

FLAG FOOTBALL RULES

1. Keep teams even: amount of kids and how good they are
2. Be organized and fair when picking teams.
3. All Youth Football League players may NOT play on the same team. They must be divided between the teams.
4. 4th and 5th graders may NOT play with 3rd graders.
5. Ask kids what position they want.
6. If you are picked for a team, you must play on it or leave the game.
7. Use the flags. Stop running the ball when your flag is pulled.
8. Pass to all kids on the team.
9. Switch off positions (quarterback only 3 plays).
10. Don't push when you block (no contact is allowed at school).
11. Be safe—don't fight
12. Be respectful of other players.
13. No tackling.
14. No stripping the ball from another player.
15. No grabbing onto clothes.
16. No clipping (blocking from behind).
17. No spearing (using head to block).
18. No face masking (don't put hands in other player's faces.)
19. No rushing on downs 1 and 2 (count 5 seconds before crossing the line of scrimmage.) Rushing is OK on the 3rd and 4th downs.
20. Anyone who fights or argues will be out of the game.