



10-12U

## Youth Flag Football

Rules + regulations

**New OR point of emphasis**

### Game Play

- 5v5

### Equipment

**Game balls:** Provided at game site. Not provided for practices. **Size:** Junior

**Flags:** Provided at game site. Not provided for practices.

**Mouthpieces / Team shirts:** Provided by SCPR

### GAME PLAY – ALL Leagues

**Game time:** Four 10-minute quarters | Substitute as needed

**Field dimensions:** 30 yd x 60 yd

**Stoppages:** 5-minute halftime | 1-minute quarter breaks | 30-second play clock (*official discretion may be used in cases of obvious stalling*) | 1 timeout (1 min) per team, per half | **If score is within 8 points or fewer with 2 minutes or less remaining in the game, clock will stop on touchdowns; will start again on first snap of new possession; PAT will be untimed in this scenario only**

### SCORES + STANDINGS

Scores + standings will be kept. **Officials will report scores to staff after games.**

Score will be considered FINAL when difference reaches 35. Game will continue, but scores no longer kept.

*See overtime rules below*

### IN GAME RULES – Offense

**Blocking:** Blockers shall not extend arms | May get in the way of defender and move with them with minimal contact

**Catches:** Player needs one foot established in bounds at time of possession

**Flags:** Flag falls off + Play whistled dead

**First Down:** Controlling team has 4 downs to cross the first down line

**Fumbles:** Play is ruled dead after any fumble, which includes a bad snap

Fumbling team retains possession unless 4<sup>th</sup> Down

**OT (10U+ only):** Alternating possession (each team has chance to possess ball) from opponent's 15-yard line winner determined.



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**PAT:** Teams will have the option to try for 1-point or 2-point conversion after scoring touchdown. Conversion distances: 5 yards (1 point), 15 yards (2 points)

- *Interceptions thrown on conversions are now returnable. Defensive team earns the number of points being tried by the offense if they return the conversion all the way back to opposite end zone.*

**Possession:** Determined by COIN TOSS to start game/OT | New possessions will start no further back than new controlling team's own 15 yard line – *this includes all scenarios.*

*Team might begin a possession further down the field, in situations such as a turnover or punt/placement at midfield, but never further back than own 15.*

**Pre-snap:** Only one player in motion at a time

**Punt:** No fake punts. Punting team must announce intention to punt. Punter may not be rushed.

- *Option A: Punt*
- *Option B: Go for it*
- *Option C: Place ball at midfield for opponent to take over*

**Snaps:** Ball must be snapped/handed backward to a player in the backfield to be entered into play. Ball does not HAVE to be snapped between the legs.

**Touchdown:** Player crosses plane of the goal line with any part of the football | TD is worth 6 points

**Quarterback:** May not run the ball at any time – even if he is rushed | May hand off or pass at any time

### **IN GAME RULES – Defense**

**Blitz:** Defensive players must be 7 yards back from LOS (official will mark) to be eligible to rush | Multiple rushers may rush, as long as they were behind the 7 yard official when ball was snapped | 8U teams should receive 1 warning before being penalized | If a team leads by 18+ points, they may no longer rush the QB

**Interceptions:** Ball is still live/in play until ruled dead by official (*See also: Above rule on INT on PAT attempt*)

**Tackle:** A “tackle” is made by removing ball carrier's flag | Player should hold flag up to show official *The spot of the ball will be at the official's discretion, based on where they believe the ball was when the flag was removed from the runner's belt.*

### **IN GAME RULES – Penalties**

**Dead ball:** Illegal carry – An act by a rusher in which he/she intentionally fails to avoid defender/contact to gain an advantage. *Translation: Players may not simply run over other players.* This act shall be whistled dead. No yards shall be penalized.

*\*This will be treated as a warning on the first offense, but a player committing this act multiple times will be penalized as unsportsmanlike for ensuing violations.*

**5 yard PEN:** Delay of Game | Elbowing | False Start | Flag Guarding | Holding | Illegal block | Illegal pass | Illegal rush | Illegal Shift | Offsides | Pass Interference | Tackling | Tripping

**10 yard PEN:** Unsportsmanlike conduct [+1 full half suspension at discretion of officials]

**Note:** Many of these penalties are subjective, as is the nature of flag football. Keep in mind that officials will use discretion in monitoring and evaluating intent in some of these things, especially flag guarding. We will always strive to err on the side of safety, but things will never be cut and dry.

### Sportsmanship Point of Emphasis

**NEW in 2024** – Officials and staff will now carry **YELLOW** and **RED** cards.

These cards will be issued for sportsmanship violations only – not for anything regarding the in-game league rules.

**YELLOW** – 5-yard penalty and loss of down (LOD). If the guilty party is on defense at the time of the infraction, the LOD would occur at the beginning of their next offensive possession.

**RED** – 15-yard penalty, plus an automatic ejection and suspension of a minimum of one game. Official's discretion may be used as to who is ejected from the game – if the official deems that the coach is responsible for the parent and could/should have diffused the situation, the coach may be ejected as well.

Game officials and site staff both have the authority to issue these cards to players, coaches and spectators.

This is a point of emphasis in an attempt to improve the quality of sportsmanship in our league and its recreational environment.

**Reminder:** Refunds are not issued as a result of missed games stemming from sportsmanship violations.

Updated November 24, 2025

*Clock stoppage rules amended to ensure fairness late in close games.*