

DEPARTMENT OF PARKS AND RECREATION

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2021 NFL Youth Flag Football League Rule Modifications

League games will be played under the [NFL Flag Rules](#) with select modifications amended by the League rules presented herein or declared by the League Commissioner.

I. Game

- The offensive team takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, they have three (3) plays to score a touchdown.
 - i. If the offensive team fails to cross midfield, on 3 downs and elect to “punt” on 4th down, possession of the ball changes and the opposition starts its drive from its own 5-yard line. If the offensive team goes for it on 4th down and does not cross mid-field, the opposing team will start its possession from the spot of the turnover on downs.
 - ii. If the offense fails to score after crossing midfield, the opposing team will start its possession from its own 5-yard line.

II. Equipment

- Mouth guards will be required. A mandatory pregame check, performed by the referees, will be conducted to ensure all eligible players have a mouth guard. Players will not be allowed to play without a mouth guard.
- Shorts and pants with pockets are prohibited. Players wearing shorts or pants with pockets will not be permitted to play unless the pockets are taped over. Games will not be delayed for a player to tape their pockets.

III. Rosters

- Team rosters will consist of 10 players. Coaches may request additional roster slots prior to the August 2nd.

IV. Timing and Overtime

- Games are played on a 48-minute continuous clock with two 24-minute halves.
- The clock will only stop for team timeouts in the first 46 minutes of regulation. During the final two minutes of regulation, the clock will stop on all incomplete passes, plays that end out of bounds, on a first down, and on a score. The clock will re-start with the following snap (exception- following a score, the clock will not run on a try for point and will restart on the following possession).
- Each time the ball is spotted, a team has 45 seconds to snap the ball. Teams will receive one warning per game before a delay-of-game penalty is enforced.

V. Coaches

- Coaches are allowed on the field to direct players according to need and division.
- **Grades 1-3** – Offense may have up to two (2) offensive coaches on the field. Defense is allowed one (1) defensive coach on the field.
- **Grades 4-6** – Offense may have one (1) offensive coach on the field. Defense is not permitted to have any defensive coaches on the field.
- **Grades 7-12** – Coaches are permitted to coach only from the sideline.

VI. Penalties

- Referees determine incidental contact that may result from normal run of play.
- At the Referees discretion, a player may be given a warning or forced to sit out the remainder of the drive for rough play. Rough play is characterized by a player violently losing control of their body while performing football actions in which the chance for injury is drastically increased.