

Layton City

Flag Football 7 on 7 League Rules – 2026 Season

Kindergarten – 1st Leagues

Updated 8/11/2026

GENERAL RULES

1. Captains and head coaches meet for the coin toss. The visiting team calls the toss.
2. The winner of the coin toss may choose to go on offense or defense. The loser of the coin toss chooses the end zone to defend. The team that starts the game on defense will start the second half on offense and vice versa.
3. Home team will provide the game ball.
4. Teams play with 7 players, but can play with 5 or 6 players. If a team has 4 players or less, it will constitute a forfeit.
5. **Every player will play at least half the game.**
6. The offensive team takes possession at their 5 yard line and has four (4) plays to cross midfield. If a team crosses midfield (the line to gain), it has four (4) plays to score a touchdown. If the offensive team fails to cross the line to gain or score, the opposing team takes possession on their 5 yard line. All possession changes except interceptions start on the 5 yard line.
7. **Kindergarten – 1st Grade Division:** the fields are 25 yards by 50 yards (provided field space allows) with two 10-yard end zones. Every field will have a midfield line-to-gain.

EQUIPMENT

1. Kindergarten – 1st will use a Pee Wee Size Ball (blue).
2. The city provides each player with a flag belt that must be wore throughout the game.
3. Flags must be worn on each side of the player's hips in line with the hip joint.
4. The league provides each player with a jersey which must be worn during games. **Home teams wear dark jerseys; visiting teams wear light jerseys.** Unless it is physically impossible, jerseys must be tucked in at all times during games.
5. Pants or shorts with belt loops or pockets are discouraged but are allowed.
6. Players may wear athletic shoes or molded rubber and plastic cleats. Cleats with metal tips or baseball spikes are NOT allowed.
7. Players may wear gloves, elbow pads, and kneepads. Braces with exposed metals are not allowed.
8. Players must remove all watches, earrings and any other jewelry that the officials deem hazardous.
9. All offensive players must have both flags on while on the field of play or face an Improper Equipment penalty (5 yards from the original line of scrimmage and loss of down). If the flag falls off while in the field of play, this penalty will not be assessed.

REGULATION PLAY AND CLOCK

1. Games consist of two 20-minute halves. Halftime is 2 minutes. Teams change ends of the field to begin the second half.
2. The clock runs during the first 19 minutes of each half unless a time-out is called.

3. During the last minute (1) of each half, the clock stops when there is an incomplete pass, a penalty, change of possession, a touch down, or when a ball-carrier runs out of bounds.
4. The offensive team has 25 seconds to snap the ball once it has been spotted. The offense may snap the ball at any time after the Line Judge has signaled the start of the 25 second snap count whether the defense is ready or not. The referee will warn the offensive team when there are 5 seconds left on the snap count clock.
5. Each team has three (3) 60-second time-outs per game.
6. Officials can stop the clock at their discretion for injuries, etc.

SCORING

1. **This is an instructional league – NO SCORE WILL BE KEPT.** There are no extra point attempts after a touchdown.

DEAD BALL

1. Substitutions may be made on any dead ball.
2. Play is ruled "dead" when:
 - A) The ball touches the ground.
 - B) Ball carrier's flag is pulled.
 - C) Ball carrier steps out of bounds.
 - D) Ball carrier's knee, elbow, hip or backside touches the ground.
 - E) When a touchdown or extra point is made.

SPOTTING THE BALL

1. The ball is spotted where the ball is when the flag is pulled. The ball has to break the plane of the goal line for it to be considered a touchdown.
2. If a ball carrier's flag falls off while running, he is down when touched with one hand by a defensive player. (One Hand Touch).
3. If a player doesn't have both flags on and possesses the football, they are down where possession occurs.
4. Defensive players that start a play without both flags can intercept a pass but cannot advance it. The ball is spotted where the interception occurred.
5. The play is ruled dead when the ball makes contact with the ground, except on a fumbled or muffed snap.

SNAPPING THE BALL

1. The ball may either be snapped in between the center's legs or the center can turn and pitch it back to the quarterback (side-snap), but the play will start when the ball moves, not when the quarterback gets the ball.
2. Center sneak plays are not allowed. Note: A center sneak is any play in which the ball is transferred immediately to the center from the player receiving the snap. A center must take at least one step forward to receive a legal forward pass or one step backward to accept a legal handoff or pitch.
3. The ball can be snapped from the center to any offensive player.
4. The ball must be snapped from the spot where the referee places it.
5. Any number of offensive players may shift prior to the snap but only one player on offense is allowed in motion when the ball is being snapped. There is no minimum number of players on the

line of scrimmage, only a center to hike the ball. The player in motion must be moving parallel to the line of scrimmage or in a backward direction. All other players on offense must be set prior to the snap.

RUNNING

1. Any player receiving a hand-off or a pitch behind the line of scrimmage is eligible to run the ball.
2. Once the ball has been snapped, all defensive players are eligible to rush the ball carrier regardless of their position prior to the snap.
3. A player receiving a backwards pitch or backwards throw can then attempt a forward pass and throw the ball down field, as long as they're still behind the line of scrimmage.
4. Kindergarten – 1st grade league. The player receiving the snap is eligible to run.
5. No pitches or handoffs are allowed once the ball has crossed the line of scrimmage (no laterals).
6. If a player missing a flag takes a handoff or makes a catch, they are down where the possession (handoff or catch) occurs.
7. Spin moves are allowed. One foot **must** stay on the ground.

PASSING

1. Once a legal forward pass is completed, no other passes, pitches or handoffs are allowed. Note: A forward pass is any ball tossed or thrown overhand or underhand to a player standing in front of the player throwing it.
2. A player receiving a backwards pitch or backwards throw can then attempt a forward pass and throw the ball down field, as long as they're still behind the line of scrimmage.
3. Shovel passes are allowed and subject to all the rules pertaining to forward passes.
4. The quarterbacks have 7 seconds to handoff, run, or pass the ball. A violation will result in a loss of down.
5. Interceptions may be advanced.

RECEIVING

1. All players are eligible to receive forward passes or pitches.
2. If a player missing a flag catches the ball, the player is down where possession occurs.
3. A player must have at least one foot inbounds when making a reception.
4. An offensive player who voluntarily runs out of bounds during live action may not return to the field of play until the ball is dead.
5. If a defensive player pulls a receiver's flag prior to a legal reception of a pitch or forward pass, the defense will be flagged for Illegal Flag Pull but the play will not be whistled dead. If the receiver catches the pass or pitch, the play will remain live until the receiver's other flag is pulled. If both flags are pulled illegally and the catch is made, the play remains live until a defender touches the ball carrier with one hand (penalty will be assessed after the play).
6. When a pass is thrown, any player from either team has a right to catch the ball. If in the attempt to catch the ball, a player hinders an opposing player by physical contact (pushing, shoving, slapping, etc), pass interference will result. Referees will determine incidental contact that is a normal part of flag football.
7. If a ball is simultaneously caught by 2 opposing players, possession will be awarded to the offense with the ball being dead at the spot.
8. Receivers are not allowed to be impeded when going out to receive a pass.

DEFENSE ALIGNMENT/ RUSHING THE QUARTERBACK

1. All players must be a minimum of 3 yards from the line of scrimmage when the ball is snapped (1 yard if the ball is spotted within the 5-yard line). An official on the field will place a cone 3 yards from the line of scrimmage. **On the snap**, defense can rush and offense can run. All players are eligible to rush beyond the line of scrimmage. Rushers are not allowed to be impeded until they reach the line of scrimmage.
2. Blockers can still block the quarterback from the rushers as long **as the blockers remain behind the line of scrimmage**; however, the blocking rules still apply.
3. Rushers have the ability to rush the quarterback without being impeded until they cross the line of scrimmage. Wide Receivers that cross the line of scrimmage to go out for a pass cannot be impeded.
4. Any number of players can rush the quarterback.
5. Rushers may jump to block a pass but may not make contact with the QB.

COACHES

1. Coaches are volunteers whose role it is to help young people learn to play and enjoy football. Parents are encouraged to support their youth and their coach at all times.
2. One (1) coach in the Kindergarten – 1st grade age divisions is allowed on the field to assist players with their positions. At the snap, on-field coaches **must** be 5 yards behind their nearest player.
3. Only (3) three coaches per team are allowed on the sidelines. **ONLY THE HEAD COACH WILL ADDRESS THE GAME OFFICIALS.**

CONDUCT

1. Any and all physical contact is limited to incidental contact that is a normal part of flag football.
2. Players are expected to behave in a civil manner. Flag slamming, flag throwing, or other uncivil acts will result in a verbal warning for the first offense and an unsportsmanlike conduct penalty for each subsequent offense.
3. Taunting, trash talking, cursing or other offensive language or behavior by players, coaches or their fans will result in an unsportsmanlike conduct penalty for the first offense and forfeiture for the second offense.
4. Reckless play deemed by the referee to be potentially dangerous or harmful (e.g., tackling, elbowing, cheap shots, roughing, pushing, etc.) will result in an unsportsmanlike conduct penalty. Two (2) such acts committed by one player during a game will result in automatic ejection.
5. Play that is deemed by the referee to be intentionally malicious (e.g. clothes lining, blatant tackling with no effort to pull flags, etc.) will result in an unsportsmanlike conduct penalty and immediate player ejection. Two (2) such acts by one team during a game will result in immediate forfeiture and potential league sanctions.
6. Players, coaches, or spectators who are ejected from a game, must vacate the premises. Failure to do so will result in game suspension and forfeiture.
7. Field Supervisors and Game Officials have the authority to suspend play and declare a forfeit if players, fans and/or coaches behave in a manner that is threatening or dangerous.
8. In addition to the penalties assessed during a game, an ejection from a game **will** result in a minimum of one game suspension (not including the game the ejection occurred in). Conduct violations may carry additional penalties associated with league participation, and will be determined by league and city officials.
9. For safety reasons, spectators must be seated a minimum of 10 yards from the sidelines.

RULES VIOLATIONS

1. All penalties will be assessed at the end of the play.
2. Spinning is allowed as long as one foot stays on the ground.
3. Diving or leaping to advance the ball is not allowed. If a player dives or leaps, the ball will be marked where the player left his/her feet.
4. Blocking is allowed, but the blocker may not run into or grab the defender in any way. The blocker may not extend his/her arms to impede the defender. No pushing or grabbing is allowed. Offensive players may set "Basketball Screens" or may run in a direction acting as a diversion for the ball-carrier without creating contact with defensive players.
5. Referees will determine incidental contact that results from normal play. Players must go for the flag; no pushing out of bounds, and no grabbing the ball carrier to enable easier flag pulling.
6. Penalties may be declined.
7. In the case of offensive and defensive penalties occurring on the same play, the down will be replayed unless one of the infractions was a personal foul. In that case, the personal foul would take precedence over the non-personal foul.
8. Games cannot end on a defensive penalty, unless the offense declines it.
9. If a team calls a time-out when it has none left, the official will acknowledge the timeout request but a penalty will be assessed. For the losing team, the penalty is 5 yards and 15 seconds run off the clock. If the game clock has less than 15 seconds when such a time-out is called, the game clock will expire and will result in either half-time or game over. For the winning team, the penalty is 5 yards.
10. The ball may not be stripped from the runner. Players need to go for the flags.
11. Flag guarding is when the player with the ball intentionally guards his/her flag by hitting or slapping the defensive players hand away from their flag. Flag guarding can also be hiding the flags under an un-tucked shirt, or tying the flags to the belt so they don't come off.

GENERAL PENALTIES

1. Roughing/Unsportsmanlike conduct = **10 yards** from end of play.
2. Delay of game = **5 yards** from the original line of scrimmage.
3. Too many players on the field = **5 yards** from line of scrimmage.
4. Illegal pitch = **5 yards** from original line of scrimmage or point of infraction if beyond the line of scrimmage.
5. Improper Equipment = **5 yards** from the original line of scrimmage and loss of down.
Note: When the listed penalty yardage is in excess of half the distance between the goal line and the spot from where the penalty yardage is to begin, the penalty will be "**Half the distance to the goal line.**" Example: The original line of scrimmage is 7 yards from the goal line. The defense is flagged for being off-sides. The ball will be moved toward the goal and spotted at the 3 1/2 yard mark.

OFFENSIVE PENALTIES

ALL OFFENSIVE PENALTIES RESULT IN AN AUTOMATIC LOSS OF DOWN

Note: Loss of Down means no repeating of down. An offensive penalty on 1st down costs the offensive team yardage plus the 1st down play during which the penalty occurred. The next play run by the offense would be 2nd down. Penalties on 2nd down are followed by a 3rd down play. Penalties on 4th down plays result in a change of possession. You choose the play or the penalty.

1. Illegal Hike/Illegal Motion/False Start = **5 yards** from the original line of scrimmage.

2. Illegal Forward Pass = **5 yards** from the original line of scrimmage.
3. Offensive Pass Interference = **5 yards** from the original line of scrimmage.
4. Flag Guarding/Blocking = **5 yards** from spot of foul.
5. Center Sneak = **5 yards** from the original line of scrimmage.
6. Failure to pass within 7 seconds = **Loss of down only**.
7. Illegal participation (player enters the field of play after the ball has been snapped) = **5 yard** from the original line of scrimmage and **loss of down**.

DEFENSIVE PENALTIES

ALL DEFENSIVE PENALTIES RESULT IN AN AUTOMATIC FIRST DOWN

You choose the play or the penalty.

1. Offside/Illegal Rush = **5 yards** from the original line of scrimmage.
2. Pass Interference = Ball placed **at spot of the foul**. In the case of pass interference in the end zone, the ball will be spotted 1 yard from the goal line.
3. ****Holding/Illegal Contact/Illegal Flag Pull = 10 yards** from the original line of scrimmage.
4. ****Holding an offensive player with the ball = 10 yards** from the spot of the foul.
5. Illegal participation (player enters the field of play after the ball has been snapped) = **5 yard** from the original line of scrimmage and automatic first down.