

NORTH CANTON YOUTH FOOTBALL ASSOCIATION
2024 FLAG FOOTBALL RULES

1	MINIMUM TO PLAY	7v7: If a team has fewer than 7, play can continue at the discretion of afflicted team.
2	TIME OF GAME	2- 24 min halves: 1 timeout per half clock will stop
3	playclock CLOCK	Offense will have 45 seconds to initiate play from the time the ball is spotted with a 45 sec playclock, after dead ball whistle, 10 sec discretion for refs with one verbal warning, then strictly enforced. 2 playclock violations in a row, automatic turnover. 25 seconds play clock after administrative stoppage. (Penalty enforcement, timeout, change of possession, injury, etc.)
4	TIME OUTS	Each team will have 1 per half. one minutes each. The clock will stop
5	OFFENSIVE FORMATION	Refer to formation rules
6	DEFENSIVE FORMATION	Level 1: 2 down linemen (1-2 yards from LOS, head up on guards) Level 2: 3 players- 1 middle linebacker (5 yards from LOS over the center) 2 DBs 5 yards from LOS. Level 3: 2 players (10 yards from LOS). ***Goal line defense- Level 3 players can move up to Level 2.
7	COACHES	Two(2) coaches are allowed on the field at all times. Coaches must stay 10 yards behind the deepest player and not interfere with refs. <i>Instruction to players may only come from the coaches on the field.</i>
8	SUPERIOR TEAM ADJUSTMENTS	If the winning team is up by TWENTY-ONE (21) or more points, then the coach with the superior score MUST make player adjustments to make the game competitive. NO RUNNING UP THE SCORE. Failure to make adjustments may be deemed unacceptable behavior under the North Canton Youth Football League Code of Conduct.
9	BALL RULE	Football used for games shall be a Pee wee2 / K2 or equivalent. Teams may switch to their own ball for offensive possession if so inclined. If not, the ball is to be provided by the HOME team.
10	KICK-OFFS	No kick-offs. Receiving team will put the ball in play from the 10 yard line.
11	PUNTS	No live punting. Team A will declare punt prior to snapping the ball on 4th down. Team B will start their series at the -10 yard line.
12	Improper flag equipment	If it is apparent that the flag will not come off of the ball carrier, the ball carrier shall be ruled down and the flag belt checked by the referee with both head coaches present. Any flag or belt found to be worn improperly by a player carrying the ball will result in a five (5) yard penalty from the line of scrimmage and a loss of down. If 2 players on the same team in the same game are found in violation of this rule, the head coach shall be immediately ejected from the game.
13	Scoring	Touchdowns - 6 points / Conversion After Touchdown Only Team A can score. 1 point- run into the end zone. 2 points for a pass completion in the end zone.
14	SAFETY	2 pts are scored and possession is awarded to the team that scores a safety. The team scoring the safety will take possession of the ball on their -30 yard line with an 80 yard field.
15	FLAGS	Flags shall be NO LESS THAN 14 INCHES LONG IN OVERALL LENGTH and remain as purchased and uncut. Flags must be located on the sides of the outer hips and on the backside. The belt must remain as purchased and lubricated. Flags must be on the outside and not on the inside. Any player trying to advance a ball and is observed by a referee with the flags on inside-out or no flag belt will immediately be ruled down where he or she gained possession of the ball.
16	NO QUARTERBACK SNEAKS	From under center. To attempt a quarterback sneak, the QB must be at least one(1) yard back from the center. Sweeps outside of guards are allowed.
17	CENTER SNAPS	Normal between the legs exchange between center and QB, shotgun center snaps, or side snap must be behind the ball. <i>No center sneaks. Quarterback must gain possession of the ball.</i>
18	ELIGIBLE RECEIVERS	All players are eligible to advance the ball regardless of their weight. However, while on offense, the guards, and center are ineligible receivers.
19	FIRST DOWNS	4 downs to get to mid field for the 1st down. then only 4 downs to score, offense starts at 10 yard line.
20	CHANGE OF POSSESSION	Team A can elect to "punt" prior to snapping the ball on 4th down which will result in a change of possession and team B will start their series at the minus 10 yard line (no live punting). Team B will begin their series at the deadball spot on interception and failed 4th down conversions.
25	MULTIPLE PASSES	Multiple passes are legal as long as they are behind the line of scrimmage and behind the passer. Only 1 forward pass per play.
21	FUMBLES	May be advanced if caught in the air. It is a Dead Ball when the ball touches the ground. Intentional stripping of the ball is not allowed. This intentional foul is a 10 yard penalty and an automatic first down. Behind the line of scrimmage is a dead ball, loss of down and return to line of scrimmage . Past the line of scrimmage is a dead ball and marked at fumble location.
22	DEAD BALL	The ball is dead when a fumble, lateral, or misdirected snap strikes the ground. The ball belongs to the team last in possession <i>and a down is charged for the play. If the ball is fumbled forward, the dead ball spot is where the player lost possession of the ball. The ball is dead if any part of the ball carriers body touches the ground other than the feet and hands.</i>

23 GUARDING OF FLAGS	No ball carrier may use his or her hands or arms to block pulling of the flag, to stiff arm a defender or hold onto the belt. Ball carrier may not use jumping and spinning moves to avoid having the flag pulled. Penalty is dead ball from the point of the block, jump, spin or stiff arm. no actively coaching a spin move
24 BLOCKING	No cut blocks. Arms must be extended with hands opened within the framework of the body. NO CONTACT ABOVE THE SHOULDERS IS PERMITTED. Any player guilty of a second violation of this rule during the same game will be ejected from the game. We want legal blocks (arms extended and hands open).
26 STUNTS/Blitz	Team B players can not move forward immediately prior to the snap.
27 BODY TO BODY CONTACT	When body-to-body contact is made, the referee may penalize either or both players, depending on who initiated the contact. Each player has a right to their space and direction of movement, but open hands must be used when contact is made with the opposing player. (No grabbing the runner to gain access to the flags. See Rule 32) The runner must attempt to avoid defenders and defenders must go for the flags. The overall goal is to keep the game from turning into a rugby match with flags. The penalty for the body-to-body contact is ten (10) yards from the spot of the foul.
28 STOPPING THE BALL CARRIER	The defender may not hold, grab, or tackle the runner. The defender must go for the flag. When the flag is pulled, the defender should stand and raise the flag in the air for the referees to see.
29 Site Director	The site director will have the final say on anything not covered in the stated rules; including but not limited to, fairness of play, rule manipulation, etc. Coaches are encouraged to keep the game as fair as possible.

Flag Football formation rules

Offensive formation rules.

1. All formations must have a center with one guard on either side. All three players are ineligible by rule.
2. Only the RB and WR that are off the LOS are eligible to motion. No more than one motion player per play.
3. No distance requirement between WR and guard.
4. Offensive players must occupy the positions located in the triangle before each snap. No more than 4 players inside the triangle.
5. Players outside the triangle must comply with additional formational rules.
 - a. 1 player must start the formation in the backfield beside the QB.
 - b. 1 player must line up on the LOS outside of the guard.

Defensive formation rules.

1. Level 1: 2 players 1 - 2 yards from the LOS at the snap and head up on offensive guards.
2. Level 2: 3 players at least 5 yards from the LOS with 1 player head up on center.
3. Level 3: 2 players at least 10 yards from the LOS
4. Defensive players must occupy the positions located in the triangle before each snap.
5. Defensive players outside the triangle do not have to "match-up" to offensive formations, but they must stay within their level.
6. No defensive player can be intentionally moving forward immediately prior to the snap. (No blitzing)

***Goal line Defense- When the ball is at or within 5 yards of the goal line, Level 3 defenders can move up to level 2. Level 1 must only have 2 players.



