

# WYSI Flag Football Rules

1. Two 20-minute halves (running clock). One 5 minute half-time.
2. Each team will get 5 possessions before they give the ball to the other team. This is regardless of any turnover or score. (Even if a team scores all five plays or fumbles five times, they will remain in possession of the ball)
3. Half field format (hash to sideline for shortened width). Ball starts on the 35 yard line
4. 7 players on field per team.
5. Players cannot play or practice without a mouthpiece- NO EXCEPTIONS.
6. Score is not kept.
7. Extra points-1 play at the 3-yard line.
8. All offensive formations are to include a 2 man front allowing for I or pro set backfields.
9. All defensive formations must line up player to player. Defensive Linemen must be at least 2 yards off the football. All other defensive players must be at least 4-5 yards off the LOS.
10. NO BLITZING!
11. D linemen must be head up (zero technique) (no lining up in a gap or shading) on a guard and tackle respectively. They may not hit the center unless the center initiates contact at beginning of play.
12. No intentional tackles.
13. On possession change the ball is placed at the 35 yard line and teams change sides.
14. One "do over" per possession if a fumble occurs on the center/quarterback exchange only. Not the quarterback/running back exchange. Please blow whistle immediately after the fumbled exchange.
15. A player is down when one of the flags is pulled OR when 1 knee touches the ground.  
***Player's flags must not be covered up by shirt, other clothing or wrapped around the flag belt. Ball carrier cannot slap defenders hand away when reaching for the flag. Offensive coach must make sure his players abide by this.***
16. There are no penalties (loss of yards). All infractions are to be handled by the player's coach. If necessary, remove player from game until infraction is understood.
17. 3 coaches from each team are allowed on the field. However, no comments allowed to players once they are lined up in formation. One of the coaches must be acting as a referee for each team. O coach and D coach may have a whistle as well as the referees and may blow the play dead.
18. Coaches are referees. ***Please be fair.*** Game is for players. MAKE IT FUN!
19. All disputes are to be resolved by two head coaches. AWAY FROM THE PLAYERS!
20. Home team responsible for finding two volunteers to man the chains. Visiting team is responsible for finding one volunteer for the chains.
21. **Players should be instructed on all positions in practice and all players should be rotated into different positions during games. All kids should be given several chances to play in the backfield and carry the ball (coaches can set up a rotation to accomplish this and have a different line-up for each half). All Players Should Play Minimum ½ game or more.**

**Please remember: This is flag football and the purpose is for the kids to LEARN and most importantly to have FUN!!**