2026 FLAG FOOTBALL LEAGUE RULES (Boys/Co-ed)

League Age Groups **6U** **7U** **8U** **9U** **10U** **11U** **12U** **13U** **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 1st** of the current calendar year.

PGCBGC Approved Age Verification methods:

Any STATE or FEDERAL issued ID

PGCBGC Yellow Card (2024, 2025, 2026)

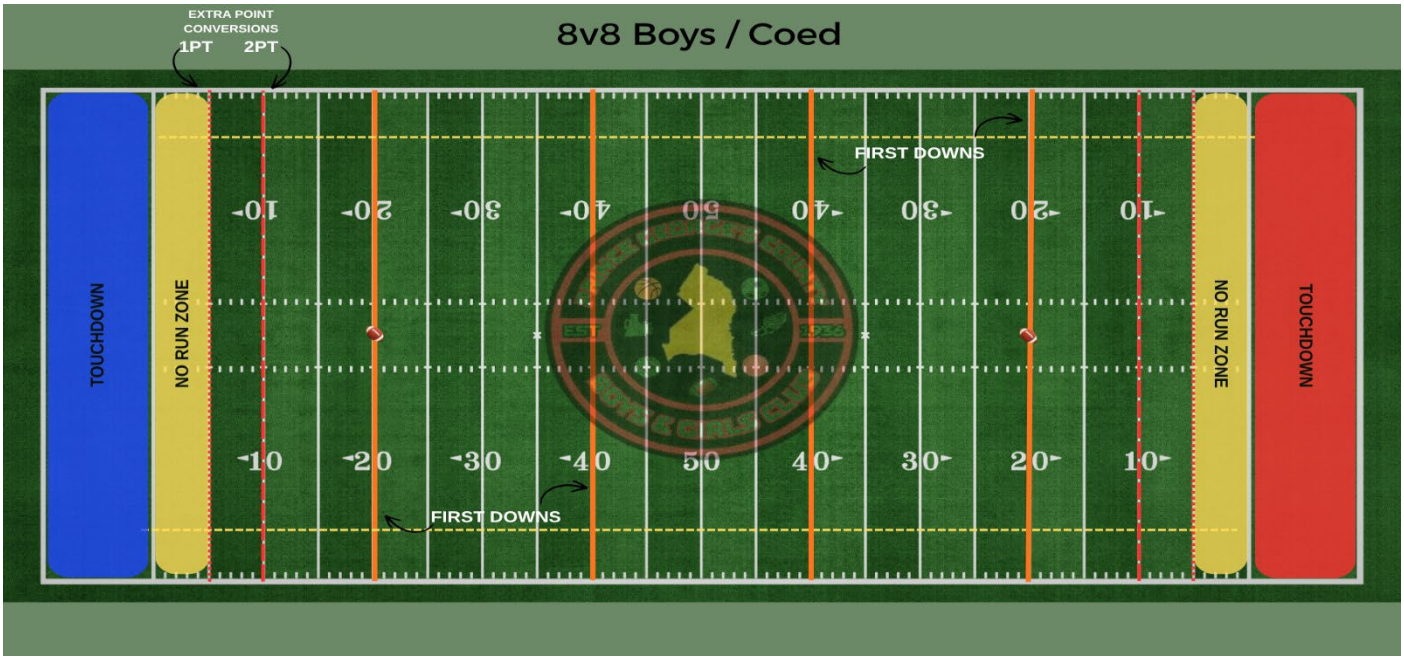
Team Rosters Team rosters must be submitted to PGCBGC League Administrators prior to the first game. **Rosters close 2 weeks after the start of the season.**

Minimum Roster: 12 / Maximum Roster: 24

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

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

Field Layout / Markings **5U – 14U** 120 yards. x 53.3 yards



Fields should be visibly lined accordingly:

First Downs **20 – 40 – 40 – 20**-yard markers

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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

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.

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

Game Start / Possession

- Game begins with offense at the **20-yard line**

Coaches (6U and 7U Divisions Only)

One (1) coach per team is permitted on the field during game play for the **6U and 7U divisions only. (7U coaches will be permitted on the field for the 1st 3 weeks of the season)**

- The on-field coach must remain at a minimum of five (5) yards behind the deepest offensive or defensive player and must maintain that distance throughout the duration of the play.
- Once the quarterback begins the cadence, the on-field coaches must cease all communication and remain silent until the play is blown dead.
- Coaches are strictly prohibited from providing instruction, direction, or interaction with players once the play has started.
- The presence of the on-field coach is strictly for alignment and player positioning prior to the snap, not for in-play assistance.

Uniforms All players must wear matching team jerseys. Shorts may vary but must comply with the following requirements:

- Flag belts must be always worn during play and must not be worn under jerseys or tucked into shorts.
- Only **Sonic Boom or pop-socket style flag belts** are permitted. **Velcro flag belts are prohibited.**
- Flag color must **clearly contrast** with the player's shorts.
- Flags must be worn properly, with **sockets facing outward**, and may not be positioned toward the player's hips.
- Jerseys must be **fully tucked into shorts**, with flag belts worn on the outside of the jersey.
- **Shorts with pockets are strictly prohibited.**
  - Alterations such as taping pockets or turning shorts inside-out are not permitted.
- **No hanging belt material** is allowed. All excess belt length must be secured and tucked in.
- **Protective padding restrictions:**
  - No forearm pads
  - No padded football pants
- **Compression garments** are permitted but must be worn **underneath the jersey**.

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Mandatory Equipment

- Mouthpiece — All players must have and wear a mouthpiece during game play
  The mouthpiece cannot be clear or white in color.
  White Mouthguards are acceptable (Mouth Guards cover the lips)
- Cleats — No metal cleats allowed

Ball Sizes

5U/6U	7U/8U	9U/10U	11U/12U	13U/14U
Pee Wee	K2	K2	TDJ	TDY

*Standard Size or Equivalent

(Teams can use a bigger ball size than league recommended for age groups, 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

Blocking

This is a "blocking- limited contact" flag football league. Player blocking is allowed but limited to the following:
- 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
- NO hands to the face or neck area of the opposing player
- NO elbows/ forearms allowed to block a defender
- NO down field screen/ pick blocks

Penalty Enforced
- Illegal block = 10-yard penalty + replay down
- Repeated violations = unsportsmanlike conduct

Line of Scrimmage

Four (4) offensive players must be on the line of Scrimmage, only **4** players are allowed in the backfield at any time.
- A minimum of four (4) offensive players must be on the line of scrimmage
  - Three (3) Offensive Linemen mandatory
- A maximum of four (4) players may be in the backfield
- Only one (1) player may be in motion at the snap
- **(6U - 8U divisions only)** Defenders lined up in the "A" gap must be 5 yards off the ball. Blitzing / Shooting the "A" gap is **not** allowed, QB sneak up the "0" hole is also **not** allowed.

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Eligible Receivers Offensive Linemen are considered **ineligible** receivers

Scoring Touchdowns = **6 points**

Extra Points **1 point** from the **5**-yard line **PASS ONLY**
(Except in the 5U/6U division they have an option to run or pass)

2 points from **10**-yard line (**RUN or PASS**)

The Head Coach must declare the extra point attempt immediately following a touchdown.
If no declaration is made, the attempt will default to a 1-point conversion from the 5-yard line.

Interceptions All Interceptions may be returned, except for Extra Point conversions.
(Any intercepted extra Point conversion will be considered failed attempt by the offense)

Dead Balls

- All fumbles are dead at the spot of the fumble. **Offense maintains possession.**
- Bad snaps are dead at the spot where the ball hits the ground.
- When a flag falls off the ball carrier.
- Player's knee touches ground

Ball Carrier Ball carriers **may not** do the following:

- Flag Guard
- Stiff Arm
- Charge or lower shoulder on an opposing defender
- Jump or hurdle a defender (except to avoid stepping on another player)
- Dive to gain more yards or touchdown

Ball carriers may Juke or sidestep to avoid a defender

Penalty Enforced

- Flag guarding = 10-yard penalty from spot
- Repeat = unsportsmanlike

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)

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Penalty Enforced

- Unsportsmanlike Conduct = 15-yard penalty
- 2nd offense = automatic ejection

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

- Three (3) touchdown lead in 2nd 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** during regular season games. During the playoffs, overtime will be conducted using an untimed format until a winner is determined.
- Each team is awarded **one (1) timeout per overtime period**.
- Timeouts do not carry over from regulation or between overtime periods.

Overtime Format

- **1st Overtime Period – Standard Possession Format**
  - A coin toss will determine which team receives first possession.
  - Each team will be given one offensive possession.
  - The ball will be placed on the **20-yard line**.
- **2nd Overtime Period – Sudden Death**
  - First possession alternates from the 1st overtime period.
  - The ball will be placed at the **10-yard line**.
  - The **first team to score wins**.
- **3rd Overtime Period – Sudden Death**
  - First possession alternates from the 2nd overtime period.
  - The ball will be placed on the **5-yard line**.
  - The **first team to score wins**.

Penalties (Standard Enforcement)

Offensive Penalties:	Defensive Penalties:	Unsportsmanlike Conduct:
- False Start – 5 yards - Illegal Formation – 5 yards - Flag Guarding – 10 yards	- Offside – 5 yards - Illegal Contact – 10 yards	- 15 yards - 2nd offense = ejection

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

Playoffs Playoff seeding will be determined by League Scoring Point totals