

YMCA of Greater Charlotte Flag Football League Rules Grid

Game Management	Kindergarten	1st-2nd Grade	3rd-4th Grade	5th-6th Grade	7th-8th Grade & OLDER
Ball Size	Firm Foam	Pee Wee	Junior	Junior	Youth
Field Size	60 x 30 Yards (size may vary by location)	60 x 30 Yards	60 x 30 Yards	70 x 30 Yards	70 x 30 Yards
End Zones	5 Yards	5 Yards	5 Yards	10 Yards	10 Yards
Belts	Triple Threat	Triple Threat	Triple Threat	Triple Threat	Triple Threat
Number of Players	5 v 5	5 v 5	5 v 5	5 v 5	5 v 5
Coaching	In huddle and on field	In the huddle pre-snap only	In the huddle pre-snap only	In the huddle pre-snap only	Sideline Only
Team Box	Mid-field to the 5 yard line	Mid-field to the 5 yard line	Mid-field to the 5 yard line	Mid-Field to the 5 yard line	Mid-Field to the 5 yard line
Playing Time	Players play at least half of the game	Players play at least half of the game	Players play at least half of the game	Players play at least half of the game	Players play at least half of the game
Number of Officials	Coaches as Officials	1	1	2	2
Home/Away	Home is light color, Away is dark color	Home is light color, Away is dark color	Home is light color, Away is dark color	Home is light color, Away is dark color	Home is light color, Away is dark color
Score/Time					
Scoring	Yes	Yes	Yes	Yes	Yes
PAT	Yes	Yes	Yes	Yes	Yes
1 PAT	5 Yard Line (Pass Only)	5 Yard Line (Pass Only)	5 Yard Line (Pass Only)	5 Yard Line (Pass Only)	5 Yard Line (Pass Only)
2 PAT	12 Yard Line	12 Yard Line	12 Yard Line	12 Yard Line	12 Yard Line
Safeties	Yes	Yes	Yes	Yes	Yes
Game Time	Two 10 Minute Halves	Two 20 Minute Halves	Two 20 Minute Halves	Two 20 Minute Halves	Two 20 Minute Halves
Halftime	2 Minutes	2 Minutes	2 Minutes	2 Minutes	2 Minutes
Play Clock	45 Seconds once the ball is spotted	45 Seconds once the ball is spotted	45 Seconds once the ball is spotted	30 Seconds once the ball is spotted	30 Seconds once the ball is spotted
Time Outs	2 Per Game	2 Per Game	2 Per Game	2 Per Half	2 Per Half
Clock Time (Clock Stoppages)	Running Clock	Running Clock	Last 2 Minutes of Second Half	Last 2 Minutes of Second Half	Last 2 Minutes of Second Half
Play					
Start	10 Yard Line	5 Yard Line	5 Yard Line	5 Yard Line	5 Yard Line
Downs	4 to 1st Down, 4 to Score	4 to 1st Down, 4 to Score	4 to 1st Down, 4 to Score	4 to 1st Down, 4 to Score	4 to 1st Down, 4 to Score
Turnover On Downs	Yes	Yes	Yes	Yes	Yes
Turnover At Spot	No	No	No	No	No
Interception Return	Yes, spotted where flag is pulled	Yes, spotted where flag is pulled	Yes, spotted where flag is pulled	Yes, spotted where flag is pulled	Yes, spotted where flag is pulled
Backwards Spot	Yes	Yes	Yes	Yes	Yes
Switch Field	Yes	Yes	Yes	Yes	Yes
Eligible	Any	Any	Any	Any	Any
Laterals	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited
Where Can You Lateral?	Anywhere	Anywhere	Anywhere	Anywhere	Anywhere
QB Direct Run	No	No	No	No	No
QB Time Limit	15 seconds (leave QB hands)	10 seconds (leave QB hands)	7 seconds (leave QB hands)	7 seconds (leave QB hands)	7 seconds (leave QB hands)
Blocking	No	No	No	No	No
Blitzer	No	No	Yes, 7 Yards, 1 Player	Yes, 7 Yards, 1 Player	Yes, 7 Yards, 1 Player
No Run Zone	Yes	Yes	Yes	Yes	Yes
Catch	1 Foot Inbounds	1 Foot Inbounds	1 Foot Inbounds	1 Foot Inbounds	1 Foot Inbounds
Overtime	No	No	No in Season, Yes in Tournament	No in Season, Yes in Tournament	No in Season, Yes in Tournament
Fouls					
Marked from line of scrimmage	Offsides - 5 Yards				
	Illegal Rush - 5 Yards				
	Illegal Flag Pull - 5 Yards				
	Roughing - 10 Yards (Automatic first down for defensive roughing and loss of down for offensive roughing)				
	False Start - 5 Yards				
	Illegal Forward Pass - 5 Yards				
	Illegal Motion - 5 Yards				
	Delay of Game - 5 Yards				
	Illegal Contact - 5 Yards (Pressing at the line of scrimmage, holding)				
	Illegal Snap - 5 Yards				
	Blocking (Blown Dead) 5 Yards from spot of the foul (attempt to start screen block using any body part in order to obstruct an opponent with or without contact)				
	Pass Interference (15 yards from line of scrimmage & automatic first down for defensive pass interference and loss of down for offensive pass interference)				
Unsportsmanlike Conduct - 10 Yards					
Fouls					
Marked from the spot of the foul	Flag Guarding (Play will be blown dead)				
	Jumping - 5 Yards				
	Diving - 5 Yards				
	In NO RUN ZONE - Passes have to be beyond the LOS - 5yds				
	Illegal Spin - Arms not above shoulders and runner blocks flags from being pulled - 5 yards				
	Diving - 5 Yards				