

(FLAG)

2026 PYFCO 6U FLAG FOOTBALL RULES

Game: The field measures for the 6U Flag 30 yards wide by 50 yards long , with an additional 10-yard endzone on each side. Each game has two 20-minute halves, a 5-minute halftime, and a 20-second play clock.

- Each team receives one 60-second timeout per half.
- The clock will stop only for injuries and timeouts.
- Each game will have two referees.
- Football size: K-2 for 6U
- Each team may have two coaches on the field during play.
- Every player must participate in at least four plays in a game. (if all players do not play the minimum amount of plays the game will be forfeited)

Player Equipment: Players must wear a team jersey or shirt, featuring Mites-style name and numbers, with the jersey always tucked in. Shorts or pants must not include belt loops or pockets.

- All players must wear a soft-shell helmet designed for flag football during games.
- Each player must wear Sonic Pop Flags, not Velcro, with two flags positioned at each hip. Flags must not be tied or tucked in, must remain visible, be at least 16 inches long, and must differ in color from shorts or pants. *Referees will check the color and length before each game.
- Players must wear cleats that meet youth tackle football standards.
- All players must use mouthguards that meet youth tackle football safety standards. No strings or lanyards are allowed on mouth guards. Tape is permitted on forearms, hands, and fingers.
- Players may wear gloves, elbow pads, and knee pads.
- Players must remove all jewelry, such as watches, earrings, rings, and necklaces, before any game or practice.

Game Play: Each offensive series begins at the 5-yard line, which serves as the starting point for the team in possession of the ball. The midfield line acts as the critical marker for achieving a first down, a key objective of the offense. Teams are given four attempts, or plays, to either move the ball past the first down marker or to score a touchdown.

- If a team successfully reaches the first down marker within those four plays, they are rewarded with an additional four plays to attempt to score before their series concludes.
- In the event of a turnover on downs, when the offensive team fails to gain the necessary yardage to secure a first down, the opposing team takes over possession

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and starts its offensive series from its own 5-yard line. However, an exception to this rule occurs when an interception is thrown; in this case, the opposing team gains possession at the spot of the interception rather than starting at the 5-yard line.

- Overtime consists of four plays per team from the 5- yard line.
- Fumble - The ball is declared dead, and the play is over at the spot where the ball first touches the ground. If the fumbled ball moves forward before it touches the ground and places the ball ahead of where it was lost, the ball is spotted at the original point of the fumble, not where it lands. Example: If a player fumbles the ball at the 20-yard line and bounces forward to the 23-yard line, the next play begins at the 20-yard line. This rule is intended to prevent the offense from gaining additional yardage due to a forward fumble.
- Interceptions may be returned until the Flag is pulled, a fumble, penalty, out of bounds, or touchdown. After the ball is spotted where the Flag was pulled or where the player went out.
- There will be no punting.

Offense: The ball may be snapped in one of three ways: the center may turn and hand the ball to the quarterback, use an under-center snap, or use a shotgun snap.

- Blocking – Offensive linemen may use only screen or shield blocking. Intentional contact is not allowed. After the ball crosses the line of scrimmage, offensive players may not screen, shield block, or impede defenders. Downfield blocking is not permitted.
- Center sneaks are prohibited.
- Running – There is no restricted run zone. The quarterback may run before or after handing off the ball. If a runner has only one Flag, no flags, or removes their own Flag, the play is dead at that spot. The ball is spotted where the runner's feet and hips are located. Diving, leaping, or jumping to avoid a flag pull is considered flag guarding. Spinning is permitted.
- The quarterback could advance the ball immediately after receiving the snap from the center.
- Receiving – All offensive players are eligible as ball carriers and receivers. The quarterback must have full possession of the ball before the center becomes eligible. The quarterback must hand off or throw a lateral pass before becoming eligible. A player must have at least one foot in bounds to complete a reception. If a player catches the ball after their Flag has fallen off, the play is dead at the spot of the catch. The ball is spotted where the receiver's feet and hips are located.

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- Motion – Only one player may be in Motion at the snap. All other players must be set for at least one second before the snap. Violations result in a 5-yard penalty.

Defense:

No defensive player may line up directly from the center (no nose guard).

- A defensive blitz may be initiated by all players lined up at least 3 yards behind the line of scrimmage at the snap. The blitzer may cross the line of scrimmage immediately at the snap to attempt to pull the quarterback's Flag. There is no limit to the number of blitzes per series. No defender may line up directly across from the center when blitzing.
- Avoid Contact – Defensive rushers must avoid contact with offensive linemen who are shielding or screening. Ball carriers may not be pushed or forced out of bounds. Tripping or using the leg to stop an offensive player is prohibited.
- Defenders may not intentionally pull the Flag of any offensive player other than the ball carrier. Defenders may not intentionally strip the ball from the ball carrier. After removing a flag, defenders must immediately hold it above their head to assist the referee in spotting the dead ball, then promptly return the Flag to the player.

Scoring: Touchdown = 6 Points

- Point after touchdown attempts will be made from the 5-yard line.
- One point is awarded for a successful run, and two points are awarded for a completed pass across the goal line.
- To score, both hips and feet, with both flags attached, must cross the goal line.
- Safety results in a turnover on downs.

PENALTIES: All penalties are assessed from the line of scrimmage, except where otherwise noted.

- The team has been assessed a five-yard penalty due to a delay of the game violation (indicating that they took too long to snap the ball before the play began).
- Unsportsmanlike Conduct (including trash talking, taunting, tripping, and similar actions) – 10 yards, enforced from the line of scrimmage.

Defense

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- Off-sides - 5 yards and repeat down
- Illegal Rushing – 10 yards and automatic first down • Unsportsmanlike Conduct – 10 yards, referee discretion • Illegal Contact (holding, pushing, stiff arming, tackling, improper blocking, clipping) - 10 yards and automatic first down
- Interference - 10 yards

Offense

- Illegal Motion - 5 yards and replay down
- Illegal Forward Pass - 5 yards and replay down • Flag Guarding – dead ball at point of infraction
- Offensive Pass Interference (Illegal pick play, pus) – 10 yards and loss of downy. Any coach or parent removed from such behavior will be suspended from attending the team's next game. Further offenses may result in longer suspensions or permanent removal from all league activities.
- If a coach is found cheating, the team will forfeit the game. During the match, all spectators must remain on the side opposite the teams. Spectators are not permitted with the teams or behind the goals. Sideline coaching by spectators is not allowed.

Spectators, players, and coaches are not permitted behind the goal lines. All individuals must remain at least 10 feet from the sideline to allow space for players and referees.