

## TeamX YNFL Flag Football Addendum.

(The TeamX Addendum supersedes the Youth NFL Flag Rules. If a rule is not addressed in the addendum all other official YNFL Rules are enforced)

Divisions: 7U, 8U, 9U, 11U, 12U, 13U, 16U

Football Sizes: Junior (Blue): 7U, 9U, Intermediate (Brown or White): 11U, 12U, 13U, 16U

Blitzing: 11U, 12U, 13U, 16U

### I. Game:

- Possession at the Start of Game: Away Team. Home team picks the end zone to protect.
- Home team wears white side of jerseys
- Number of Downs per each first down:
  - Four: 7U, 8U, 9U,
  - Three: 11U, 12U, 13U, 16U

### 2. Equipment

- Must wear cleats (soccer cleats acceptable), no metal spikes.
- Mouth Guard worn at all times
- Players must wear shorts with no belts and without pockets. If a player has pockets and/or belt loops, they must be taped to avoid fingers getting injured.

### 3. Running

- Running with the ball carrier: Players must stop once the ball is being advanced. This applies to both the offense and the defense if an interception has occurred. If a player runs alongside the ball carrier and the referee determines that runners are impeding the opposing team from pulling the flag a spot foul is called. This penalty occurs at the discretion of the referee if it is determined that running with the ball carrier has impeded the opposing team from pulling the flag
- The No Run Zone does not apply to 7U.

### 4. Timing and Overtime

Games are played with a running clock. There are two 20-minute halves. Each team is permitted one 1-minute time out per half. There is a two-minute half time. If the score is tied at the end of game, there is no overtime. However, if a team scores a TD and time runs out, the team is permitted to attempt a one or two point conversion.

5. Mercy Rule: If a score reaches a 28-point differential the following mercy rule guidelines must go into effect and will remain in effect until the score does not exceed 14 points:

- Winning team must stop blitzing
- Winning team will only field four players on defense
- Losing team is given one extra down on both sides of the mid field line. Or in the case of 7U, 8U, and 9U the winning team will only have three downs on each side of the mid field line
- Interceptions are not advanced. The intercepting team takes offensive possession at the point of the interception
- Winning team must remove their starting QB

6. Coaches on the Field

OFFENSE:

- 7U – allowed, may direct players
- 8U, 9U, 11U, 12U – One coach is permitted in the huddle. Once ball is snapped, coach may not direct the QB verbally. Directing the QB will result in an Unsportsmanlike Conduct penalty.
- 13U and 16U coaches are not permitted on the field. Teams huddle on the sidelines

DEFENSE :

- 7U Coaches are permitted on the field when their team is playing defense. All other divisions the coaches are not permitted on the field on defense.

7. Formations

- The center must snap the ball between his/her legs to a player in the backfield. This can be in shotgun or under center formation.
- Center Sneaks - the ball must completely leave the hand of the center and handed back to the center for center sneaks.

8. Safeties

- If the QB or ball carrier has their flag pulled while in the end zone two points are awarded the defensive team.
- If a center snap sails over the QB and it is not touched and lands out of the end zone two points are awarded