



## THOMASVILLE YMCA YOUTH FLAG FOOTBALL RULES

[www.ymca-thomasville.org](http://www.ymca-thomasville.org)

1. The following criteria is used to determine league participation:  
**Ages 5&6 prior to Sept. 1 of current year.**
  
2. All playing rules will be in accordance with the current edition of the National Federation of High Schools Rule Book and Georgia High School Association rules, except as herein amended:
  1. No kickoffs – game will begin with receiving team putting ball in play on the 18 yard line. The same procedure will be followed for putting ball in play after scores and to begin the second half.
  2. No punts – ball will be advanced 18 yards by referee when offensive team declares desire to punt.
  3. All offensive players are eligible pass receivers.
  4. All players must participate in the game unless coaching reasons are declared prior to the game to the opposing coach and game referees.
  5. Flag belts must be worn at waist with three flags attached to the belt at all times. No tying, looping, or tucking in of belt will be permitted. Shirrtails must be tucked in at all times. **Shorts should be of contrasting color to the flags and no pockets.**
  6. **HELMETS ARE NOT ALLOWED AND MOUTH PIECES ARE REQUIRED.**
  7. Game time is forfeit time. A team must be ready to play at scheduled time.
  8. All games will be two (2) fifteen halves. The clock will run continuously except for timeouts and after scores. Each team will be permitted two (2) time-outs per half. The offense will have thirty (30) seconds to put ball in play after it has been marked ready for play.
  9. First downs – a team makes a first down when it crosses any 1<sup>st</sup> down line. A team shall have four (4) downs to make a first down.
  10. A touchdown shall count six (6) points. Following a touchdown, a try for 1 point may be made by running or a try for 2 points by utilizing a forward pass. The ball will be spotted at the 2 yard line prior to the try. A safety shall count two (2) points.
  11. A fumble causes the ball to become dead immediately and belongs to the fumbling team. The next down shall be as if no fumble occurred.
  12. Each team will play seven (7) players on offense and defense. While on offense at least four (4) players must be on the line of scrimmage at the time of the snap. **Two coaches per team** will be permitted on the field with the team at all times. **4 Total Coaches** on the field or sideline for each team, all with coaches badges. Coaches will assist in play calling and player alignment. Coaches are not to converse with opposing players except to compliment an out-standing play.
  13. All penalties will be 80 % of high school football stipulations.
  14. No stiff-arms or flag guarding will be allowed.
  15. Hands cannot be used in blocking. Palms should be against chest with elbows extended outward.
  16. If ball carrier's flag falls off during live play, defense must touch ball carrier to end play.

The purpose of this program is to provide wholesome recreation with emphasis placed on fun, participation, and fundamentals. The maximum participation of each team member is strongly recommended and expected. It is also the purpose of this program to teach and practice good sportsmanship. The YMCA reserves the right to exercise whatever action it deems necessary to assure fulfillment of this purpose.