

Town of Rolesville Parks & Recreation

Title:	Youth Flag Football Rules
Leagues:	8U, 10U & 12U
Effective Date:	June 22nd, 2026

ARTICLE 1: Game Setup & Flow

1.1 NFL Flag rules will govern play with exceptions covered herein. NFL Flag Rulebook can be found [here](#).

1.2 At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss. The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. There is no option to defer. Teams will automatically switch sides of the field and the team that started the game with possession will begin the 2nd half on defense.

1.3 Games will be played 5v5 (4 players must be present to avoid a forfeit).

1.4 The offensive team takes possession of the ball at its 5-yard line and has four (4) downs to cross midfield. Once a team crosses midfield, it has three (3) downs to score a touchdown.

1.4.1 If the offensive team fails to cross midfield after 3rd down and elect to "punt" on 4th down, possession of the ball changes and the opposing team will start a new possession from its own 5-yard line. If the offensive team goes for it on 4th down and does not cross midfield, the opposing team will start a new possession from the spot where 4th down ended.

1.4.2 Any time there is a 'PUNT or PLAY' decision on 4th, the referee WILL ask the offense's Head Coach to declare 'Punt or Play'. The coach MUST make an immediate decision or risk a delay of game penalty

1.4.3 Teams may use a timeout to change the declaration of "Play" at any time prior to the expiration of the play clock.

1.4.4 After crossing midfield, if the offense fails to score on 4th down, the ball changes possession and the new offensive team starts at its 5-yard line.

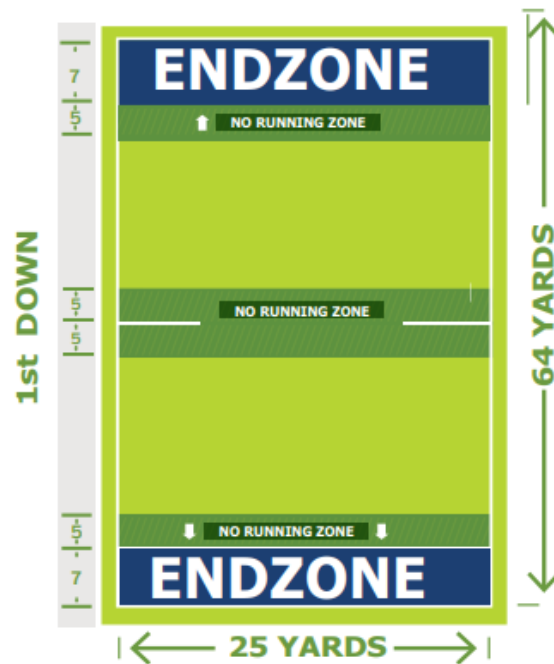
ARTICLE 2: Equipment Checklist

- 2.1 All players MUST wear mouth guards at all times while on the field.
- 2.2 Game balls should be age specific.
 - Ages 7-8: Pee wee Ball
 - Ages 9-10: Pee wee Ball
 - Ages 11-12: Junior Ball
- 2.3 Players must wear shoes. Cleats may not be allowed at certain locations. This will be specified by your league organizer or site director. However, cleats with exposed metal are never allowed and must be removed.
- 2.4 Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed.
- 2.5 Players must remove all jewelry and hats. Headbands or winter beanies are allowed.
- 2.6 Players may wear soft shell helmets, halos and sunglasses but they must be secured at all times while on the field. Prescription glasses are permitted without a strap.
- 2.7 Players' jerseys must be tucked into shorts or pants, if they hang below the belt line.
- 2.8 We recommend players wear shorts or pants that do not have pockets or belt loops. Games will not be delayed for a player to tape their pockets.
- 2.9 Flag belts, balls and uniforms will be provided by the town.
- 2.10 Flag belts and flags cannot be the same color as the player's shorts or pants.

ARTICLE 3: Field

- 3.1 Field Dimensions and Layout: 25 yards wide × 64 yards long with 7-yard endzones
- 3.2 Field layout will have a midfield line to gain for a first down. 'No Run Zones' are located 5 yards prior to midfield and 5 yards prior to the opponent's endzone.
- 3.3 Stepping on the boundary line is considered out of bounds.
- 3.4 'No Run' Zones are in place to prevent teams from conducting run plays. While in the 'No Run' Zones, teams cannot run the ball across the line of scrimmage. All plays must result in a forward pass across the Line of Scrimmage.

3.5 The referee will spot the ball in the middle of the field prior to the 'Ready to Play' whistle. The ball may NOT be closer than 10-yards to any sideline.



ARTICLE 4: Timing & Overtime

4.1 Regular Season Games are played on a continuous clock with 2 - 24-minute halves, unless one team gains a 35-point advantage, which will end the game. Teams can agree to finish the remainder of the game without changing the score. The clock stops for halftime, injuries and at the Officials' discretion.

4.2 Halftime is 2 minutes.

4.3 Once the ball is spotted, a team will have 40 seconds to snap the ball.

4.4 Teams will have 1 - 60-second timeout per half. They do not carry over

4.5 No over-time during regular season games. If the score is tied at the end of regulation the game will remain a tie.

4.6 Overtime (Playoffs Only)

4.6.1 Home team calls the coin toss to determine the team that chooses to be on offense or defense first. If a second round of overtime must be played, the team that lost the coin toss will choose offense or defense for the start of the second round of overtime. This process continues with teams alternating the choice to be on offense or defense to start every round of overtime. The referee will determine which end of the field the entire overtime will be played.

4.6.2 1st OVERTIME: Each team will get one (1) play from the defense's 5-yard line for one point or the defense's 10-yard line for two points. Each team has the choice to go for 1 or 2 points in the first OVERTIME PERIOD ONLY.

4.6.3 Starting with the 2nd overtime, both teams must attempt a 2 point conversion from the 10-yard line.

4.6.4 Starting with the 3rd overtime, each team will get 1 play from the 5 yard line going out from the endzone. The team with the most yards will be the winner. The team with the most yards will be awarded 1 point added to their final score.

4.6.5 There are no timeouts in overtime. No 'Coaches Challenges'.

4.6.6 Interceptions are returnable for a score in OT and are worth 2 points. Interceptions returned for a score in the 1st or 2nd overtime period, the game is over. Interceptions advanced in the third overtime period, the game is over.

ARTICLE 5: Scoring

5.1 Touchdown: 6 points

5.2 PAT (point after touchdown) 1 point (5-yard line) or 2 points (10-yard line)

5.2.1 A 1 point extra point is pass only (except 8U); 2 point extra point can be a run or pass.

5.3 Interceptions returned for scores during a regulation scrimmage down are worth 6 points. 1 and 2 pt. extra point conversions or overtime interceptions returned are worth 2 points.

5.4 Safety: 2 points A safety occurs when the ball-carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone.

5.5 A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 5-yard line) or a 2-point conversion (from the 10-yard line). Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty.

5.6 When 1 team is winning by 35 points or more, the game is over.

5.7 Forfeits will be scored 35-0 for the winning team.

ARTICLE 6: Coach Guidelines & Sportsmanship

6.1 Coaches are expected to adhere to the Town of Rolesville coaching philosophies, coaching guidelines and code of conduct.

6.2 Coaches are permitted to coach on the sideline (see pg. 6 for 8U coaching guidelines/exceptions)

6.2.1 All team photographers, managers, position coaches, team moms, fans, etc. are required to remain off the playing field in the designated league viewing area.

6.2.2 Coaches are responsible for their fans' conduct and behavior plus any other associated team members in their designated team area.

6.3 If the field monitor or game officials' witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the game officials' discretion. No appeals will be considered. INTENTIONAL PHYSICAL PLAY WILL NOT BE PERMITTED!

6.4 Players or Coaches may not physically or verbally abuse any opponent, coach or game official.

6.5 Spectators must also adhere to good sportsmanship as well

6.6 Ejected player may stay on the sideline but any further problems from the ejected player can/will result in game being forfeited.

6.7 Ejected coaches/spectators must leave immediately. If a coach/spectator does not leave, the game will be ruled a forfeit.

6.7.1 Any coach, spectator or player ejected will also received a minimum of a one game suspension at their team's next game. A longer suspension is possible and will be based on the actions that caused the initial ejection.

6.8 Unsportsmanlike conduct penalties: Defensive penalty +10 yards from the dead ball spot and an automatic first down, Offensive penalty -10 yards from the dead ball spot and a loss of down

6.8.1 Two (2) unsportsmanlike penalties on any player or coach in a game result in an ejection and can/will lead to additional discipline.

ARTICLE 7: Rules & Regulations

7.1 For rules and regulations regarding the following categories, please refer to the [NFL FLAG Football Rulebook](#).

Live Ball/Dead Ball

Running Game/Passing/Receiving

Rushing the Passer

Flag Pulling

Penalties

7.2 The 8U Division will utilize select exceptions and modifications to certain NFL FLAG rules. These recommended adjustments have been adopted based on proven success in youth flag football programs and are outlined in Article 9 below.

7.2.1 In any situation not specifically addressed by these local modifications, the official NFL FLAG Rulebook shall govern play.

ARTICLE 8: 8U Based Guidelines

8.1 'No Run' zones are eliminated. Teams may run anywhere on the field

8.2 Defenders may NOT rush the passer unless there is a legal handoff executed in the backfield (Regular Season and Playoffs)

8.3 One Coach for each team is permitted on the field pre-snap to help their players but MUST be off the field prior to the snap of the ball.