

CMFL

Youth Flag Football Rules

2025

FLAG Football is categorized as Non-Contact which means no blocking or tackling is allowed.

7-Man Screen Flag style Football will be played in the K / 1st/2nd Grade level.

Two Coaches are allowed on the field at a time. Coaches shall remain still and quiet from the snap to when the ball is dead.

\$50 entry fee for each Flag team. Practices shall not begin before August 18, 2025.

I. Number of Players

A. Teams will field 7 players

1. Offense

- a) Four Linemen (on LOS)
 - (1) Center
 - (2) Tackles
 - (3) Tackles
 - (4) Tight End or Wide Receiver (no more than 7 yds from line)
- b) Three Backfield
 - (1) Quarterback
 - (2) Half back
 - (3) Full back

2. Defense

- a) Two Defensive Tackles (5 yds off the LOS)
- b) Two Defensive End (5 yds off the LOS)
- c) Linebacker (7 or more yds off the LOS)
- d) Corner Back (7 or more yds off the LOS)
- e) Safety (7 or more yds off the LOS)

II. Timing

A. Games will consist of four quarters: ten (10) minutes running time.

1. Clock stops only in case:

- a) Player injury
- b) Time outs (team or official)
- c) Unusual delay of game (ball over fence, etc...)
- d) Touchdowns
- e) Turnovers on Downs

2. Time outs (1 minute)

- a) Three per half per team
- b) Time outs do not carry over into second half.

c) Referees may call time outs for any reason, at any time.

B. Half Time will consist of five (5) minutes.

III. Equipment

A. Game wear includes the following:

1. Game Jersey or T-shirt or Sweatshirt
2. Play pants / sweat pants
3. Sneakers / Rubber cleats
4. Mouth Guard
5. Smooth D - Ring or Suction-cup style Belt with two flags that are exposed and visible.

B. The following items are prohibited from wear during play:

1. Jewelry of any kind
2. Metal spikes, or screw-in cleats
3. Pants with pockets, belt loops or exposed draw-strings.
4. Belts with anything other than smooth "D" ring buckles.

C. Football

1. Home team responsible for providing the game ball but does not preclude the visiting team from using their own ball during their possession.
2. Pee Wee size (K2) ball approved.

IV. Field Size

A. Field shall be 50 yds long from goal line to goal line with a 10 yard endzone.

B. Field shall be 30 yds wide between sidelines.

C. Played within the regular football field.

V. Game Rules

A. Home teams will have first possession and Visitors have first possession after half

B. Offensive teams take possession of the ball at their own forty (40) yard line.

1. Teams have four (4) downs to move the ball ten (10) yards or more for 1st down.
2. Failure to move the ball beyond mid-field by the offense on their possession - Defensive team will take possession on their own forty (40) yard line.
3. If offensive team moved the ball beyond the mid-field line and then they lost possession (failure to make a first down), the defensive team will take possession at that point.

C. Scoring

1. Touchdowns are worth six (6) points
2. Extra point run from three (3) yard line = two (2) points
3. Safety: two (2) points.
4. After a touchdown, the ball is put into play at 40-yd line.

D. Offense

1. Play begins when the center snaps the ball between his legs to the quarterback.

2. Running

- a) The quarterback can only advance the ball beyond the LOS once per every four plays.
- b) Pitches and direct handoffs are allowed
- c) Any backfield player may throw the ball from behind the line of scrimmage.
- d) Players may not jump, leap, dive or otherwise leave their feet in an attempt to avoid being stopped, or to gain extra yards.

3. Passing

- a) All passes must be forward, and received beyond the line of scrimmage.
- b) Interceptions change the possession of the ball at mid-field (no run back).

4. Receiving

- a) Linemen are not allowed to catch passes.
- b) The quarterback is allowed to receive a pass, if the ball has been handed off behind the line of scrimmage
- c) No players may be in motion prior to the snap.
- d) A player must have both feet in bounds when making a reception.

5. Blocking -

- a) Blocking consists of "screen blocks" whereby an offensive player forces a defensive player to go around them, without making contact.
- b) No charging, pushing, or other intentional physical contact with the blocker is allowed.

6. Ball Carriers shall maintain their flags on their hips at all times

7. Fumbles

- a) No fumble recoveries (ball is dead at spot)
- b) Fumbled snaps underneath center are live but fumbled shot-gun snaps are down on the spot.

E. Defense

1. Four Defensive lineman shall begin the play 5 yard back from the line of scrimmage. No time delay for the defense is necessary in this case.

2. Three Defensive Backs shall begin the play 7 or more yards back

3. NON- CONTACT RULES...

- a) Screen blocking will be used whereby an offensive player forces a defensive player to go around them, without making contact.
- b) No charging, pushing, or intentional physical contact.
- c) In order to stop play, a defensive player must remove either flag from the belt of the offensive player in possession of the ball.
- d) Defenders may not pull a ball carrier down by their cloths / belt, they must stop the play by pulling the flag.

4. Rushing the quarterback

- a) Only the four defensive lineman players lined up on the line of scrimmage may rush the quarterback.

F. Penalties - All penalties are 5 yards from the spot of the ball

1. Defense:
 - a) Offsides
 - b) Pass Interference
 - c) Illegal contact (holding, blocking etc...)
 - d) Illegal flag pull (before player has possession of the ball)
 - e) Too many players on field
2. Offense:
 - a) Illegal motion (any player moving before ball snap)
 - b) Offensive pass interference (illegal pick play, pushing off/away defensive player)
 - c) Flag Guarding - includes loss of down.
 - d) Too many players on field at snap of ball
 - e) Diving to advance the ball
 - f) Charging over a defender by the ball carrier or stiff arming
3. Referee Judgment
 - a) Referees determine **incidental** contact that may result from normal run of play from **intentional** contact.

G. Sportsmanship / Roughing

1. **If the game official witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game.**

a) *Unsportsmanlike conduct will include any actions, physical or verbal deemed by the game or league officials to be detrimental to the participants, coaches, officials, spectators, game or league.*

2. Players ejected from more than one game will be suspended from play in this league for the remainder of the season.

3. Spectators who are in violation of the League or association code of conduct may be asked by the Referees to leave the event immediately. Further action by the league or association may be taken with due process.

All spectators are required to follow site rules and procedures when attending games at the fields regardless of team affiliation or reason for attendance. This includes acknowledging that dogs are generally not allowed on school grounds and that service dogs (or pets of any kind) need prior approval before game time from a site administrator. Coaches and Coordinators are requested to inform their fans and spectators of this requirement ahead of game day. Not adhering to this policy will mean removing the right to stay and watch the play on the field.

2025 - Flag Football season will conclude with an end of season Jamboree at site to be determined on October 18, 2025.