



*Updated April 11, 2024*

In order to make our league run more effectively for our players, coaches, teams, parents, and officials, the Council of Diamond City Youth Flag Football has opted to alter a few rules from those outlined by NFL Flag. Anything not listed below will be governed by the rules of NFL Flag and the decision of the on-field officials.

### **All Age Divisions**

1. Games are two 20-minute halves with running clock (this differs from two 24-minute halves with running clock that NFL Flag rules state).
2. The offensive team has four downs to achieve the midfield first down and also four downs to then score a touchdown (this differs from three downs after mid-field that NFL Flag rules state).
3. Once the offense passes midfield, they may choose to punt on fourth down, which gives their opponent the ball on their own 5-yard line. If the offense goes for it on fourth down and fails, the ball is placed at the spot, unless it is inside the 5-yard line. If the spot is inside the 5-yard line, the team taking over on downs starts at their 5-yard line.
4. Quarterbacks are allowed to run the ball when blitzed or when performing a double handoff.
5. Side snaps are permitted (this differs from between the legs only that NFL Flag rules state).
6. When the score difference is 35 points or more, the scoring stops, but the teams are allowed to finish out the time of their game (this differs from stopping the game altogether at that point that NFL Flag rules state).
7. Overtime play continues until one team outscores the other at the end of an overtime period (this differs from using yards gained in the third overtime period that NFL Flag rules state).
8. Coaches do not sign scoresheets. The officials keep the score and report to a league official.

### **U-8 Specific**

1. The section on 8U, 7U, and 6U do not pertain to our league.
2. U-8 uses 7-on-7 for the 2022 season (this differs from 5-on-5 that NFL Flag rules state and that all other age divisions use).
3. Due to 7-on-7 (see item #2 directly above), there can be up to 6 players on the line in U-8 (this differs from the four-player line that NFL Flag rules state).
4. There is no 5-yard defensive zone for U-8.
5. There is no blitzing in U-8.
6. No-Run Zones do exist in U-8 (this differs from none used that NFL Flag rules state).