



YOUTH FLAG RULES

Updated 8/1/2025

Our rules were created to promote a fun and safe playing environment. Our league is competitive only in spirit.

We require all participants to adhere to our [League Policies regarding sportsmanship and respect.](#)

Sportsmanship and Conduct:

All players, coaches, and spectators are expected to maintain good sportsmanship and behavior. There will be ZERO tolerance for violence, abusive language, or harassment toward officials, players, and other spectators. This is a family-friendly environment, and even competitive leagues require respect for teammates, opponents, referees, spectators, and staff. No player or spectator may physically or verbally abuse another player, coach, official, spectator, or staff.

If a Field Marshal or official witnesses any act of intentional physical altercations with perceived intent to harm or injury, the game will be stopped, the player will be ejected from the game, and a game suspension will be determined and communicated. No appeals will be considered at the time of ejection. Physical altercations will not be tolerated.

A player who is ejected from the game must leave the facility for the remainder of the day. That player will be suspended from playing the next game or games depending on the severity of the incident. They are not allowed to spectate the game(s) during their suspension.

A player who has been ejected from two games in the same session may be suspended for the remainder of the session and will be reviewed by Hub Staff for participation in future sessions

The Hub Staff reserves the right to suspend a player for post-game issues either in the building or outside on the grounds of the New England Sports Hub.

Games:

- 5v5 teams
- Two 25-minute halves
- 1 min halftime
- 2 x 30-second timeouts per half, per team

Field Layout:

- The field is 60 yards in length and 30 yards in width. ● End zones are 7 yards at each end of the field ● The midfield is 23 yards from each goal line.
- The extra point line is 5 yards from the goal line
- The 2-point conversion line is 10 yards from the goal line.

Rostering:

- Teams must have paid the total team fee to be scheduled games or current promotion/membership price.
- Men & Women allowed, no gender minimums required
- All players must be rostered
- Can only be rostered on one team in each division
- No guest players or roster sharing during playoffs
- No teams can bring in subs for the playoffs.
 - PLAYER REGISTRATION MUST BE PAID BY THE THIRD GAME.

Captains:

- Coaches are expected to adhere to the New England Sports Hub's Flag Football rules and League Policies and ensure that their team adheres to them.
- Coaches are the ONLY participants allowed to ask for an explanation of a ruling by the officials
- If coaches and teams believe the calls on the field have been progressively getting out of hand, please bring it up to Hub staff after the game so it can be discussed calmly, and any issues can be addressed correctly.
- Players who need flags will have to purchase flags from the hub. There will no longer be a bin to grab flags from every week.

Scoring:

- Touchdowns: 6 points ○ Extra Points After TDs:

- 1 Point conversion- 5 yards (Pass only/no blitz) | 5 seconds to score
- 2 Point conversion- 10 yards (blitz & QB run are allowed and handoff) | 6 seconds to score
- All scoring plays are based off of the location of the ball, not the body part
- Safety: 2 points
 - A safety occurs when the ball carrier is declared down in their own end zone.
 - The team that gave up the safety will “Punt” to the other team.

General:

- All Football must be junior or youth size for 10u (8-10)
- All footballs for 14u(11-14) must be youth size with the option of a highschool football
 - Teams' footballs will be checked at the beginning of the game, and if they do not meet the requirements, a ball will be provided.
- Players cannot question judgment calls.
- 35-second play clock (starts after last play, if offence is going on the field for the first play, 45 seconds is allowed)
- 6-second count once play starts to get the ball past the line of scrimmage
- Once the count hits 6, the play is considered dead and will be treated as a incomplete pass. Loss of down and ball placed at previous line of scrimmage
- Quarterbacks only have 1 run per half field. They cannot pass the line of scrimmage on a blitz unless it is their QB run. (meaning if u are blitzed and have used your run, you must scramble and get that ball out)
- Ball Carriers are considered down when;
 - Their flag has been pulled.
 - Their belt has been pulled off.
 - Their knee/elbow has touched the ground.
 - Have run out of bounds
- Safety is worth 2 points
- No pushing, holding, or moving picks

Unsportsmanlike Conduct

- Offence: 15-yard penalty from the line of scrimmage
- Defense: 15-yard penalty, automatic first down
- If the same player gets 2 unsportsmanlike conducts, they will be ejected from the game and suspended for one or more games (all suspensions reviewed by the League Director or Staff)

Extra point:

- 5-yard attempt, NO QB RUN, NO BLITZ
- 10-yard attempt QB RUN AND BLITZ ALLOWED
- If a penalty is called on the offence, no extra point is awarded, and no redo of the down
- If a penalty is called on the defense half distance to the goal, and a redo (can be declined)

Offensive Rules:

- The ball must be snapped from the ground
- Once the ball is in the player's hands past the line of scrimmage, the player cannot leave the ground (no jumping forward for yardage or diving into the endzones etc) (no hurdles or high jumps) (side-stepping or spinning is determined at the ref's discretion based on distance from the ground if the player leaves the ground but is generally allowed)
- Offensive players with the ball must avoid making direct contact with defensive players.
- Unlimited laterals BEHIND the line of scrimmage and after
 - Laterals behind the line of scrimmage does not stop the 6-second count. ● unlimited laterals allowed past the line of scrimmage as well
- Once the ball is caught or passes the line of scrimmage offensive players that the ball has not passed may not move until it does. players behind the ball may follow to set up laterals.
- All laterals, shovel passes, and handoffs are legal
- 1 handoff per half field (does not take away the qb run)
 - The player who receives the ball on a handoff behind a line of scrimmage can run or throw.
- 1 foot in bounds and must maintain control of the ball. Stepping on the line does not count as the line is the bounds.
- There is no intentional grounding penalties.
- 1 QB run allowed per half field
- No flag guarding, stiff arms, taunting, charging, or dropping shoulders to run through contact.
- On 4th down, the offense has the choice to go for it on 4th down or Punt.
 - Punting will start the other team at their 5-yard line,
 - If the offense goes for it on 4th down and does not convert, the defense team will take over where the play ended.
- No runs 5 yards from the endzone and midfield even if blitzed
- If the ball is fumbled. The play is dead, and the ball will be spotted at the spot of the fumble

Defensive Rules:

- Once the ball is handed off defense can go past the line without using a blitz
- One blitz allowed from the 3yd line, anytime per half field even if within 5yds of a first down
- **No tackling, no stripping the ball, no diving at ankles, no wrapping up the ball carrier.**
- Defense can rush after the play count has hit 3 seconds.
 - If a defense player rushes before the 3 seconds is up and does not have a blitz to use, it will be considered a free play
- Can attempt to swat or intercept the ball (try to make as little contact as possible)
- No roughing the passer (any contact not trying to go for flags)
- All balls intercepted are returnable
- Blitz from anywhere the 3yds off the line of scrimmage.

Penalties:

- **Pushing:** 10 yards and a replay of the down
- **Holding:** 5 yards from the spot of the foul and a replay of the down
- **Flag guarding:** 5 yards from the spot of the foul. Loss of down
- **Stiff arms:** 10 yards and loss of down from the spot of the foul
- **Moving picks or blocking:** 10 yards from the spot of the foul and loss of down
- **Charging and dropping shoulders:** 5 yards from the spot of the foul and loss of down
- **Diving at ankles:** 5 yards from the spot of the foul, automatic first down
- **Taunting:** 10 yards from the line of scrimmage, replay of down
- **Roughing the passer:** 15 yards and an automatic first down
- **Offensive Pass Interference:** 10-yards from the line of scrimmage and loss of down
- **Defense Pass Interference:** Spot of foul and automatic first down
- **Offsides:** 5 yards from the line of scrimmage, Loss of down(off) replay (def)
- **Tackling:** 10 yards from the spot of the foul, and an automatic first down.

- Players who have been called for more than 1 tackling penalty will need to sit for the remainder of the game.

- **“Last man standing”**: If a player is prevented from scoring on a breakaway run that results in a penalty, automatic TD (ref's discretion)
- **“unsportsmanlike conduct”**: 15yds, loss of down(Off)/ (def) 1st down spot of foul
- **“illegal blitz”**: live play or previous spot and gain 5 yds replay of down.
- **“impeding rusher”**: 5 yds back from previous, loss of down

Illegal run- 5 yds back, loss of down

Playoffs:

- The first 4 games are the regular season and determine seeding for the playoffs
- The top 4 teams will make the playoffs; the remaining teams play in the losers' bracket based on seeding as well.
 - Teams will be seeded based on Win-Loss record, with tiebreakers as follows:
 - Head-to-Head
 - Point Differential
 - Coin Flip (If still tied after point differential)
- Playoff week 1 - 1v4, 2v3
- Playoff week 2 - winner of 1v4 plays winner of 2v3; losers play each other

Overtime Rules (Playoffs Only)

- Coin flip for the ball, laces, or rock paper scissors. Captains discretion and EACH TEAM gets a chance to score.
- Each team gets 4 downs to go the whole field from their own 5.
- Teams that score will need to go for a 2-point conversion
- If neither team scores, the team that made it the furthest in 4 downs is the winner

Promotion and Relegation:

The teams that finish 1st and 2nd in their respective divisions will be promoted up one division for the next session. Teams that finished in the bottom 2 seeds will be

relegated to the next division down. This is to provide the league with the best competition per division.

Teams that are planning on returning after their top 2 finish, but are losing more than 60% of their roster, may request the sports hub to consider leaving the team in their current division.

