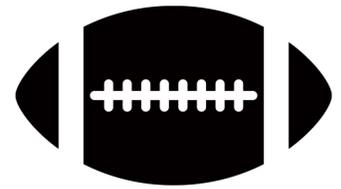




Edwardsville YMCA
7 on 7 Youth Flag Football Passing League
Official Rules



Guidelines for facial coverings and distancing will coincide with the Illinois guidelines and are subject to change at any time before or during the season.

1. **FIELD SIZE:**
 - A. 2nd-4th Grade League
 - 50 yards in length and 30 yards in width.
Two 10 yard end zones.
 - B. 5th-8th Grade League
 - 60 yards in length and 35 yards in width.
Two 10 yard end zones.

2. **STARTING THE GAME:**
 - Official's will meet with a coach and each team's captain to review the rules.
 - A coin toss will determine possession and direction.
 - The ball will be placed at the 5 yd. line.

3. **MOVING THE BALL:**
 - A. The field will be marked in 10 yard zones
 - B. The offense will have 4 downs to produce a first down.
 - C. First downs will be achieved by crossing a 10 yard marked zone.
 - D. Change of possession after:
 - A touchdown.
 - An interception not returned for a touchdown.
 - The opponent's loss of downs. The ball will start at each team's own 5 yard line.

All passing plays (no running plays)

4. **EQUIPMENT RULES:**
 - A. No equipment (*helmets, shoulder pads, thigh pads, etc.*) may be worn.
 - B. It is mandatory that all players wear mouthpieces. Each player must provide their own. Mouthpieces can be picked up at Wal-Mart or any sporting goods store at an inexpensive price.

5. **CONTACT:**
 - A. No blocking is allowed
 - B. The ball carrier is legally down when their flags have been removed. The defensive player must make an attempt at grabbing the flags not grabbing the player and then grabbing the flags.

6. **SPECIAL TEAMS:**
 - A. No kicking or punting.
 - B. No extra points or two-point conversions.

7. **TURNOVERS:**

- A. Fumbles that touch the ground are considered dead where the ball touches the ground. The team that fumbled will keep possession of the ball unless it is fourth down.
- B1. An interception that is not returned for a touchdown will be taken back to the intercepting team's 5 yard line (2nd-4th Grade Division).
- B2. An interception that is not returned for a touchdown will be the intercepting team's ball where the player is down (5th-8th Grade Division).
- C. When a team turns the ball over on downs, the opposing team will take possession on their own 5 yard line.

8. **OFFENSE:**

- A. The offense can line up in any formation as long as they are not off-sides.
- B. There is no center. The quarterback waits for his team to get set and then picks up the ball to put the ball in play.
- C. Teams can only have 1 player in motion prior to the snap at a time and that player must only move horizontally with the line of scrimmage. They may not line up behind the line and get a running start moving forward prior to the snap. It's illegal motion and that would result in a penalty.
- D. Once the ball is snapped, the quarterback has 4 seconds to throw the ball before the defense is allowed to rush **one** defender.
- E. The quarterback has 7 seconds (all age groups) to throw the ball. If the ball is not thrown within 7 seconds the play is blown dead and ruled as a sack but with no loss of yards. The clock will continue to run. Referees will be counting out loud.
- F. Receivers must be past the line of scrimmage in order to advance the ball downfield. No offensive player is allowed to advance the ball past the line of scrimmage by carrying it.
- G. The ball carrier is not allowed to guard his or her flags. Any arm or body motion that covers his/her flags or attempts to push the opponents away will be considered flag-guarding and will result in a penalty.
- H. Only one forward pass per play.

9. **DEFENSE:**

- A. Defenses may play zone, man-to-man, or any combination.
- B. Defenses may rush only 1 player after the head referee has counted to 4 during his 7 second count.
- C. The defense does not have to wait until 4 seconds if the offense throws a lateral.

10. **PENALTIES:**

- A. The responsibility to avoid contact is with the defense. Deliberate bumping or grabbing will be a 5 yard "tack on" penalty. If the penalty is off the ball, it is 5yds. If there is a penalty on a play with the play being over 5yds, then the 5yds will be tacked on to where the play ended.

- B. The ball carrier is not allowed to guard his or her flags. Any arm or body motion that covers his/her flags or attempt to push the opponents away will be considered flag-guarding and will result in a 5 yard spot penalty.
- C. Offensive and defensive holding is a 5 yard penalty.
- D. Offensive and Defensive off-sides are 5 yard penalties.
- E. Offensive and Defensive pass interference are 5 yard penalties. Defensive pass interference is **NOT** an automatic first down
- F. Running the ball past the line of scrimmage will result in a 5 yard penalty.
- G. Each team will have **25 seconds** to snap the ball. A delay of game penalty will be a loss of 5 yards.

** - Any penalties assessed in the direction of a goal line closer than the penalty allows will be half the distance to the goal line.*

11. **COACHES:**

- A. In the 2nd-4th grade league, ONE offensive coach will be allowed on the field to align his or her players. Only the offense can have the coach on the field, **NOT** the defense.
- B. Coaches are not allowed on the field in the 5th-8th grade league unless there is a time-out or injury.
- C. ***All players must play, at least half of the game. Coaches are encouraged to let players play different positions.***

12. **SCORING:**

- A. There is no extra point after a touchdown.
- B. Safeties will result in no points, but the defense is awarded the ball at their own 5 yard line.

13. **TIME:**

- A. We will play two 25 minute halves.
- B. Each team will receive one 30 second time-out per half. Time outs will not carry over.
- C. The last two minutes of the second half, the clock will stop for penalties, incomplete passes, running out of bounds, and first downs. The official will state when the clock will resume running (on his whistle or the snap).
- D. There is NO OVERTIME.

OFFICIALS:

- A. The official will determine if a play or action is un-sportsmanlike, which will be a 10-yard penalty and an automatic first down if against the defense. If it is against the offense, it is a 10-yard penalty and a loss of down.
- B. If a player receives an un-sportsmanlike conduct penalty, they will be warned on their first offense. The second offense of the game will result in an ejection and a suspension from their team's next game. If a player receives two un-sportsmanlike conduct penalties in the same game for the second time during the season, **that player will be suspended for the rest of the season.**

The Official's decisions are final!