

2026 Roy City Parks & Recreation

Coed Flag Football Rules

Updated (8/11/2026)

League	Field Dimensions	Ball Size (or equivalent)	Game Length	Timeouts per Game 1-minute each Can be used at any point in the game, unless ahead by 24+ points	Penalties Assessed	Score Kept	Coaches Allowed on Field	Players on Field
Kindergarten	40x 50 yards	K2	20-minut practice Two 15-Minute halves Game	2	No Coaches are referees	No	2	7
1st/2nd	40x 50 yards	TDJ	Two 20-minute halves 3 minute half time	4	No	No	1	7
3rd/4th	80x50 yards	TDJ	Two 20-minute halves 3 minute half time	4	Yes	Yes	1	7
5th/6th	80x50 yards	TDY	Two 20-minute halves 3 minute half time	4	Yes	Yes	0	7
Jr. High	80x50 yards	TDY	Two 20-minute halves 3 minute half time	4	Yes	Yes	0	7

Unless otherwise noted, the following rules apply to all grade divisions. Grade-specific modifications are identified within each section.

Equipment: Metal cleats or spikes are not permitted. Small rubber cleats are recommended. No bare feet or stocking feet will be allowed. Flag length will be designated and issued by the city. Belts and flags must be visible and worn at waist level on each side. No player may tamper or alter his/her flags in any way. Officials will check flags before games to ensure they are not glued/tampered with. Jerseys must be tucked in. No pockets allowed in shorts.

Game Length: See chart above. The game will consist of a running clock. The clock shall stop during the last minute of each half for penalties, incomplete passes, changes in ball possession, or play going out of bounds (exception – clock will continue to run if there is a 24-point difference in the 2nd half). Players must stay on the playing field during time-outs.

Weather: If games are called due to weather, the game will be considered complete if half of the game has been played. If less than half of the game has been played, games will be made up from the time the game was called to completion.

Kickoff: There are no kickoffs for this league. Offense/Defense to start the game will be determined by coin flip.

- Kindergarten-2nd Grade- The offensive team will start the game with the ball on their own 40-yard line.
- 3rd-9th Grade- The offensive team will start the game with the ball on their own 20-yard line.

Snapping the Ball: The ball must be clearly snapped to and in the sole possession of an offensive player other than the center. A legal snap can be between the legs or to the side but must stay onside.

Neutral Zone: The distance between the offensive and defensive lines at the beginning of a play shall be 3 yards if the ball is outside the defensive team's 20-yard line, and 1 yard if the ball is inside the defensive team's 20-yard line.

Putting Ball In Play: The offensive team has 30 seconds to put the ball in play. Time will be kept on a stopwatch

First Down: 1st-9th Grade First downs – to keep possession of the ball, the offensive team must advance the ball past the next zone line in four (4) downs. As soon as the ball is advanced over the zone lines, the following down is a first down. A ball on the line is considered in the more forward zone.

- Kindergarten- There are no first downs for this league. Each team gets 8 plays on offense then switches to defense. One team will start at the 40-yard line and have 8 plays to score. If they score on their first play, for

example, they will return back to the 40-yard line and run their remaining 7 plays. Once a team has ran their 8 offensive plays, they will switch to defense for 8 plays.

4th Down/Punting: On 4th down the offensive team has 2 choices; 1) Go for the 1st down. 2) Freeze punt the ball to the other team. The 4th down decision must be announced to the official prior to beginning the play. The official shall then notify the other team so they may get into the appropriate formation. If a freeze punt is declared, it cannot be changed, and no fake punt is allowed. Once the ball is snapped, only the punter on the kicking (offensive) team may move and shall punt the ball. Only the receiver on the receiving team may move. All other players on both teams shall remain still. Once the ball comes into contact with the receiving player (caught) or after striking the ground and rolling to a complete stop, the ball is declared dead. The receiving team cannot lose possession during a freeze punt.

- Kindergarten- Not applicable
- 1st/2nd Grade- Must go for it on 4th down. No punting permitted.

Forward Pass: One forward pass can be made prior to crossing the line of scrimmage. All players on the field are eligible to receive or intercept passes. If a player has lost his/her flags and catches a pass, the ball will be downed where the ball is caught.

Blocking: All offensive players are eligible to receive a forward pass and only three (3) players can be in the backfield in addition to the quarterback. A player may block for his/her runner or passer by using a screen block. No contact should take place. If a blocker uses his/her arms, elbows, legs, lowers his/her shoulders or leaves his/her feet, it is an illegal block. Stiff-arming, spinning, and jumping are NOT allowed. A runner may not guard/block the flag in any manner. *Unintentional contact may occur – there is a difference between unintentional and illegal contact.*

Diving, Spinning, Jumping:

Offense: Players may not dive to advance the ball or score. Spinning or jumping will result in an immediate dead ball.

Defense: Players may not dive for offensive players flags.

Stripping The Ball: The defense cannot intentionally strip the ball from an offensive player.

Dead Balls: 1) A player is down once one of his/her knees or body contacts the ground – a hand on the ground to maintain balance is NOT down. 2) In removing the flag or stopping the ball, a defensive player should pull the flag and immediately set it on the ground. 3) If at any time the belt of the ball carrier falls off, the ball is down and the ball is dead. 4) All fumbles are dead the moment the ball contacts the ground. Possession of the ball remains with the team who had possession last. *(Exception – fumble on 4th down prior to making a 1st down; a fumble in the end zone is a safety.)* 5) If the ball is fumbled on the snap or on any play other than a punt, the ball is dead, and the down is lost. If the ball is fumbled on a punt snap, the ball may be picked up and punted. 6) Dual possession on a pass – ball is dead, and offense keeps the ball (no fighting for possession).

Substitutions: Substitutions shall be unlimited but may occur on dead balls only.

Scoring: A touchdown is 6 points. The point after touchdown (PAT) will be attempted from the three-yard line for one point or the ten-yard line for two points. The offensive team will be required to notify the head official of their choice. If the PAT is intercepted, the play is dead. A safety is two points and will be awarded if the defensive team forces the ball to be downed behind the offensive team's goal line by fumbling or being downed.

- Kindergarten- No extra point attempts or safety.

Overtime: Overtime will not be played. Games may end in a tie.