

# Youth NFL Flag Football Rules

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- 1. TEAMS ARE ALLOWED 6 PLAYERS ON THE FIELD AT A TIME**
- 2. GAMES WILL CONSIST OF TWO 20 MINUTE, RUNNING CLOCK HALVES, WITH A 5 MINUTE HALFTIME PERIOD.**
- 3. THE OFFENSE WILL BEGIN FIVE YARDS FROM THE GOAL LINE. THEY WILL HAVE 4 ATTEMPTS TO REACH MIDFIELD FOR A FIRST DOWN, THEN 4 MORE TO REACH THE END ZONE.**
- 4. A PLAYER IN POSSESSION OF THE BALL WILL BE RULED DOWN WHEN THEIR FLAG HAS BEEN PULLED, OR FALLS ON ITS OWN FROM THEIR BELT. THE BALL WILL BE SPOTTED WHERE THE PLAYER'S FEET WERE AT THE TIME OF THE PULL.**
- 5. IF A TEAM FAILS TO ACHIEVE A FIRST DOWN OR SCORE A TD IN 4 DOWNS, THE BALL WILL BE TURNED OVER TO THE OTHER TEAM, WHO WILL START ON THEIR OWN 5 YARD LINE.**
- 6. ON AN INTERCEPTION, THE BALL WILL BE PLACED AT THE SPOT OF THE RECOVERY, AND THE RECOVERING TEAM WILL BEGIN THEIR DRIVE FROM THERE. TEAMS MAY ADVANCE AN INTERCEPTION, AND SCORE A TOUCHDOWN ON THAT PLAYS. A FUMBLE WILL BE RULED DEAD AT THE SPOT.**
- 7. DEFENSES ARE PERMITTED TO RUSH THE QUARTERBACK AFTER A 7 SECOND COUNT. A PLAYER OR COACH ON THE DEFENSIVE TEAM MUST AUDIBLY SPEAK THIS COUNT. THE QUARTERBACK WILL BE PERMITTED TO RUN ONLY IN THE EVENT HE/SHE IS RUSHED.**
- 8. RULE # 7 DOES NOT APPLY IN THE EVENT THAT A COACH IS MANNING THE QUARTERBACK POSITION (1/2 grade league)**
- 9. OFFENSIVE PLAYERS NOT IN POSSESSION OF THE BALL MAY 'SCREEN' A DEFENSIVE PLAYER, BUT MAY NOT INITIATE CONTACT OR BLOCK**
- 10. A TOUCHDOWN IS WORTH 6 POINTS**
- 11. A SAFETY (FLAG PULLED IN RUNNER'S OWN ENDZONE) IS WORTH 2 POINTS**
- 12. FLAG GUARDING, INITIATING CONTACT ON A BLOCK, AND HURDLING ARE ALL PROHIBITED ACTIVITIES, AND WILL RESULT IN A 5 YARD PENALTY.**
- 13. THIS AGE DIVISION WILL USE A PEE WEE SIZE FOOTBALL.**
- 14. TEAMS ARE ALLOTTED ONE (1 MINUTE) TIMEOUT PER HALF**

\* NFL Flag Football, organized by Moab City Recreation, is a league aimed at skill building and fun. Each player will receive an official NFL Flag jersey and flag belt, which are theirs to keep. 2022 Schedule is available online @ [moabrecreation.org](http://moabrecreation.org)

For more information, contact Moab City Recreation @ 435-259-2255