

YMCA of Greater Charlotte Flag Football League Rules

Game Management	U6	U8	U10	U12	U14	U16 & U18
Ball Size	Firm Foam	Pee Wee	Junior	Junior	Youth	Youth
Field Size	60 x 30 Yards (field size may vary by location)	60 x 30 Yards	60 x 30 Yards	70 x 30 Yards	70 x 30 Yards	70 x 30 Yards
End Zones	5 Yards	5 Yards	5 Yards	10 Yards	10 Yards	10 Yards
Belts	Triple Threat	Triple Threat	Triple Threat	Triple Threat	Triple Threat	Triple Threat
Number of Players	5 v 5	5 v 5	5 v 5	5 v 5	5 v 5	5 v 5
Coaching	In huddle and on field	In the huddle pre-snap only	In the huddle pre-snap only	In the huddle pre-snap only	sideline only	sideline only
Team Box	Midfield to the 5 yard line	Midfield to the 5 yard line	Midfield to the 5 yard line	Midfield to the 5 yard line	Midfield to the 5 yard line	Midfield to the 5 yard line
Playing Time	Players play at least half the game	Players play at least half the game	Players play at least half the game	Players play at least half the game	Players play at least half the game	Players play at least half the game
Number of officials	Coaches as Officials	1	1	2	2	2
Home/Away	Home is light color, Away is dark color	Home is light color, Away is dark color	Home is light color, Away is dark color	Home is light color, Away is dark color	Home is light color, Away is dark color	Home is light color, Away is dark color
Score/Time						
Scoring	yes	yes	yes	yes	yes	yes
PAT	yes	yes	yes	yes	yes	yes
1 PAT	5 yard line (pass only)	5 yard line (pass only)	5 yard line (pass only)	5 yard line (pass only)	5 yard line (pass only)	5 yard line (pass only)
2 PAT	12 yard line	12 yard line	12 yard line	12 yard line	12 yard line	12 yard line
Safeties*	Yes	Yes	Yes	Yes	Yes	Yes
Game Time	10 minute halves	20 minute halves	20 minute halves	20 minute halves	20 minute halves	20 minute halves
Halftime	2 minutes	2 minutes	2 minutes	2 minutes	2 minutes	2 minutes
Play Clock	45 seconds once the ball is spotted	45 seconds once the ball is spotted	45 seconds once the ball is spotted	30 seconds once the ball is spotted	30 seconds once the ball is spotted	30 seconds once the ball is spotted
Clock Time (Clock Stoppages)*	Running clock	Running clock	Last two minutes of 2nd half	Last two minutes of 2nd half	Last two minutes of 2nd half	Last two minutes of 2nd half
Time outs	2 per game	2 per game	2 per game	2 per half	2 per half	2 per half
Play						
Start	10 yard line	5 yard line	5 yard line	5 yard line	5 yard line	5 yard line
Downs	4 to 1st down; 4 to score	4 to 1st down; 4 to score	4 to 1st down; 4 to score	4 to 1st down; 4 to score	4 to 1st down; 4 to score	4 to 1st down; 4 to score
Turnover on downs	Yes	Yes	Yes	Yes	Yes	Yes
Turnover at spot*	No	No	No	No	No	No
Interception return*	Yes; spotted where flag is pulled	Yes; spotted where flag is pulled	Yes; spotted where flag is pulled	Yes; spotted where flag is pulled	Yes; spotted where flag is pulled	Yes; spotted where flag is pulled
Backwards spot*	Yes	Yes	Yes	Yes	Yes	Yes
Switch field	Yes	Yes	Yes	Yes	Yes	Yes
Eligible	Any	Any	Any	Any	Any	Any
Laterals	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited
Where can you lateral?	Anywhere	Anywhere	Anywhere	Anywhere	Anywhere	Anywhere
QB Direct Run*	No	No	No	No	No	No
QB Time Limit	15 seconds (leave QB hands)	10 seconds (leave QB hands)	7 seconds (leave QB hands)	7 seconds (leave QB hands)	7 seconds (leave QB hands)	7 seconds (leave QB hands)
Blocking*	No	No	No	No	No	No
Blitzer	No	No	yes; 7 yards; 1 player	yes; 7 yards; 1 player	yes; 7 yards; 1 player	yes; 7 yards; 1 player
No Run Zone*	Yes	Yes	Yes	Yes	Yes	yes
Catch	1 foot inbounds	1 foot inbounds	1 foot inbounds	1 foot inbounds	1 foot inbounds	1 foot inbounds
Overtime	No	No	No	yes (tournament only)	yes (tournament only)	yes (tournament only)
Fouls						
Marked from the line of scrimmage	Offsides - 5 yds					
	Illegal rush - 5yds					
	Illegal flag pull - 5 yds					
	Roughing - 10 yards (automatic first down for defensive roughing and loss of down for offensive roughing)					
	False start - 5yds					
	Illegal forward pass - 5yds					
	Illegal motion - 5yds					
	Delay of game - 5yds					
	Illegal contact- 5 yds					
	Illegal snap- 5 yds					
	BLOCKING (blown dead) 5 yds from spot of foul					
	Pass inference (15 yards from line of scrimmage & automatic first down for defensive pass interference and loss of down for offensive pass interference)					
	Unsportsmanlike conduct - 10 yds					
	Fouls Continued					
Marked from the spot of the foul	Flag guarding (Play will be blown dead)					
	Jumping- 5 yds					
	Diving- 5yds					