



2016 6U Flag Football Rules

- I. This document is an addition to the 2016 KMYFL Rules.
- II. Player Age
 - a. 6U Flag league is intended for age 5 - 6 years old to participant in learning and enjoying the game of football
- III. 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.
- IV. Authorized person(s) on field/sideline
 - a. Only players and coaches with the proper Coach ID Badge may enter the playing area
 - b. Parents/guardians may not be in the playing area
 - c. 1 Coach may be on the field
- V. 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.
- VI. 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 45 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.
- VII. 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, it is the referee's discretion when the play is dead. 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. The offensive team must declare if they will pass or run for the Extra Point. If a run is declared, the ball is placed on the 3 yard line, and the defense may line up on the ball. If a pass is declared, the ball is placed on the 8 yard line, and the defense shall line up 2 yards off the ball.

VIII. 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. Ejections
 - i. Unsportsmanlike Conduct by player, coach, parent
 - 1. Illegally securing the flag belt
 - 2. Unnecessary contact/roughness, lowing head, tackling, tripping, clipping, etc.
 - 3. Excessive profanity

IX. League Format / Postseason

- a. Teams will be divided into 2 or more divisions **based on their final record**
- b. **Teams will compete in playoff bracket like 7U-14U divisions.**