



# 2025 FLAG FOOTBALL LEAGUE RULES

**League Age Groups**      **6U**      **8U**      **10U**      **12U**      **14U**

Male athletes may play up **one (1)** age group but **never** play down

Female athletes playing on co-ed teams are eligible to play down **one (1)** year.

**Season Duration**      6-games in the regular season and playoffs for eligible/qualifying teams.

**Player Eligibility**      Players are assigned to a team (6U-14U) based on the player's age on **January 1<sup>st</sup>** of the current calendar year.

## **PGCBGC Approved Age Verification methods:**

**Any FEDERAL or STATE issued ID**

**PGCBGC Yellow Card (2023, 2024, 2025)**

**Team Rosters**      Team rosters must be submitted to PGCBGC League Administrators prior to the first game.  
**Rosters close 2 weeks after the start of the season.**

**Flags**      All players must use **"Sonic Boom"** flag belts or a **"pop socket"** type flag belts.  
**No Velcro Flag Belts are allowed.**

- No alterations of flags (i.e., cutting, shortening, gluing) are permitted.
- Flags of **contrasting color** from player's shorts must be always worn on player's hips/side

**Field Size**      **6U – 14U**      120 yards. x 53.3 yards

**First Downs**      **20 – 40 – 40 – 20**-yard markers      Fields should be visibly lined accordingly:  
  
**(G – 5 – 10 – 20 – 40 – 50 – 40 – 20 – 10 – 5 – G)**

**On Field Players**      **6U -14U (8 vs. 8)**

**Must have a minimum of seven (7) players to start the game.**

**Coaches**      Only **one (1)** coach from each **6U** team is allowed on the field during game play. Coaches **MUST** remain a minimum of **five (5)** yards behind their deepest player and must maintain that distance throughout the play. The on-field coaches may not coach/interact with players once the play has begun and throughout the duration of the play. **Once the QB starts the cadence, all on-field coaches must remain quiet until the whistle blows.**

**Coin Toss**      Referee will conduct a coin toss to start game

**Game Clock**      **Two (2) 20** minutes halves with a running clock

- **5-minute** halftime
- Clock **STOPS** on all timeouts and injuries
- Clock **STOPS** on all penalties during the last two **(2) minutes** of the **game**.
- Teams will get a **2-minute** warning towards the end of each half.



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**Time Outs** Each coach will get three **(3)** timeouts per half.

**Uniforms** All players must have matching jerseys. Shorts may vary per the rules:

- Flag belts must be always worn and may not be worn under jerseys or tucked into players shorts.
- **Sonic Boom or pop socket-type** flags color **MUST** differ from player's shorts color.
- Flags must be worn as instructed, with the flag sockets facing outward. Flags should not be worn with the socket toward the player's hip.
- Jerseys are to be tucked in into player's shorts and flag belts placed outside of the jerseys.
- **Shorts with pockets are not permitted.**
  - **Tapping pockets or turning shorts "inside-out" are also not permitted**
- No hanging belts. All extra material should be tucked into shorts.
- No forearm padding.
- No padded football pants.
- Compression shirts are allowed but must be worn under flag jerseys.

## Mandatory Equipment

- Mouthpiece All players must have and wear a mouthpiece during game play  
**The mouthpiece cannot be clear or white in color.**
- Cleats No metal cleats allowed

## Ball Sizes

<u>6U</u>	<u>8U</u>	<u>10U</u>	<u>12U</u>	<u>14U</u>
Pee Wee	K2	K2	TDJ	TDY

\*Standard Size or Equivalent

(Teams can use a bigger ball size than league recommended for age group, but not smaller)

## Special Teams Kick-offs

- No kickoffs. Game play will start at the **20-yard** line

## Punts

- **40-yd** walk-off up to but not exceeding the opponents **20-yd**

## Field Goals

- No field goals



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<b>Blocking</b>	<p>This is a “blocking- limited contact” flag football league. Player blocking is allowed but limited to the following:</p> <ul style="list-style-type: none"><li>• NO down field blocking. Blocking is only allowed in the “tackle box,” which is defined as 5 yards on either side of Line of Scrimmage between the “offensive tackle” positions</li><li>• NO hands to the face or neck area of the opposing player</li><li>• NO elbows/ forearms allowed to block a defender</li><li>• NO down field screen/ pick blocks</li></ul>
<b>Line of Scrimmage</b>	<p><b>Four (4)</b> offensive players must be on the line of Scrimmage, only <b>4</b> players are allowed in the backfield at any time.</p> <ul style="list-style-type: none"><li>• Three (3) Offensive Linemen mandatory</li><li>• Two (2) Defensive Linemen mandatory</li><li>• Only one (1) eligible player is allowed in motion at the snap of the ball</li><li>• <b>(6U/8U divisions only)</b> Defenders lined up in the “A” gap must be 5 yards off the ball. Blitzing / Shooting the “A” gap is <b>not</b> allowed, QB sneak up the “O” hole is also <b>not</b> allowed.</li></ul>
<b>Eligible Receivers</b>	<p>Offensive Linemen are considered <u>ineligible</u> receivers</p>
<b>Scoring</b>	<p>Touchdowns = <b>6 points</b></p>
<b>Extra Points</b>	<p><b>1 point</b> from the <b>5-yard line PASS ONLY</b> (Except in the 6U division they have an option to run or pass)</p> <p><b>2 points</b> from <b>10-yard line (RUN or PASS)</b></p> <p><b>The coach must declare which Extra Point attempt as soon as team scores or referees will automatically place the ball on the 5-yard line and assume a 1-point conversion.</b></p>
<b>Interceptions</b>	<p>All Interceptions may be returned, except for Extra Point conversions. (Any intercepted extra Point conversion will be considered failed attempt by the offense)</p>
<b>Dead Balls</b>	<ul style="list-style-type: none"><li>• All fumbles are dead at the spot of the fumble. <b>Offense maintains possession.</b></li><li>• Bad snaps are dead at the spot where the ball hits the ground.</li><li>• When a flag falls off the ball carrier.</li></ul>
<b>Ball Carrier</b>	<p>Ball carriers <u>may not</u> do the following:</p> <ul style="list-style-type: none"><li>• Flag Guard</li><li>• Stiff Arm</li><li>• Charge or lower shoulder on an opposing defender</li><li>• Jump or hurdle a defender (except to avoid stepping on another player)</li><li>• Dive to gain more yards or touchdown</li></ul> <p><b>Ball carriers may Juke or sidestep to avoid a defender</b></p>



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**Snapping** The ball must be snapped between the center's legs. Once the ball is spotted it may not be moved unless it is being snapped.

**Personal Fouls** **Two (2)** personal fouls will result in an immediate game ejection. The following are prohibited:

- Cursing
- Verbal challenge
- Taunting
- Intentional Tackling / Continued Tackling
- Delay of game
- Failure to control sidelines
- Fighting (both players will be immediately ejected)

**Mercy Rule** The clock will continue to run when the following is achieved

- Three (3) touchdown lead in 2<sup>nd</sup> half

Game will end when the following is achieved

- Three (3) touchdown lead at the 2-minute warning

**Overtime (OT)** There will be **NO** overtime periods in regular season games.

During the Playoffs, there will be an untimed OT period until a team wins.

Each coach gets one (1) timeout in each OT period (no carryovers from regulation or OTs).

- 1<sup>st</sup> OT period- Normal play (coin toss determines who gets 1<sup>st</sup> possession)  
Each team will have a possession. The ball will be placed on the offense's 20-yard line.
- 2<sup>nd</sup> OT period- "Sudden Death" (1<sup>st</sup> possession alternates from 1<sup>st</sup> OT)  
The ball will be placed on the offense's 10-yard line. The first team to score wins.
- 3<sup>rd</sup> OT period "Sudden Death" (1<sup>st</sup> possession alternates from 2<sup>nd</sup> OT)  
The ball will be placed on the offense's 5-yard line. The first team to score wins.

**League Scoring**      **Win= 2 points**      **Tie= 1 points**      **Loss = 0 points**

**Playoffs**      Playoff seeding will be determined by League Scoring Point totals

