

2024  
3<sup>rd</sup> & 4<sup>th</sup> GRADE  
**PADDED FLAG FOOTBALL**  
RULES



SUBURBAN YOUTH  
FOOTBALL CONFERENCE

## **1. Game Rules**

- a. A coin toss determines first possession
  - i. Visiting Team calls the coin toss.
- b. The field is 60 yards long by far hash mark.
- c. There are no kick-offs.
  - i. Teams will start drives at the beginning of each half and after touchdowns on their own 10-yard line. The ball will always be placed in the middle of the field (weather permitting).
- d. The offensive team has 4 plays to gain a first down marked at each 20-yard line.
- e. There are no punts.
  - i. On 4<sup>th</sup> down, the offense must declare within 10 seconds if they wish to punt or go for it. If a punt is declared, the clock will stop and the referee will mark off 20 yards from the line of scrimmage. If the LOS is inside your opponent's 20-yard line, the referee will mark off half the distance. The clock will resume running when the ball is reset.
- f. 30-second clock between plays.
  - i. Referee enforcement will tighten up during season.

## **2. Players/Coaches**

- a. Padded Flag Football is a CONTACT game. Coaches are to instruct players the proper techniques in blocking and avoiding blocks.
- b. Only 1 coach from each team is permitted on the field at a time.
  - i. Offensive Coach must back up behind huddle before snap.
  - ii. Coaches must not interfere with game play.

## **3. Timing**

- a. The length of each quarter is 9 minutes with a 5-minute break at halftime.
- b. The clock will run continuously except in the following situations:
  - i. During extra-point attempts.
  - ii. After third down and until the punt yardage is marked off or a team decided to "go for it".
  - iii. After a change of possession and until the referee signals the ball is in play.
  - iv. During the last 2 minutes of each half, in which a regulation high school stop clock will be used.
  - v. During the discussion with team captains concerning penalties. The clock will resume on the referee's signal.

- c. Each team is permitted 3 time-outs per half. These do not carry over to the next half.
- d. No overtime for regular season play.

#### **4. Scoring**

- a. Touchdowns: 6 points
- b. Extra points:
  - i. 2.5-yard line
    - 1. 1 point run
    - 2. 2 points pass
- c. Safety: 2 points. Ball placed at midfield.

#### **5. Offense**

- a. Each team will play with 9 players (minimum 8 to avoid forfeit).
- b. You must have 3 players off the line of scrimmage.
  - i. QB-RB-RB or QB-RB-WR or QB-WR-WR
- c. You must have 5 players ON the line of scrimmage in the tackle-to-tackle box (2 tackles, 2 guards and a center). Each of these players must be lined up no farther than an arm's length apart.
  - i. Offensive Lineman must be in a 3-point stance.
- d. The 6<sup>th</sup> player on the line of scrimmage can be lined up as a "tight end" or as a "wide receiver."
  - i. WR or TE can be in a 2-point stance
- e. Motion is allowed.

#### **6. Running**

- a. The quarterback can only run with the ball outside of the tackle box. NO QB SNEAKS up the middle!
- b. Spinning/Diving is allowed, but players cannot leave their feet to avoid a defender.
  - i. Violation of this rule will result in the play being whistled "dead" and the ball being marked at the spot where the runner left the ground.
- c. The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.
- d. No flag guarding or stiff-arming. No 'Trucking', or putting head down into defender.
- e. There is no ball carrier weight limit.
- f. Center sneak plays are not permitted. The ball must exchange hands between the center and quarterback.
  - i. The "sleeper", or "lonesome end" play, is not permitted.

## 7. Passing

- a. The quarterback or a running back may pass the ball as long as they are behind the line of scrimmage.
  - i. all laterals or pitches must occur behind the line of scrimmage.

## 8. Receiving

- a. Only the 3 players lined up off the line of scrimmage or 1 “tight end” or “wide receiver” will be eligible to receive passes.
- b. Screen passes are allowed.
- c. A player must have one foot in bounds when making a reception.
- d. A player can not run out of bounds and back in bounds and make a reception.

## 9. Dead Balls

- a. The ball must be snapped from between the center’s legs.
- b. Substitutions may be made on any dead ball.
- c. Play is ruled “dead” when:
  - i. Ball carrier’s flag is pulled.
  - ii. Ball carrier steps out of bounds.
  - iii. Touchdown or safety is scored.
  - iv. Ball carrier’s knee hits the ground.
  - v. If the flag inadvertently falls off the ball carrier, the ball will be marked at that spot. If this occurs by a runner in his own end zone, the down will be replayed but the ball will be marked at the 1-yard line.
  - vi. If a whistle is blown inadvertently, the play will stand, the down will count, and the ball will be marked at the spot that the whistle was blown.
  - vii. There are no fumbles. The ball is spotted where the ball is dropped. The defensive team cannot recover a fumble, even if it is caught in the air. The ball is dead at the spot.
    1. There is no stripping of the ball from the carrier. If the ball is stripped, it is dead at the spot of the stripping.
    2. If the ball is fumbled in the endzone, or snap is dropped in the endzone, it is a safety.

## 10. Defense

- a. Blitzing is not allowed. (only defensive lineman can rush)
  - i. Non-Linemen may rush after ball is handed off or QB leaves the pocket
- b. Defensive must have minimum of 2 and maximum of 4 defensive lineman.
  - i. All Defensive Linemen will line up in a 3-point stance.
  - ii. No Gap Play, Defensive Lineman must line up HEAD-to-HEAD.
    1. Defensive Lineman must be within 1 yard of LOS

- 2. Contact must be made with the offensive guard before A gap rush.
- iii. No Nose Guard, defense must not line up over the center.
- iv. No stunting or shifting
- c. All defensive players except for defensive lineman (guards and tackles) **must line up 3 yards off the line of scrimmage at the snap**, anywhere on the field.
  - i. Referees will be instructed to warn defensive players lining up too close, then call unsportsmanlike conduct penalty at next offense.
- d. Interceptions are live and can be returned.
- e. Defensive players must make an attempt to pull flags. No Tackling.

## 11. Blocking

- a. Players must be coached on proper blocking technique. Players must not be coached to grab, hold or tackle their opponent.

## 12. Penalties

OFFENSIVE	Offside Holding Delay of Game Illegal Block/Clipping Personal Foul Pass Interference Guarding the Flag Unintentional Facemask Personal Foul Facemask Unsportsmanlike Running over a defender by dropping a shoulder	3 yds. whistled dead 10 yds. from the spot 3 yds. 10 yds. from the spot 10 yds. from the spot 10 yds. from the LOS Ball whistled dead at the spot 3 yds. 10 yds. 10 yds.
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DEFENSIVE	Holding, grabbing, pushing, or tackling ball carrier.	10 yds. from the spot
	Encroachment	3 yds. (whistled dead immediately)
	Unintentional Facemask	3 yds.
	Personal Foul Facemask	10 yds./automatic first down
	Personal Foul	10 yds. from the spot/automatic first down
	Pass Interference	10 yds. from the LOS
	Unsportsmanlike making a tackle without attempting to pull a flag	10 yds. from the spot/automatic first down

- a. Games cannot end on a defensive penalty, unless the offensive team declines.
- b. Un-sportsmanlike conduct penalties on offense or defense will result in a 10-yard penalty and ejection of the player from the game for at least 3 plays (not including punts).
- c. A second unsportsmanlike penalty on the same player results in an ejection of the remainder of that game and sitting the following game.

### 13. Attire

- a. Only soft molded cleats are allowed.
- b. Players must wear protective mouth guards.
- c. Official Team jerseys must be worn during play.
- d. Jersey must be tucked in and flags visible on hips.
- e. Shoulder pads, helmet and shorts or pants must be worn (no padded football pants).
- f. Each player must have 2 flags and each flag should be positioned on the right and left hip prior to the play starting.

### 14. Ball

- a. All teams will play with the “Wilson K2” ball or the Nike Vapor Strike PeeWee size ball.

### 15. Playing Time

- a. Every player must play 1/2 of the game. Therefore, no player may be out of the game for his teams’ offensive and defensive series. For example, if a player does not play offense, the player must play defense or vice versa. A player can play “both ways” but must not sit “both ways.”

- i. Substitutions may be made for injured players but if the injured player is a “one way” player, he must re-enter the game as soon as possible.

## **16. Mercy Rule**

- a. A “mercy rule” is in effect if a team takes a lead of 18 points. Play will continue and the leading team must remove the starting backfield.
  - i. The leading team may retain the starting quarterback providing he does not advance the ball by run or pass.
- b. A 5-yard penalty will be called for violation of this rule. If the other team scores and reduces the lead to less than 18 points, the starting line-up may return.

## **17. Score and Standings and Playoffs**

- a. All final game scores will be reported by phone or email by the home team to the league commissioner within 24 hours of each game.
- b. Overtime for Playoffs - Each team will have the ball placed 10 yards from the goal line and have 4 plays to score and attempt extra points. After the 1<sup>st</sup> OT, if the score is still tied, teams will have to go for 2-point conversions from then on. OT periods will continue, alternating possessions until a winner is determined.
- c. Playoffs or a knock-down format will be held at the end of the season. For the purpose of playoffs and knockdowns, teams will be ranked based on season records. Tie - breakers:
  - i. Head-to-head record
  - ii. Record against common opponents
  - ii. Fewest points allowed
  - iii. Points scored
  - iv. Coin toss

\*Tie-Breakers reset after each seed is determined

### 18. Field

- a. The field should be 60 yards long and 35 yards wide. Or sideline to far hash mark on HS football field.

