



PARKS & RECREATION  
CITY OF AVON LAKE

1<sup>st</sup> & 2<sup>nd</sup> Grade  
Youth Flag Football Rules

1. This program is a learning experience and should be viewed as an introduction to the fundamentals of football. It is designed to prepare the athlete for their first year of tackle football
2. **Field** - Games will be played on half the width and length of a regulation field (25x50 yards). The field will be marked in ten yard increments.
3. **Mouth-guard** -Every player **MUST** have a mouth-guard in place at each practice and game. No player will be permitted to play in any portion of the game or practice without their mouth-guard.
4. **Playing Time** – All players must receive equal playing time unless sick or injured. Every player should also be given an opportunity to play all positions (unless physically unable) at some point during the season.
5. **Number of Players** – 7 vs. 7
6. **Start Of Game** - The first possession will be determined with a coin toss and will begin on the offensive team's own ten yard line.
7. **Game Length** – Games are to be one hour in length consisting of two 25 minute halves and one 10 minute half-time.
8. **First Downs** - A first down will be awarded when a team moves the ball to the next cone in four downs or less.  
*Note: It is possible and common to achieve a first down in less than ten yards should the spot of the ball for a new series not be exactly at a ten yard cone.*
9. **Team Makeup** - There can be up to seven on the field for each team.
10. **Nose Tackle** – The position of nose tackle is banned. Therefore, no defensive player may line up opposite the center on the line of scrimmage.
11. **Center Snap** – The center may snap the ball either sideways or between his/her legs; the offensive coach makes this decision.
12. **Middle Linebacker** – If the defense elects to fill the position of Middle Linebacker, the player may stand no closer than 3 yards in front of the line of scrimmage prior to the snap of the football.
13. **Blitzing** – Blitzing is prohibited until such time as the quarterback hands the ball off or runs outside the tackle one.
14. **Linebackers** – Other than the restriction placed on the Middle Linebacker, no other linebackers may stand closer than 3 yards away from the line of scrimmage before start of play.
15. **Bad Snap (1)** – There will be no re-huddle in the event of a bad snap. The teams are to immediately realign on the line of scrimmage and continue the play.
16. **Bad Snap (2)** – In the event of a bad snap, if the ball did not reach the possession of the quarterback, it will be called a bad snap and the ball is dead. The teams then go on to the next play. If the ball is dropped after possession by the quarterback, or during the handoff or subsequent play, the ball is considered a fumble. Knocking the ball out of the quarterbacks hand, during the snap, is prohibited for defense can not cross the line of scrimmage.
17. **Bad Snap (3)** – In the event there are two consecutive bad snaps, the offensive team will lose a down and may re-huddle. The exception to this shall occur when a team is in a fourth down situation; the offense will lose three yards, or half the distance to the goal if they cannot give up the yardage without causing a touchback. The offensive team will be allowed to re-huddle and attempt the fourth down play again.

**18. Scoring:**

- a. Touchdown = 6 points
- b. Extra Point – Spotted from the three yard line
  - i. Running = 1 point
  - ii. Passing = 2 points

19. **Safety** – In the event of a safety the defensive team will not score any points. However, the ball will be turned over and placed on the opponent's 15 yard line.

20. **Chuck Blocking** – It shall be permissible for a defensive team to chuck-block a ball carrier out of bounds subject to the following:

- a. There shall be no holding of the ball carrier.
- b. The only player that can be chuck-blocked is the ball carrier.
- c. If the ball is fumbled during the block, it does not change hands and is dead where it strikes the ground or goes out of bounds.

21. **Holding** – Holding shall be called when it is a flagrant violation that affects the outcome of the play. The ball is spotted at the infraction point with a loss of down for offensive holding and an automatic first down for defensive holding.

**22. Tackling**

- a. A player tackling an opponent will result in an automatic first down and the offending player will be forced to sit out for the next 4 consecutive plays. Should the same offender tackle or run over a defensive player while running the ball (i.e. second physical infraction), they will be forced to sit out the remainder of the game.
- b. Should a ball carrier run over ANY defensive player it will result in a loss of downs and the offensive player will be forced to sit out the next 4 consecutive plays. Should the same offender run over a defensive player or tackle an offensive player (i.e. second physical infraction), they will be forced to sit out the remainder of the game.
- c. Unsportsmanlike conduct of any kind will not be tolerated.

**23. Flag Pulling**

- a. A legal flag pull takes place when the ball carrier is in full possession of the ball.
- b. Defenders can dive to pull flags, but cannot tackle, hold or run through the ball carrier when pulling flags.
- c. It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.
- d. If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends.
- e. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
- f. Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm or shoulder, or intentionally covering the flags with the football jersey.

24. **Fumbles** – When a fumble occurs the ball is dead at the spot and the fumbling team retains possession with the down counting.

25. **Huddle** – Play calling in a huddle should not require more than 1 minute from the time a play is considered complete until the next play begins. If a team persists in abusing this limit it may be subject to a three yard penalty.

26. **Punting** – Punting is a dead-all play. On all fourth down possessions the offensive team will declare if they will attempt a first down. If the first down attempt fails the ball will change possession at the downed spot. If the team declares a punt all players must take a knee and the punting team will then punt or throw the ball. Where the ball first makes contact with the ground or a receiving team's player is the point where the ball will be spotted.

27. **Touchbacks** – Should a touchback occur as a result of a punt, the ball will be spotted on the receiving team's 10 yard line.

28. **Flag Guarding** – Stiff-arming of another player or guarding of the flag in any manner is prohibited. The ball will be spotted at the point of infraction.

29. **Line Of Scrimmage / Game Play** – The line of scrimmage shall run from sideline to sideline and pass through the front tip of the football. Both the offense and defense must line up in such a way that they are clearly on opposite sides of this line without touching it with any part of their body or uniform.
- a. It is the offensive players on the line of scrimmage that determine where the defensive players line up.
  - b. The offense must line up a minimum of 3 interior offensive linemen – including the center - and they have to be a maximum arms length apart.
  - c. The defense must line up in a nose-to-nose (no gap) configuration with all players on the offensive line with the following exceptions:
    - i. The offensive center is to be uncovered
    - ii. Linebacker's cannot markup offensive linemen and are to be 5 yards off the line of scrimmage.
    - iii. In an unbalanced offensive formation (i.e. multiple wide receivers on one side of the line) the defense still needs to line up nose-to nose but may do so using the setback of a linebacker or safety positioning.
  - d. There will be no rushing/blitzing/shooting of the offensive center/guard gap and no one will be permitted to hit the center until the center fully stands up, or begins to engage in a block.
    - i. Only two defensive lineman allowed to rush at the snap.
    - ii. Interior defensive players are to wear brightly colored sweatbands (provided) to help the referees in controlling this infraction.
30. **Eligible Receivers** – All players will be considered eligible receivers once the play has started.
31. **Other Rules** – OHSAA football rules apply to all other penalties and infraction unless noted.
32. **Flags** – All shirts must be tucked in and flags PROPERLY secured.
33. **Blocking** – There will be no blocking to the head, back or below the waist. Blocking must be done with open hands, inside the player's shoulders. To block the player must be directly in front of the other player, not coming in from the side.
34. **Coaches** – One coach from each team will be allowed on the playing field and in the huddle during the game, unless additional coaches have been agreed on before the game.
35. **Referees** –Each field will have two ALHS varsity football players officiating the games.
36. There will be no makeup games.

