

# Columbus Crusader Youth Flag Football Rules (5-10 years old)

## Formations/Quarterback

- QB can ONLY run past line of scrimmage if Defense blitzes
- QB will take snap from center, side snap allowed
- QB is “sacked” after 7 seconds, loss of down, not yards
- Give 1 grace snap per game
- Minimum of Center and 2 WRs required on the line (no other restrictions)

## Defensive Alignment

- Defense can play man or zone or combination
- Only 1 blitzing player from 6 yards deep
- Non-blitzing player can't cross LOS until non-QB has the ball

## Scoring

- 6 point for each touchdown (offense or defense)
- XP: 1 point for rush from 5-yard line, 2 points for pass from 5-yard line
- 2 points for safety

## Field Layout

- First down at mid field only
- 5 yard no run zones – at mid-field and end-zone
- Does not repeat for loss of yardage after 1st down
- Pass must be forward to count as pass
- Normal possession starts at 5 yard line

## Clock Format

- 9-minute running clock quarters  
(half can't end on defensive penalty)
- 30 second play-clock (warning at 10 seconds)
- One 30 second timeout per half
- Clock stops at 1 minute mark and on TD, XP, out of bounds, incomplete pass, change of possession inside 1 minute mark before half and end of game

## Turn Overs

- Fumbles are dead ball at spot of fumble, Offense keeps the ball
- Interceptions can be returned
- Conversion try interceptions cannot be returned
- Failed 4<sup>th</sup> down conversion on offense side of the field result in ball at the 45
- Failed 4th down conversion on opponents' side of field results in ball at spot of turnover
  - If ball is inside 5 yard line, ball will be move to the 5 yard line
- “Punt” designation puts offense back at own 5

## Offensive Penalties

- Illegal Flag Belt – 5 yards
- Flag guarding – 5 yards
- False start – 5 yards
- Delay of game – 5 yards
- Diving – 5 yards
- Blocking/guarding with arms extended (screening permitted) – 5 yards
- Illegal run (in no run zone) – 5 yards
- Illegal motion/formation – 5 yards
- Pass interference – 10 yards
- Tripping – 10 yards

## Defensive Penalties – all from Line of Scrimmage

- Illegal rush (rusher from blitz cone depth only) – 5 yards
- Pass interference – 10 yards
- Illegal flag pull (grabbing uniform, holding) – 10 yards
- Tripping – 10 yards

## Spotting the ball

- Spot marked at players back foot on flag pull
- Player is down at spot if flag belt falls off

## Uniform/Flag

- Uniform must be tucked into shirt
- Flags cannot be tied or under uniform