

ISTROUMASPORTS

5U BOYS FLAG FOOTBALL RULES

Game Format

- 5 on 5 (Can be 6 on 6 due to larger roster sizes if coaches desire)
- Football – Mini
- Score will not be kept. No extra point attempts.
- One first down at midfield.
- 1 hour total time limit. Account for time it takes to transition from practice to game.
 - Games 1-3: 30 minutes of practice, 25 minutes of games – 10 minutes per half
 - Games 4-6: 15 minutes of practice, 40 minutes of games – 8 minutes per quarter
 - Game 7: 55 minutes of games – 12 minutes per quarter
- Each team must have at least one coach on the field and on the bench.
- Home team will start the game on defense. Teams will switch end zones after halftime.
- Coaches will officiate the game.

Division Rules

- Offense can begin in the red zone at the beginning of the season and move back each week.
- Offense can have 5 plays per possession, one for each player on the field to get a touch.
- A fumble will result in a dead ball. Teams can replay the down on a fumbled snap.
- The quarterback is not allowed to run the ball across the line of scrimmage.
- The defense cannot cross the line of scrimmage.
- Interceptions may not be returned.

Because this is a developmental division, coaches can be flexible with playing time and types of games.

Parents are asked to help coaches manage the kids on the field for 2 practices/games

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7U BOYS FLAG FOOTBALL RULES

Game Format

- 5 on 5
- Football – Pee wee
- Score will not be kept.
- Teams will have “extra point” attempts from 2.5 yards after a touchdown.
- One first down at midfield.
- Games will consist of four 10-minute quarters, running clock. No timeouts.
- Breaks after first and third quarters are 2 minutes; halftime is 4 minutes.
- At least one coach per team is allowed on the field.
- At least one coach per team must be on the bench with substitutions.
- Home team will start the game on defense and sit on the left side of the field.
- Coaches will officiate the game.

Division Rules

- Offense will begin each drive at their own five-yard line. No kickoffs or punts.
- The spot of the football is determined by the players’ waist when the flag is pulled.
- Fumbles will result in a dead ball. Teams can replay the down on fumbled snaps.
- If a flag inadvertently falls off, play continues by way of one-hand-touch.
- The quarterback is not allowed to run the ball across the line of scrimmage.
- The quarterback has 10 seconds to pass the football.
- The defense cannot cross the line of scrimmage.
- Interceptions cannot be returned.

Campus Policy

- Fans must remain behind the red spectator line for the entirety of the game.
- Fans are asked to cheer on their players, not jeer at officials or opponents.

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9U BOYS FLAG FOOTBALL RULES

Game Format

- 6 on 6
- Football – Pee wee
- Extra Point = 1 point from the 5-yard line
- One first down at midfield.
- Game will consist of four 10-minute quarters. The clock will only stop in the last minute of the fourth quarter for dead balls. No timeouts. No overtime.
- Breaks after first and third quarters are 1 minute; halftime is 3 minutes.
- Two coaches per team may be on the field for the huddle, but must be on the sideline before the ball is hiked.
- Home team will provide two scorekeepers, start the game on defense, and sit on the left side of the field.
- Referees will officiate the game.

Division Rules

- A team will start the game with 1 point if they recite more bible verses from memory than the other team.
- No kickoffs. Teams will start each half and possessions after touchdowns at their 5-yard line.
- “Punting” gives the defense possession at their own 10-yard line. Offense won’t kick the ball.
- The spot of the football is determined by the players’ waist when the flag is pulled.
- Completion requires receiver to gain control of the ball with one foot in bounds.
- Fumbles will result in a dead ball. Teams can replay a fumbled snap for the first two games.
- If a flag inadvertently falls off, play continues by way of one-hand-touch.
- The quarterback has 7 seconds to pass the ball. If he doesn’t throw within the time, the play will be treated as an incomplete pass.
- The quarterback is not allowed to run the ball across the line of scrimmage.
- The defense can cross the line of scrimmage when the QB hands off the ball.
- Interceptions may not be returned.

Campus Policy

- Fans must remain behind the red spectator line for the entirety of the game.
- Fans are asked to cheer on their players, not jeer at officials or opponents.

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11U BOYS FLAG FOOTBALL RULES

Game Format

- 7 on 7
- Football – Junior
- Extra Point = 1 point from the 5-yard line or 2 points from the 10-yard line
- Game will consist of four 12-minute quarters. One timeout in the second half. Clock stops in the last minute of each half on dead balls.
- Breaks after first and third quarters are 1 minute; halftime is 3 minutes.
- Home team will provide two scorekeepers, start the game on defense, and sit on the left side of the field.
- Referees will officiate the game.

Division Rules

- A team will start the game with 1 point if they recite more bible verses from memory than the other team.
- No kickoffs. Teams will start each half and possessions after touchdowns at their 5-yard line.
- “Punting” gives the defense possession at their own 10-yard line. Offense won’t kick the ball.
- The spot of the football is determined by the players’ waist when the flag is pulled.
- Completion requires receiver to gain control of the ball with one foot in bounds.
- Fumbles will result in a dead ball.
- If a flag inadvertently falls off, play continues by way of one-hand-touch.
- Defense is allowed to rush the quarterback after 4 seconds; the QB is allowed to run if defense crosses the line of scrimmage.
- The defense can cross the line of scrimmage when the football touches another player after the QB or after 4 seconds (referee lowers his hand).
- Overtime will only be played on the final game day.

Campus Policy

- Fans must remain behind the red spectator line for the entirety of the game.
- Fans are asked to cheer on their players, not jeer at officials or opponents.

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14U BOYS FLAG FOOTBALL RULES

Game Format

- 7 on 7
- Football – Youth
- Extra Point = 1 point from the 5-yard line or 2 points from the 10-yard line
- Game will consist of four 12-minute quarters. One timeout in the second half. Clock stops in the last minute of each half on dead balls.
- Breaks after first and third quarters are 1 minute; halftime is 3 minutes.
- Home team will provide two scorekeepers, start the game on defense, and sit on the left side of the field.
- Referees will officiate the game.

Division Rules

- A team will start the game with 1 point if they recite more bible verses from memory than the other team.
- No kickoffs. Teams will start each half and possessions after touchdowns at their 5-yard line.
- “Punting” gives the defense possession at their own 10-yard line. Offense won’t kick the ball.
- The spot of the football is determined by the players’ waist when the flag is pulled.
- Completion requires receiver to gain control of the ball with one foot in bounds.
- Fumbles will result in a dead ball.
- If a flag inadvertently falls off, play continues by way of one-hand-touch.
- Defense is allowed to rush the quarterback after 3 seconds, but the QB is allowed to run if defense crosses the line of scrimmage.
- The defense can cross the line of scrimmage when the football touches another player after the QB or after 3 seconds (referee lowers his hand).
- Overtime will only be played on the final game day.

Campus Policy

- Fans must remain behind the red spectator line for the entirety of the game.
- Fans are asked to cheer on their players, not jeer at officials or opponents.

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17U BOYS FLAG FOOTBALL RULES

Game Format

- 7 on 7
- Football – Official
- Extra Point = 1 point from the 5-yard line or 2 points from the 10-yard line
- Game will consist of four 12-minute quarters. One timeout per half. Clock stops in the last minute of each half for dead balls.
- Breaks after first and third quarters are 1 minute; halftime is 3 minutes.
- Coaches will officiate the game, unless a volunteer referee is available.

Division Rules

- No kickoffs. Teams will start each half and possessions after touchdowns at their 5-yard line.
- “Punting” gives the defense possession at their own 10-yard line. Offense won’t kick the ball.
- The spot of the football is determined by the players’ waist when the flag is pulled.
- Completion requires receiver to gain control of the ball with one foot in bounds.
- Fumbles will result in a dead ball.
- If a flag inadvertently falls off, play continues by way of one-hand-touch.
- Defense is allowed to rush the quarterback after 3 seconds, but the QB is allowed to run if defense crosses the line of scrimmage.
- The defense can cross the line of scrimmage when the football touches another player after the QB or after 3 seconds.

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FLAG FOOTBALL PENALTIES & VIOLATIONS

Penalties

- 5 yards for non-contact penalties
 - Offsides, illegal formation / flag pull / rushing / pass, too many men on the field
 - Delay of game - offense will continue to play and be penalized after
- 10 yards for contact and conduct penalties
 - Pass interference, flag guarding, illegal blocking, excessive contact
 - Unsportsmanlike conduct

Referees are not limited to the rules above
and can make discernment calls when a situation is not covered by these rules.