**2015 Youth Flag Football Rules**

1. **Game**
   1. Games will be 2-25 minute halves with a running clock. The clock will stop for timeouts and the last 2 minutes of each half on dead balls. Halftime will last 10 minutes.
   2. A representative from each time will be at midfield prior to the game for the coin toss. Visiting team will call it. Winning team will get option to choose offense or defense OR which side they would like to defend.
   3. No Kickoffs. The offense will begin the game on their 20 yard line.
   4. 1st Downs will be every 10 yards.
   5. Each team receives 2 timeouts per half (1 minute). If a game goes into overtime each team will have 1 timeout. Timeouts do not carry over.
2. **Equipment**
   1. Ball will be provided by the host site, unless both teams agree on a ball.
   2. No metal cleats or boots. Only athletic shoes or molded cleats.
   3. It is illegal to wrap or tie the flags around your body.
3. **Rules**
   1. **Offense**
      1. 1 forward pass allowed and will come from behind the line of scrimmage, just like in regular football.
      2. Line of scrimmage-must have at least 3 players on the line.
      3. Fumbles are dead where the ball lies (except on snap). If the ball carrier falls down, the player is down.
      4. Any member of either team is an eligible pass receiver.
      5. No designed quarterback runs. If the quarterback is rushed by a defensive player, then they may run for positive yards.
      6. Offense will have 4 downs to advance the ball to the next first down line. If the offense fails to reach the first down marker, they will have the option to go for it or switch possessions and the ball will be placed on the other 20 yard line.
      7. Offensive players without the ball may block. Blocks will be more like a basketball screen. NO PUSHING with your arms or hands to block the defense.
   2. **Defense**
      1. The offensive player is down when the defensive player pulls his flag.
      2. One defensive player may rush the quarterback and must start 5 yards from the line of scrimmage.
      3. If the ball is handed off, any defensive player may enter the backfield to pull their flag.
      4. Interceptions may be advanced.