

Wahoo Parks and Recreation Department
YOUTH FLAG FOOTBALL LEAGUE RULES

1. All games are played 7 vs. 7 and all players are eligible receivers.
2. All players must wear a flag belt.
3. If a flag or flags are missing, the ball carrier only needs to be touched by a defensive player and the play is over.
4. All flags must be worn on the player's hips with no wrapping around the belt. If a player is found with the flag wrapped intentionally, a 10-yard penalty will be issued with a loss of down.
5. All shirts must be tucked in prior to the snap or a 5-yard penalty will be issued.
6. No shredding of flags or the player will pay for the damages.
7. There will be no fake punts. When punting, the offense and the defense will hold until the ball has left the punter's foot. There will be no quick kicks allowed, however a team may punt on any down with notification to the official.
8. A coin flip will begin each game with the visiting team calling the flip. The second team listed on the schedule is the visiting team. The winner of the flip may choose to: kick or receive, select a goal to defend, or defer their option to the second half.
9. The offense has 4 downs to reach the next 10-yard marker for a first down.
10. The game will consist of 4, 10-minute quarters with a running clock. The clock will stop for time outs. During the last minute of the 2nd and 4th quarters the clock will stop, high school rules apply. There will be 1 minute between quarters and a 5-minute half time.
11. Each team has two, 1-minute time-outs per half. Use them or lose them!
12. Each team has 45 seconds to call and run their play. Failure to do so will result in the loss of a down, however both teams must be set before play begins.
13. In case of a tie, high school rules apply. Each team will get 4 plays from the 10-yard line to score and try for extra points. This procedure will be repeated until there is a winner. (5th & 6th grade only)
14. Typically 1st & 2nd grade will use a "pee-wee" size football.... 3rd & 4th will use a junior and 5th & 6th grade will use a youth size football.
15. All fumbles are live for 5th and 6th grade only. Any fumble may be advanced. For 1st through 4th grades, fumbles will be blown dead, or if a coach fumbles it will be at the official's discretion. (Exceptions: See Rule #16)

16. On the kick off, if a ball is caught by any of front lineman, the ball can be advanced. If a receiver tries to catch the ball (1st through 4th grades) and drops it the play is dead, 5th and 6th grade the ball is live.
17. For 1st and 2nd grade, the coach or a designated adult will be the quarterback.
18. The coaches may be on the field in the huddle during the play calling but must be 15-yards away from the line of scrimmage when play is resumed.
19. All leagues will have a minimum of 4 players on the offensive line.
20. For 1st through 4th grade, players will have a free punt (no rush).
21. The ball will be placed on the 15-yard line for all touchbacks.
22. No onside kicks. The ball must travel 10-yards on the kick off.
23. P.A.T.'s are from the 3-yard line and can be either a: Run = 1 point or Pass = 2 points
24. All penalties are 5 yards except for the following: tackling, stiff-arming, pass interference, leaving your feet while blocking or running the ball and unnecessary roughness. These penalties are 10 yards. Unnecessary roughness may result in ejection from the game.
25. All players will receive equal playing time **unless there are unexcused absences from practices and/or games.**
26. For 1st & 2nd grade, the quarterback has 7 seconds to release the ball during a pass or running play.
27. All players must wear the specified color of Wahoo Parks and Rec youth sports t-shirt to play.