Youth Flag Football

- **General:**
  - Shirts must be tucked in and not hang over their flags
  - No sunglasses unless they are prescription
  - Headwear must be soft and without any hard brims (no helmets/ball caps)
  - Hoods on coats or other apparel must be tucked in and not hanging out
- **Game:**
  - Two halves, 25 minutes each. Halftime is 5 minutes
  - 30 seconds to snap the ball after it is spotted
  - Time runs expect for legal time outs or injuries
  - If time runs out during a down, play will continue until the end of the down
- **Scoring:**
  - We DO NOT keep score, score is kept by official
    - If a team is up by 28 points and scores again, they do not get an extra point, and the opposing team is awarded the ball after TD
  - TD is 6 points, PAT is 1 or 2 points (5-yard line, pass only, 1 point; 12-yard line, run or pass, 2 points)
  - Safety is 2 points
- **Blocking/ Running Zone:**
  - No moving screen blocks are allowed
  - Downfield blocking is illegal
  - No running zone is located 5 yards form each endzone, and 5 yards on either side of midfield
  - QB cannot run the ball
- **Dead Balls:**
  - Ball must be snapped between legs, not to the side, to start play
  - Play is ruled dead when: ball carrier's flag is pulled, steps out of bounds, TD or safety is scored, ball carriers knee hits the ground, flag falls off, ball hits ground on fumble (ball is spotted where it hits the ground)
- **Rushing the QB:**
  - Must start at least 7 yards from LOS when ball is snapped
  - Any number of players can rush the QB
- **See Rules Manual for more details**