

FLAG FOOTBALL	AGES 5-14
FIELD	30X70 yards
BALL SIZE	Kinder: Mini, 1st-4th: Pee Wee, 5th-8th: Junior
KICKOFFS	No
POSSESSION	AT 5 YARD LINE EXCEPT FOR INTERCEPTIONS
BLOCKING	No
PLAYERS ON FIELD	5
REFEREES	Yes
GAME LENGTH	2 x 20min.
PLAY CLOCK	30 Seconds
TIMEOUTS	One 60sec., One 30sec. Per Half
OVERTIME	Each team receives possession at 12yd for one play until one team scores and the other doesn't
TD	6 Points
1 EXTRA POINT	From 5 Yard Line
2 EXTRA POINT	From 12 Yard Line
SAFETY	2
RUSHING THE QB	10 YARDS OF L.O.S
QB SCRAMBLE	NO. QB is not allowed to run beyond the L.O.S
SNAPPING	Between the Legs
LATERALS / PITCHING	NO
BALL SPOT	WHERE FEET ARE WHEN FLAG IS PULLED
FUMBLES	DOWN WHERE BALL HITS(OFFENSE RETAINS BALL)
INTERCEPTIONS	DOWN WHERE BALL IS INTERCEPTED
PASSING	7 SECONDS TO PASS THEN LOSS OF DOWN
ACCIDENTAL FLAG REMOVAL	In the case of an accidental belt malfunction of player with ball, the ball carrier will be downed by touch
PENALTIES	
DEFENSIVE PASS INTERFERENCE	AUTO FIRST DOWN
HOLDING	AUTO FIRST DOWN
OFFSIDE/FALSE START	5 YARDS FROM LOS and LOSS OF DOWN
ILLEGAL FORWARD PASS (PASS PAST THE LOS)	5 YARDS FROM LOS and LOSS OF DOWN
OFFENSIVE PASS INTERFERENCE	5 YARDS FROM LOS and LOSS OF DOWN
ILLEGAL MOTION (MULTIPLE PLAYERS MOVING)	5 YARDS FROM LOS and LOSS OF DOWN
DELAY OF GAME	5 YARDS FROM LOS and LOSS OF DOWN
IMPEDING THE RUSHER	5 YARDS FROM LOS and LOSS OF DOWN
ILLEGAL PROCEDURE	5 YARDS FROM LOS and LOSS OF DOWN
OFFSIDES	5 YARDS FROM LOS and AUTO FIRST DOWN
ILLEGAL RUSH (WITHIN 7 YARD CUSHION)	5 YARDS FROM LOS and AUTO FIRST DOWN
ILLEGAL FLAG PULL (BEFORE RECIEVER HAS BALL)	5 YARDS FROM LOS and AUTO FIRST DOWN
ROUGHING THE PASSER	5 YARDS FROM LOS and AUTO FIRST DOWN
TAUNTING	5 YARDS FROM LOS and AUTO FIRST DOWN
SCREENING/BLOCKING	10 YARDS and LOSS OF DOWN
CHARGING	10 YARDS and LOSS OF DOWN
FLAG GUARDING	10 YARDS and LOSS OF DOWN
OFFENSIVE UNNESSARY ROUGHNESS	10 YARDS and LOSS OF DOWN
OFFENSIVE UNSPORTSMANLIKE CONDUCT	10 YARDS and LOSS OF DOWN
DIVING/JUMPING/HURDLING	10 YARDS and LOSS OF DOWN
STRIPPING	10 YARDS and AUTO FIRST DOWN
DEFENSE UNNECESSARY ROUGHNESS	10 YARDS and AUTO FIRST DOWN
DEFENSIVE UNSPORTSMANLIKE CONDUCT	10 YARDS and AUTO FIRST DOWN



LOS = LINE OF SCRIMMAGE