



NATIONAL YOUTH SPORTS-SAN ANTONIO

RULES- FLAG FOOTBALL 7-9, 10-12 YEARS OLDS

Applies to both practices and games.

NYS modifies rules each season as needed.

Objective	Develop the players understanding of the game for Pee Wee and Junior level. Junior level should have a good concept of how the game is played. Officials will call the game based on skill level of the teams to encourage development. There are limits on physical play by players to ensure safety.
Safety	<p>All kids are required to wear a mouthpiece to participate.</p> <p>Parents should monitor the health of their child and if experiencing symptoms, do not participate in any sporting practice or games. Let NYS know of the presence of symptoms. Get tested for Covid-19 promptly and report results to the program.</p> <p>Social distancing (6ft apart) must be practiced as much as possible. Spectators should sit 6ft.apart while watching the game.</p> <p>Masks are optional for all spectators, coaches, players, volunteers, and staff. Players, coaches, and staff in active play do not have to wear the masks. Limit sharing equipment as much as possible.</p> <p>Use hand sanitizer as much as necessary.</p> <p>For a full list of safety protocols please refer to the Play Safe. Stay Safe-Hygiene Plan.</p>
Sportsmanship	We ask all coaches, parents and officials to encourage sportsmanship and fair play at all times. Any unsportsmanship or bad behavior, the offending person will be asked to leave the fields and watch behind the fence. Any person ejected will be suspended from participating at the next scheduled game and cannot attend.
Uniforms	<p>Players wear NYS jersey or approved jersey; must be tucked in to participate in games.</p> <p>Every player must wear a mouthpiece to participate.</p> <p>Flags must be hanging from each hip. The front of flag belt must be tucked into shorts.</p> <p>No hats, jewelry/earrings, metal cleats allowed. No exceptions.</p>
Field Specs	<p>Ball size - AGE 7 - 9 = Pee Wee; AGE 10 -12 = Junior</p> <p>Field size - approximately 30 yards wide by 60 yards long, varies depending on field availability.</p> <p>End zones are 5 yards deep.</p> <p>Ball starts on the 5 yard line. Offense gets 4 downs to cross mid field for a new set of downs.</p> <p>Mid field is the 25 yd line.</p> <p>Once mid field is crossed by the offense 3 downs are given to score.</p> <p>No Run Zone - 5 yards or less from the end zone and five yards on each side of the mid field. The offense must pass the ball while in the no run zone.</p> <p>Fans must be at least 3 yards from sidelines to allow players to go out of bounds. (Safety area)</p>
Player Information	<p>To be eligible to play, players must be listed on the official season roster. Roster checks may be performed throughout the season.</p> <p>Team listed first on the schedule is the home team and will decide which endzone they would like to defend.</p> <p>Game is played 5-on-5. If a team does not have enough players then game is played 4-on-4.</p> <p>Every child must play at least half of every game and have the opportunity to play all positions.</p>
Scoring	<p>Touchdown = 6 points</p> <p>Conversions: takes place from the 7 yard line and team must declare intent to run or pass: Running Play = 1 point Passing Play = 2 points</p> <p>An interception during conversion cannot be run back for a touchdown. Play is dead. However, an</p>



NATIONAL YOUTH SPORTS-SAN ANTONIO

RULES- FLAG FOOTBALL 7-9, 10-12 YEARS OLDS

Applies to both practices and games.

NYS modifies rules each season as needed.

	<p>interception during regular play can be ran back for a touchdown. Safety = 2 points awarded to defense</p>
Game Specs	<p>10 minute quarters; 3 minute halftime and 1 minute between quarters Time outs - two, 45 second time outs per half. Coin flip decides ball possession - visitor team calls heads or tails. No Kickoffs - team with possession starts at their 5 yd line. Defending team gets ball 2nd half. 30-second snap count - clock starts on the official's whistle. 5 second play count after the snap of the ball for quarterback to initiate a play - pass or handoff. Running game clock until the last 2 minutes of the 4th quarter. During the last two minutes, the clock will stop on any out of bounds, incomplete pass or change in possession. No overtime - games end in a tie, except during tournament play.</p>
Coaching	<p>Each team can have 1 coach on the field per team; Coaches must be 10 yds behind player furthest from ball, but can't be in the endzone. Coach can limit playing time for players who consistently miss practice without an excuse or due to disciplinary reasons. Coaches are not allowed to challenge any official ruling.</p>
Offensive Plays	<p>Huddles are optional - Official will notify when 30 second play clock starts. There are no fumbles - if the ball touches the ground, the play is over. Location of down is indicated by the spot of the ball. Four plays to cross mid field to make a first down for a new set of downs. Once the offense crosses midfield for a new set of downs 3 downs are given to attempt to score. On a punt the ball is automatically placed on the opposing team's 5 yard line. All plays begin with a center snap - traditional or side snaps allowed. Only direct snaps to quarterback allowed - quarterback must be positioned behind the center or in a shotgun formation.(If quarterback doesn't receive the direct snap it is an offensive penalty) After the snap, offense has 6 seconds to throw or hand the ball off. After 6 seconds, play is whistled dead and the offense will start the next play from the line of scrimmage. No quarterback sneaks or draws allowed; quarterback cannot run the ball. Forward pass is a pass thrown from behind the line of scrimmage - consisting of any forward motion including underhand, sideways or shuffle pass. All players on offense are eligible receivers including the center. Center is an eligible receiver, but cannot receive a handoff from the quarterback. One player is allowed in motion at the snap. Ball carrier is automatically considered down when knee, elbow, or football touches the ground. In the event of a fumble including a snap the ball is dead and placed at the spot of where the balls first drops. If the offense fumbles the ball into the opposing team's endzone the ball gets placed at the 5 yard line. No-Run Zone Rule - 5 yards or less from the goal team must pass to score. 5 yards or less on each side of the mid field is also a no run zone. Catches must be made with a minimum of one foot in bounds. Handoffs must be direct handoffs. No laterals.</p>



NATIONAL YOUTH SPORTS-SAN ANTONIO

RULES- FLAG FOOTBALL 7-9, 10-12 YEARS OLDS

Applies to both practices and games.

NYS modifies rules each season as needed.

	<p>If the flag of the ball carrier falls, then the player is immediately down at the spot of the flag. Offense may not block and players will run their routes.</p> <p>Absolutely no tackling.</p> <p>No stiff arming allowed by ball carrier or flag guarding. No jumping allowed to flag guard.</p> <p>Punting: offense will not kick on a punt , ball will automatically be placed on opposing teams 5 yard line.</p>
Defense	<p>Defense can rush, but player must be behind rushing indicator pylon, which is approximately 10 yards behind the line of scrimmage.</p> <p>If the rusher is beyond the rushing indicator pylon before the ball is snapped he is no longer eligible to rush. No limit on rush count or amount of rushers.</p> <p>No physical contact used to stop ball carrier to remove flag (no grabbing of shirt/shorts or any part of the body).</p> <p>No physical contact of receivers to alter running routes - no over the back plays.</p> <p>Defense may not cross the line of scrimmage until the ball leaves the Quarterback's hands (this includes fake handoffs).</p>
Penalties	<p>Straight arming or other types of flag guarding are not allowed - 5-yard penalty from spot of foul (spinning is allowed).</p> <p>Offensive penalties - 5 yard penalty and replay the down.</p> <p>Defensive penalties -10 yard penalty and replay the down (all penalties).</p> <p>Penalties can be declined by the coach.</p> <p>Unsportsmanship - may result in immediate ejection and a 15-yard penalty. Unsportsmanship penalties the down is replayed after 15 yards has been applied.</p>
Mercy Rule	<p>Winning team up by 30 pts. by halftime, will only get 2 downs to convert 1st down and score until that point difference is less than 30 and then regular rules will apply. Team that is behind by 30 points will start their offensive position at the 10 yard line and get 4 downs to score.</p>
Parents	<p>While we encourage parents to get involved, during the games we ask all parents to allow the coaches to coach and officials to officiate. Please limit your coaching from the sidelines.</p>