



FUTURE PLAYERS START HERE

FLAG FOOTBALL RULES

3rd & 4th GRADE

FOND DU LAC FAMILY YMCA

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Fall 2026
September 12 – October 17
10:30 AM – 12:00 PM



GENERAL INFORMATION

- A coin toss determines first possession of the game.
- Game will start with a kickoff (see kickoffs for more information).
- No blocking allowed at any point of the game.
- A team is given 4 downs to cross midfield (first down marker) and 4 downs to score a touchdown.
- If team fails to cross midfield or score in the 4 downs given, the offensive team will punt (see punting for more information).
- An interception can be returned and the ball will be spotted where the ball becomes dead.
- Teams change sides after the first 25 minutes, and possession changes as well.
- Games cannot end on a defensive penalty, unless the offense declines it.
- Only team captains may ask a referee questions in regards to rule clarifications and interpretations.
- Attire:
 - Cleats are allowed, except for metal spikes. Inspections will be made.
 - Team jerseys should be worn for all games.



PLAYERS

- Teams consist of no more than 12 players
- We will play either 5 on 5 or 6 on 6 depending on numbers.
- Teams must field a minimum of six (6) or five (5) players at all times
- If playing 6 on 6 teams; must have 3 players on the line of scrimmage.
 - The center is included as one of the players on the LOS.
- If playing 5 on 5, teams will have only 2 players on the line of scrimmage.

TIMING/OVERTIME

- Games are played as (2) 25-minute halves (running time).
- Each team has one 60 second time-out per half.
- There will be no score kept so overtime will not be necessary.
- Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
- Officials can stop the clock at their discretion.

SCORING

NO ACTUAL SCORE WILL BE KEPT.

Touchdown :: After a touchdown is scored, the extra point will be played.

Extra Point :: Played from the 7-yard line (run or pass plays are permitted).

Safety :: If a player gets tackled in the end-zone, that team must then kick-off to the team that scored the safety.



KICKOFFS

- Play (start of game or following a score) will start with a kickoff from the marked spot.
- Kicking team will have all 6 players on the field.
- Receiving team will be allowed 2 players on the field to receive the kick.
- The receiving team will not actually return the kick.
 - If the receiving team catches the ball cleanly, the ball will be spotted 5 yards from the point where the ball was caught.
 - If the ball is not caught, ball will be marked where it is first touched by either the kicking or receiving team.

PUNTING

- Teams may punt the football after 4th down if the 1st down has not been reached.
- If the team has already reached the 1st down, ball will be turned over on downs after 4th down.
- There will be a "minimum punt line" (20-yard line).
- Punting team will line up 5 players on the line of scrimmage and one player to punt (5 yards behind the line of scrimmage).
- Kicking team may not leave the line of scrimmage until ball is kicked.
- Receiving team is permitted to put 2 players on the field to receive the punt.
- Receiving player is allowed a 5-yard cushion to catch the punt.
- The receiving team will not actually return the kick
 - If the receiving team catches the ball cleanly, the ball will be spotted 5 yards from the point where the ball was caught.
 - If the ball is not caught, ball will be marked where it is first touched by either the kicking or receiving team.



RUNNING

- The quarterback CANNOT run the ball.
- Direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.
- Laterals behind the line of scrimmage are allowed. Note: Ball is dead if fumbled on a lateral.
- “No-running zones”, located 5 yards on either side of midfield, are designed to avoid short yardage, power-running situations.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
- The ball is spotted where the ball is when the ball carrier’s flag is pulled, NOT where the ball lands.

RECEIVING

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- One player is allowed in motion at a time.
- A player must have at least one foot inbounds when making a reception.

PASSING

- Shotgun formations are allowed.
- Shovel passes are allowed but must be received beyond the line of scrimmage.
- The quarterback has a seven-second pass clock. If the pass is not thrown within the seven seconds (referee discretion), play is dead and loss of down.
- An interception can be returned and the ball will be spotted where the ball becomes dead.



DEAD BALLS

- The ball must be snapped between the legs to start play.
- Substitutions may be made on any dead ball.
- Play is ruled "dead" when:
- Ball carrier's flag is pulled.
- Ball carrier steps out of bounds.
- Touchdown or safety is scored.
- Ball carrier's knee hits the ground.
- Ball carrier's flag falls out.

NOTE: There are no fumbles. The ball is spotted where the ball hits the ground.

SPORTSMANSHIP/ROUGHING

- BLOCKING is considered unsportsmanlike and will be penalized. Players are not allowed to intentionally make contact with the opposing team in an effort to "block" them from making a play. This rule is strictly in place for the safety and well-being of the kids playing.
- If the field monitors or referees witness any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected. FOUL PLAY WILL NOT BE TOLERATED.
- Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators) If trash talking occurs, the referee will give one warning. If it continues, the player(s) will be ejected from the game.

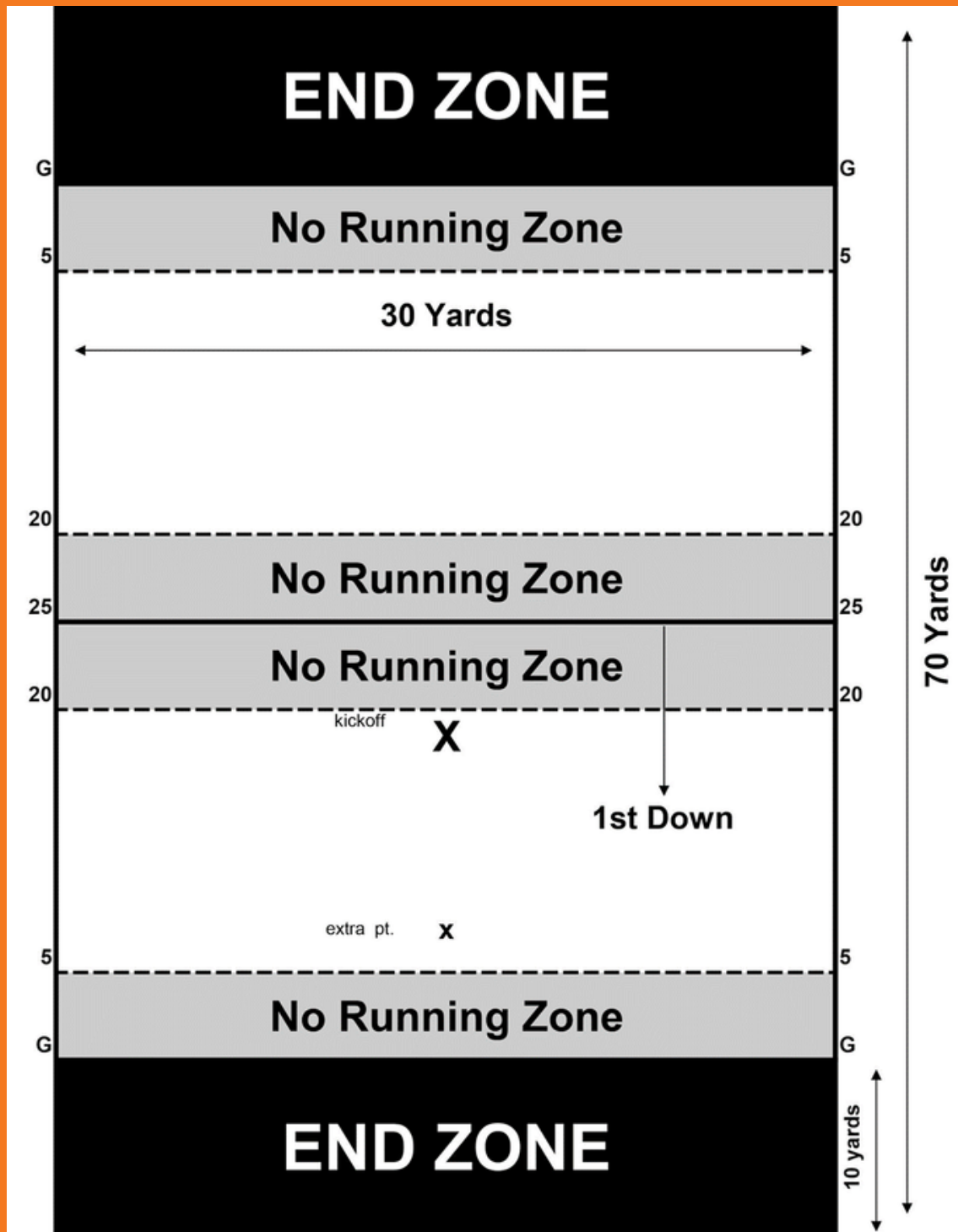
PENALTIES

Defensive:

- Offsides - 5 yards and automatic first down.
- Interference - 5 yards and automatic first down.
- Illegal Contact - 5 yards and automatic first down.
- Holding, blocking, etc.
- Illegal Flag Pull - 5 yards and automatic first down.
- Before receiver has the ball
- Illegal Rushing - 5 yards and automatic first down.
- Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.

Offensive:

- Illegal Motion - 5 yards and loss of down.
- More than one person moving, false start, etc.
- Blocking (intentional) - 5 yards from spot of the foul & loss of down.
- Offensive Pass Interference - 5 yards and loss of down.
- Illegal pick play, pushing off/away defender
- Flag Guarding - Ball spotted where guarding occurred.
- Delay of Game - Clock stops, 5 yards and loss of down.
- Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.





SPORTSMAN'S PLEDGE

I pledge to play the game
the best I can,
to be a team player,
to respect my opponents,
rules, officials and coaches,
and improve myself
in body, mind & spirit.



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