



2022 Flag Football Rules

(No changes from 2021)

I. This document is an addition to the 2022 KMYFL Rules.

II. Team Roster

- a. Team roster, with all players and coaches listed, is due at least 8 days before the team's first scheduled game.

III. Player Age

- a. A player's birth date shall determine which age groups he/she participate based on the age on or before August 1st.
 - For example, a player who turns 7 years old on July 31st shall be considered 7 and may play in the 8U flag division.
 - A player who turns 7 on August 2nd shall be considered 6 and is eligible to play in the 6U division (since the player was 6 years old on August 1st).
- b. 6U Flag league is intended for age 4-6 years old to participate in learning and enjoying the game of football
- c. 8U Flag league is intended for children ages 6-8 years old to participate in learning and enjoying the game of football
- d. Playing Up Request – A player may play up one (1) age division. The parent/guardian must complete the Play Up Acknowledgement Form and turn in to the league commissioner before the player may play up. A player who plays up may not move down divisions during the same season for any reason.
- e. A player may only participate on one (1) team per season (tackle or flag). *In the event, a youth sports association participating in KMYFL has two teams in an age group, a player may only play for one of the two teams.*

VI. Player Registration

- a. Associations are responsible for conducting player registration and overseeing proper placement of players. To register, the candidate's parents or legal guardian must supply the following:
 - i. A signed league supplied registration form (contract)
 - ii. A signed Concussion form
 - iii. A signed Sudden Cardiac Arrest Form
 - iv. Proof of age (birth certificate)
- b. A player's birth date shall determine his/her participation based on the age on or before August 1st.

VII. Player Equipment

- a. Players in 6U Flag & 8U Flag must wear a soft-shell helmet and mouthpiece.

VI. Authorized person(s) on field/sideline

- a. All teams (players and coaches) must check-in at the weigh station before each game. Teams will line up and each person will be checked off as present for league accountability.
- b. Only players and coaches, with the proper Coach ID Badge, who have checked in at the weigh station may enter the playing area
- c. Parents/guardians may not be in the playing area
- d. 1 Coach may be on the field in the 6U Flag division.
 - i. This coach may coach their team, not negatively communicate with the referees or an opposing player/coach. A coach can receive an unsportsmanlike conduct penalty. A team may lose the right to have a coach on the field if the coach is removed by the referee after the 2nd Unsportsmanlike Conduct Penalty or is ejected due to an egregious act.

VII. Grace Period for First Game of Day

- a. A 15-minute grace period is allowed for the first game of the day. For instance, if the first game is scheduled for 9:00am, a team may have until 9:15am before a forfeit is declared.

VIII. Game Timing

- a. Games will be played with 8 players per team on the field at one time
- b. A game shall consist of two (2) 15 minute halves with a 5-minute halftime
- c. The clock shall run continuously except during timeouts, injuries, and other stoppages deemed necessary by the referee
- d. Each team may use up to 2 timeouts per half
- e. There shall be a maximum of 35 seconds from the end of one play to the beginning of another
- f. After the referee puts the ball in play and blows the whistle, the offense has 25 seconds to begin the next play
- g. The referee shall inform both coaches when there are 2 minutes remaining in a half.

IX. Game Rules

- a. All possessions shall begin with the offense starting on the 40-yard line
- b. First down distance is 8 yards
- c. Each player shall wear a set of flags, provided by the League, with 2 Velcro flags – one on each hip
- d. Offensive Rules
 - i. The offensive team must have at least 4 players on the line of scrimmage including one eligible receiver. Lineman shall be in a 3-point stance or squatting. Receivers shall begin in standing position
 - ii. All players on the field must be part of and leave the huddle before the start of the next play (no “sleeper” plays).

- iii. The official must be notified before the game of any trick plays that may be attempted.
- iv. A Quarterback sneak must be around the end (not up the middle)
- v. The Center may not sneak the ball
- vi. Players may not lower their head or run in a bent fashion
- vii. Offensive Line Rules
 - 1. Linemen may use their hands to block
 - 2. No pancake blocks are allowed
 - 3. Chicken wing style block may be used
- viii. The ball is declared dead when:
 - 1. The ball carrier's flag is removed by the defense
 - 2. The ball is carried out of bounds by the ball carrier
 - 3. A pass is incomplete
 - 4. Any part of the ball carrier's body touches the ground except his/her feet or hands
 - 5. The ball is fumbled due to a bad snap from the center (no fumble recoveries)
 - 6. If the ball carrier's flag is lost unintentionally, the play shall continue until the player with the ball is touched by defense. For example, if a player's flag falls off while on a breakaway run, the play may be declared a touchdown.
- e. Defensive Rules
 - i. The defensive team shall line up 2 yards off the ball (at the cone) except when the ball is closer than 3 yards to the 1st down or goal line
 - ii. There shall be no contact when pulling the flag (such as holding, pushing, or pulling the ball carrier when attempting to take the flag)
 - iii. Defensive linemen must go around offensive linemen and may not use them as a pivot or charge through them
 - iv. The defensive player shall hold up the pulled flag once removed from the ball carrier
- f. PAT. All extra point attempts shall begin at the 3-yard line. A team receives 1 point for a successful run and 2 points for a successful pass.

X. Penalties

- a. Delay of Game – 4 yards, dead ball
- b. False Start – 4 yards, dead ball
- c. Illegal Formation – 4 yards, dead ball
- d. Illegal Timeout – 4 yards, dead ball
- e. Diving for the Flag – 8 yards from point of infraction
- f. Illegal Contact on Offense – 8 yards from point of infraction
- g. Illegal Contact on Defense – 8 yards from line of scrimmage
- h. Pass Interference – 12 yards from line of scrimmage & 1st Down
- i. Illegal Participation – 12 yards from line of scrimmage & 1st Down
- j. Roughing the Passer – 12 yards from line of scrimmage & 1st Down
- k. Flag Guarding – 12 yards from point of infraction
- l. Unsportsmanlike Conduct – 12 yards from point of infraction & possible ejection

- m. NOTE – the ball cannot be moved beyond the 40-yard line due to penalties. For example, a penalty on the offense on the 38-yard line would result in the ball being moved to the 40-yard line.
- n. Ejections
 - i. Unsportsmanlike Conduct by player may result in ejection from the game. An ejection from a game also include a 1-game suspension from the team's next game.
 - 1. 3 Unsportsmanlike Conduct penalties or safety-related penalties during a game.
 - 2. Unnecessary contact/roughness, lowering head, tackling, tripping, clipping, etc. may result in immediate ejection if flagrant.
 - ii. Unsportsmanlike Conduct coach, parent/guardian, fans may result in ejection from the game. An ejection from a game also include a 1-game suspension from the team's next game for players and coaches.
 - 1. Illegally securing the flag belt
 - 2. Excessive profanity
 - 3. Excessive communication with referee by on-field coach, sideline coach, or spectator

XI. League Format / Postseason

- a. Post season will be similar to 7U-14U divisions.