

CONWAY PARKS & RECREATION
YOUTH FLAG FOOTBALL RULES SUMMARY
2010

1. Game time is forfeit time.
2. Time factors: 20 minute half
 - a. During each half the clock will stop for:
 1. Called Time-out
 2. After delay of game penalty
 3. Unavoidable delay (retrieving ball out of bounds).
 - b. During the last two minutes of the second half the clock will stop for:
 1. Incomplete pass – starts on snap
 2. Out – of – bounds – start on snap
 3. Score – start on snap after try
 4. Called Time-out – starts on snap
 5. First down
 6. Fair catch- starts on snap
 7. Penalty and administration
 8. Touchback- starts on snap
 9. Change of possession
 - c. Two time-outs per half – one minute in duration
 - d. 5 minute half-time
3. Play clock is 25 seconds. Back judge will keep the game clock.
4. Teams must have Five (5) players to avoid forfeit.
5. Coin Toss – The captain winning the toss shall have options for the first half or shall defer options to the second half. The options are: (1) start on offense or defense; (2) choose goal to defend.
6. Only coaches may request a time-out.
7. One Offensive and one Defensive coach will be allowed on the field.
8. Start of each half will begin by placing the ball on the 14 yard line. No kickoffs.
9. The ball is placed on the 14 yard line after a touchback or a score.
10. Punting: Two options: 1.) Elect to punt. 2.) Elect to receive 20 yards from the line of scrimmage. Muff punts are dead at the spot they hit the ground.
11. 4 players must be on the line of scrimmage.
12. Pass interceptions may be run back from the end zone.
13. One offensive player may be in motion but not toward the opponents' goal line.
14. If one foot is inbounds by a player catching a pass it is good. The boundary line is out.
15. Runner touches ground with ball while held in hand, play continues.
16. Runner/ Receiver losing flag belt accidentally, one hand tag (pushing, striking, slapping, and holding are not permitted) between the shoulders and knees constitute capture. Arms and hands are legal to tag.
17. For players to be legal/eligible they must be in huddle, if no huddle they must be within 15 yards of ball at the snap.
18. Snapping the ball: 1st – 4th grade, 3 options. Under center, Shotgun, Side toss.
19. One offensive player must retrieve ball between downs.
20. Official must de-flag runner who scores.
21. After a safety, the ball is snapped by the scoring team on their own 14 yard line.

22. Points After Touchdown:
 - a. One (1) point from the three (3) yard line (run or pass).
 - b. Two (2) points from the ten (10) yard line (run or pass).
 - c. Three (3) points from the twenty (20) yard line (run or pass).
 - d. If the defensive team intercepts a pass and runs for a touchdown they score three (3) points.
23. Defensive Encroachment:
 - a. After the snapper has placed hand on ball, it is encroachment for any player to break the neutral zone plane.
24. Player who removes flag belt should immediately hold it above head. If you throw the flag belt-unsportsmanlike conduct penalty – 10 yard penalty.
25. Forward pass caught simultaneously by opposing players – dead ball and ball to offensive team.
26. Ball is dead if passer is de-flagged prior to ball release. If defender contacts passer hand or arm, whether or not he touches the pass, it is roughing the passer.
27. Player may leave feet in an attempt to de-flag the runner.
28. Runner may dive into end zone, but may not hurdle over any opponent. Runner may not lower head or stiff arm.
29. Fumbles that hit the ground are dead on the spot. Pass interceptions may be advanced.
30. Screen Blocking – move with defender.
Tripping – Normal stance for balance.
31. Interference will be called if you hinder an opponent's vision without making an attempt to catch the ball.
32. Face Guarding (pass defense) – play the ball, not the man.
33. Defensive pass interference – 10 yards from line of scrimmage and first down.
When in end zone, ball on the 3 yard line.
34. Cannot steal or strip the ball at any time.
35. Tie Breaker:
 - a. Over time period – one possession per team.
 - b. Coin toss winner has option of defense, offense or direction. Loser of toss will have choice of remaining options.
 - c. Ball placed on ten yard line, always toward same goal line.
 - d. P. A. T.'s will be attempted.
 - e. If defense intercepts and scores, they win. If they do not score, it is their ball.
 - f. Each team is entitled to one time-out during each overtime period.
36. No Jewelry.
37. No towels hanging out of pants.
38. No pockets.
39. NO KNOTS IN FLAG BELTS!
40. Shirts must be tucked in.
41. No metal, ceramic, or detachable cleats of any kind.
42. Any player or coach threatening an umpire, player, or coach, verbally or physically, before, during or after a game will be suspended.