed, fitness and deception rather than violent physical contact.

GENERAL INFORMATION

Games will be played on Saturday mornings at the WC game field directly to the east of the high school. All age levels will play with 6 (six) players on the field (offense and defense).

TIMING

Games will consist of 2 (two) 20-minute halves with a 5-minute halftime.

Clock will not stop for timeouts until the final 2 minutes of the half, unless official's timeout.

Teams will have two 30 second timeouts per half.

A team has 30 seconds to snap the ball once it has been spotted. Teams will receive 1 (one) warning before a delay of game penalty is called.

PLAYING RULES

1. A coin toss determined first possession (teams switch possession at halftime)
2. The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross mid-field. Once a team crosses midfield, it has three (3) plays to score a touchdown. If the offensive team fails to score a touchdown or move the ball passed midfield, the opposing team starts its drive from its 5-yard line.
3. All possession changes, except interceptions, start on the offenses 5-yard line.
4. Coaches are allowed in the team huddle.

SCORING

Touchdown: 6 points

Extra point: 1 point (from 5-yard line PASS ONLY) or 2 points (from 12-yard line, RUN or PASS)

Safety: 2 points

OFFENSE

- There must be at least 3 players on the line of scrimmage.
- If an offensive player fumbles the ball, play will be blown dead. The ball will be spotted where the ball hits the ground.
- The ball maybe snapped between the legs or off to one side.
- Ball must be snapped to a player not on the line of scrimmage.
- Substitutions may be made on any dead ball.
- No blocking allowed. Linemen cannot use their hands on a defensive player. Hands must remain on their sides; they can shuffle their feet and use their bodies to slow defensive rushers.



Wilber Youth Org. Flag Football

RUNNING

- The quarterback cannot run with the ball. Quarterback must handoff or pass the ball.
- “No Running Zones” will be located 5-yards from each end zone and 5-yards on both sides of midfield. The no running zone is designed to avoid short-yardage, power running situations.
- Once the quarterback hands off or lateral pitches the ball, all defensive players are eligible to rush.
- The player who takes the handoff or pitch/lateral can throw the ball from behind the line of scrimmage.
- Ball carriers may not leave their feet to avoid a defensive player but they may spin or juke.
- Flags must attached on the outside and not be wrapped around belt.
- Ball carriers may not protect the flags in any way. Hands and arms must be kept above the waist. No straight/stiff arm is allowed.
- Ball carrier may not run through a defensive player but must try to evade/side step.
- Flag Removal: The ball will be spotted where the ball carrier’s feet are when the flag is pulled, not where the ball is.

PASSING

- All forward passes must be received beyond the line of scrimmage.
- Shovel passes are allowed but must be received beyond the line of scrimmage.
- The quarterback has a seven (7) second “pass clock”. If the ball is not thrown within the seven seconds of the snap the play will be blown dead, loss of down. The seven second rule is not in effect if the ball is handed off.
- Interceptions: Defensive interceptions may be returned and possession will start at the spot of the flag pull. An interception is the only change of possession that does not start on the 5-yard line.

RECEIVING

- All offensive players are eligible to receive a pass.
- One player can be in motion prior to the snap.
- A player must have at least one foot inbounds when making a reception

DEAD BALL

- Play will be blown dead when:
- Ball carrier’s flag is pulled or falls off.
- Ball carrier steps out of bounds.
- Ball carrier’s knee or elbow touches the ground.
- Touchdown or safety is recorded.
- Passer throws the ball from beyond the line of scrimmage.
- The ball hits the ground (fumbles, muffed snaps, laterals and incomplete pass)



Wilber Youth Org. Flag Football

DEFENSE

- All defensive players must be 5-yards from the line of scrimmage when the ball is snapped (Rush Line).
- Only two (2) players may rush the passer and cross the line of scrimmage at the snap of the ball. All other players not rushing the passer may defend the line of scrimmage. If the ball is handed off or pitched to another runner, all defenders may cross the line of scrimmage and attempt to de-flag the ball carrier.
- A defensive player may not go through an offensive player to get to the ball carrier, must try to avoid contact.

PENALTIES

- All penalties will be assessed from the line of scrimmage.
- Only the head coach may speak to the referee about calls.
- Any unsportsmanlike conduct penalty (swearing, rough play, taunting) will be a 10-yard penalty.

DEFENSIVE PENALTIES:

| | |
|--|--|
| Off-sides (crossing the Rush Line prior to snap) | 5-yards, repeat down or result of play |
| Pass Interference | 10-yards, automatic first down |
| Illegal Contact (holding, blocking) | 10-yards, automatic first down |
| Illegal flag pull (before receiver has ball) | 10-yards, automatic first down |

OFFENSIVE PENALTIES:

| | |
|---|-------------------------------------|
| Illegal Motion (false start, more 1 person in motion) | 5-yards, repeat down |
| Illegal Forward Pass (pass behind line of scrimmage) | 5-yards, loss of down |
| Offensive Pass Interference | 10-yards, loss of down |
| Flag Guarding | 10-yards, loss of down |
| Delay of Game (dead ball) | 10-yards, loss of down, clock stops |

GOAL:

WE WANT STUDENTS TO HAVE FUN WHILE LEARNING THE GAME OF FOOTBALL