

Harrison Youth Flag Football League Rules

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

1. Players on Field

7v7 (1 Lineman)

6v6 if one team is short players

K through 4th – 8th Divisions – 1 lineman (cannot go out for pass)

Coach is the QB for Pre-K division & only the first 2 games in the K Division

2. Only 2 Coaches per team allowed on the field.
3. Ball starts at the 10-yard line – no kick offs
4. Teams have 4 downs to either get a first down or score
5. 1 first down per drive at mid-field
6. 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
7. Touchdown is 6 points
8. No extra points for Pre-K to 3rd, 4-8 can go for 1pt or 2pt.
9. Games are 2 halves of 23 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.
10. Each team has 2 timeouts per half
11. Standings & game scores will not be kept
12. No true blocking allowed. No extension of hands. No blocking allowed at the line of scrimmage or anywhere else. Players may get in front (pick) down field but no blocking down field
13. No overload formations
14. No blitzing
15. After 5 Seconds QB must release ball. If not, play is dead
16. QB cannot run down field
17. Penalties: minor: (such as holding, blitzing) 5 yards & replay down
Major:(such as unnecessary roughness, tackling, Flag Guarding, etc): 10 yards & loss of down
18. 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
19. Most important rule: HAVE FUN !!