

Harrison Youth Flag Football League Rules

All rules may be modified to adjust to each division & quality of play

1. Players on Field

Depending on roster #s = 8 v8 (3 Linemen)

Roster #s with 12 or more = 8v8 (3 Linemen)

K&1 Division – 1 lineman (cannot go out for pass)

2/3 Division – 2 lineman (cannot go out for pass)

4th/5th/ 6th Division – 2 lineman (cannot go out for pass)

7th/8th Division – 2 lineman (cannot go out for pass)

Coach is the QB for Pre-K division & the first couple of games in the K & 1st Division

2. Ball starts at the 10-yard line – no kick offs
3. Teams have 4 downs to either get a first down or score
4. 1 first down per drive at mid-field
5. If a first down is not attained, team may elect to punt. There is no true punt, ball will be placed on the opponents 15-yard line
6. Touchdown is 6 points
7. No extra points for Pre-K to 3rd, 4-8 can go for 1pt or 2pt.
8. Games are 2 halves of 20(max) minutes running time, stops 1 minute/1st half- 1minute /2nd half
Game times may vary by Division
8a: Pre-K currently uses scrimmage rules. I feel/recommend for K also so every child can get the ball at least once, but coaching staff can decide on the field. There will be a referee on the field to spot the ball to keep the pace of the game.
9. Each team has 2 timeouts per half
10. Standings & game scores will not be kept
11. No true blocking allowed. No extension of hands. Modified blocked allowed at the line of scrimmage. Players may get in front (pick) down field but no blocking down field
12. No overload formations
13. No blitzing
14. After 5 Seconds QB must release ball. If not, play is dead
15. QB cannot run down field
16. Penalties: minor: (such as holding, blitzing) 5 yards & replay down
Major:(such as unnecessary roughness, tackling, Flag Guarding, etc): 10 yards & loss of down
17. If team is behind by 2 touchdowns, then the ball will be placed 1 yard behind the 1st down mark to start. Also, the best players in that game cannot be part of the offense, can be linemen
18. Most important rule: HAVE FUN !!