

2026
1st and 2nd Grade
FLAG FOOTBALL
RULES



**SUBURBAN YOUTH
FOOTBALL CONFERENCE**

1. Game Rules

- a. A coin toss determines first possession.
 - i. Visiting Team calls the coin toss.
- b. Flag game will be 6 versus 6.
- c. The offensive team has 4 plays to cross midfield.
 - i. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from the 5-yard line.
- d. ALL possession changes, except interceptions, start on the offense's 5-yard line.
- e. Teams change sides after the first 20 minutes, BUT the possession and the new offense take over on its 5-yard line.
- f. All teams will play with the Wilson K2 ball, the Nike Vapor Strike Pee wee ball, or any equivalent pee wee size ball.

2. Players/Coaches

- a. Team must always field a minimum of 5 players.
- b. Only 2 coaches from each team are permitted on the field at a time.
 - i. Coaches MUST NOT interfere with game play.
- c. Player's shirts must be tucked in, and the flags must be clearly visible.
- d. The Home site will also provide referees.
- e. Playing Time
 - i. All flag players will play in each and every game unless being disciplined.
 - ii. Coaches should try to give each kid EQUAL playing time and provide an opportunity to play various roles on the team.
 - iii. The goal of SYFC Flag is to teach the kids the basics of football.
 - 1. They should learn the proper way to get into a 3-point and 2-point stance.
 - 2. They should learn the proper first step from a stance to making a football move.
 - 3. They should learn the proper fundamentals of shadow blocking, passing, catching, and running with the ball.
 - 4. THEY SHOULD ALWAYS HAVE FUN!

3. Timing

- a. We will play 2 20-minute halves.
- b. Running clock, two 30 second time outs per half.
- c. 5-minute halftime.
- d. 45 second time limit in the huddle. Referees will enforce
- e. The home team referee or designee is responsible for the game clock.

4. Attire

- a. Only soft-molded cleats are allowed.
- b. Players must wear protective mouth guards.
- c. Official Flag jerseys must be worn during play.
- d. Each player must have 2 flags and each flag should be positioned on the right and left hip prior to the play starting.

5. Scoring

- a. Touchdown: 6 points
- b. Extra Points:
 - i. 1 point played from the 5-yard line (pass only).
 - ii. 2 points played from the 12-yard line (run or pass).
- c. Safety: 2 points
- d. No overtime for regular season play.

6. Running

- a. The quarterback cannot run with the ball.
- b. Only direct handoffs behind the line of scrimmage are permitted.
- c. The offense may use multiple handoffs.
- d. Laterals or pitches can be used providing the pitch or lateral occurs behind the line of scrimmage.
- e. There are “No Running Zones” on the field.
 - i. Two 5-yard no running zones at each end zone.
 - ii. One 5-yard no running zone at midfield BEFORE the first down. (Once you get a 1st down, you can run or pass until the next no run zone).
- f. Only Two of the no running zones are active at any given time for the offensive team.
 - i. 5-yard no running zone before midfield and the 5-yard no running zone at the far end zone is active.

- ii. The first 5-yard no running zone at the offensive starting point and the 5 yard no running zone after midfield are NOT active.
- g. Any offensive team that moves into one of the active no running zones (backward or forward) must pass the ball to advance.
- h. The player who takes the handoff can throw the ball but only from behind the line of scrimmage.
- i. Once the ball has been handed off, all defensive players are eligible to rush.
- j. Spinning is allowed, but players cannot leave their feet to avoid a defender.
- k. The ball is spotted where the ball carriers' feet are when the flag is pulled, NOT where the ball is.
- l. No flag guarding or stiff-arming.

7. Passing

- a. The ball may be passed by the quarterback or a running back as long as they are behind the line of scrimmage.
 - i. All passes must be forward PAST the line of scrimmage, otherwise the dead ball fumble rule applies.
- b. Interceptions are the only changes of possession that do not start on the 5-yard line.
- c. Interceptions are allowed to be returned.
- d. Quarterbacks have 7 seconds to throw the ball, or the play is whistled dead.

8. Receiving

- a. All players are eligible to receive passes (including the quarterback if the ball has been handed-off behind the line of scrimmage).
- b. Only one player is allowed in motion at a time.
- c. A player must have one foot in bounds when making a reception.

9. Dead Balls

- a. The ball must be snapped from the ground.
 - i. Between the legs is preferred but if you cannot do it this way, to the side is acceptable.
 - ii. No shotgun snaps.
- b. Substitutions may be made on any dead ball
- c. Play is ruled "dead" when:

- i. Ball carrier's flag is pulled. (spotted at feet, not where the ball is)
- ii. Ball carrier steps out of bounds.
- iii. Touchdown or Safety is scored.
- iv. Ball carrier's knee hits the ground
- v. There are no fumbles, The ball is spotted where the ball is dropped. The defensive team cannot recover a fumble, even if the fumble is caught in midair. The ball is dead at the spot.
- vi. There is no stripping of the ball. If the ball is stripped, it is dead at the spot.
- vii. If a ball carrier's flag inadvertently falls off while carrying the ball, the carrier is down.
 1. If the ball carrier starts the play without flags, the play will be restarted from the LOS.

10. No Rushing the Quarterback

- a. Defensive players may defend the line of scrimmage providing they are heads up on the offensive linemen.
- b. No tackling.

11. Blocking and Formations

- a. No tackling or blocking with contact is allowed. Blockers should practice shadow or screen blocking. Hands must be kept inside the body and not extended laterally or vertically.
- b. Each offense must have 4 players line up on the line of scrimmage. **3 offensive line players must be in Guard, Center, Guard formation, no more than arms lengths apart.**
- c. Quarterback must be under center, and other player can line up where they need to in order to run their play.

- i. Ex.

G – C – G	WR
QB RB	

- ii. Ex.

	G – C – G – TE	
WR	QB	

- d. At least 2 defensive players must line up head-to-head on the offensive line players. No gap play. All other defensive players can line up wherever they need to defend the play.

- e. The Quarterback must be under the center or next to the center if hiking sideways.

12. Sportsmanship/Roughing

- a. If the referees or coaches witness any acts of tackling, elbowing, cheap shots or any un-sportsmanlike conduct, the game will be stopped, and the player warned. Repeat actions will result in the ejection of the player.
- b. Trash talking and offensive language is illegal. If trash talking or offensive language is used, the player will be warned. Repeat actions will result in the ejection of the player from the game.
- c. No one player may run with the ball more than 2 times a series. This infraction is penalized as unsportsmanlike conduct. (Player can be QB)

13. Penalties

- a. Penalties will be called by the officials on the field.

DEFENSIVE

Rush Violations	5 yards - Repeat Down
Offsides	5 yards - Repeat Down
Illegal Contact	5 yards - Repeat Down
Tackling	5 yards - Repeat Down
Pass Interference	5 yards - Repeat Down
Illegal Flag Pull	5 yards - Repeat Down

OFFENSIVE

Illegal Pass Play	5 yards - Repeat Down
Flag Guarding*	Down at Spot
Delay of Game	5 yards - Repeat Down
Illegal Motion	5 yards - Repeat Down

TEAM

Illegal Equipment	5 yards - Repeat Down
Unsportsmanlike Conduct	10 yards

- b. ALL PENALTIES ARE ENFORCED FROM THE LINE OF SCRIMMAGE UNLESS NOTED BELOW:
 - i. *Flag Guarding – ball carrier down at spot.

- ii. Offensive teams in passing zone that receive a penalty are SILL in a passing zone even if the penalty moves them out of the zone.
- c. Games cannot end on a defensive penalty unless the offensive team declines it.

14. Scores/Standings/Playoffs

- a. All final game scores will be reported or sent by phone or email by the home team to the league commissioner within 24 hours of each game.
- b. There is no OT in Regular Season
- c. Overtime for Playoffs - Each team will have the ball placed 10 yards from the goal line and have 4 plays to score and attempt the extra point. After the 1st OT, if the score is still tied, teams will have to go for 2 point conversions from then on. OT periods will continue, alternating possessions until a winner is determined.
- d. Playoffs or a knock-down format will be held at the end of the season. The 4 division winners will host a playoff game. The 2nd best team in each division will be the Wild Card teams.
- e. For the purpose of playoffs and knockdowns, teams will be ranked based on season records. Tie- breakers:
 - i. Head-to-head record
 - ii. Record against common opponents
 - ii. Fewest points allowed
 - iii. Points scored
 - iv. Coin toss

*Tiebreakers reset after each seed is determined

15. Practice Time

- 1. Teams will be permitted to practice 3 times per week before school starts and only 2 times per week once school starts. Practices are defined as any time the coach meets with at least half of the team.
- 2. Practices are not to exceed 120 minutes in length and should not go past 8pm or darkness (whichever comes first) on school nights.
- 3. Players may not participate in a scheduled game without at least 3 practices. Violation of this rule will result in the dismissal of the head coach.

16. Field

A. The field should be 50 yards long and 35 yards wide. Or sideline to far hash mark on HS football field.

