

Inland Northwest Youth Football and Cheer League

2nd Grade Flag Football Rules

Section 1: Administration

- Each team may roster a maximum of 14 players.
- A minimum of 7 players is required to form a team.

Section 2: Game Format & Field Dimensions

- Games are played in a 7-on-7 format; all players are eligible to receive a pass.
- Each game consists of two 20-minute halves with a running clock.

Clock Stops Only For:

- One (1) timeout per team per half (1 minute each).
- Referee stoppage for injury, unsafe conditions, or explanations of penalties.
- Halftime will be 5 minutes long.

Field Size:

- 70 yards long by 30 yards wide, with:
 - Two 10-yard end zones
 - Five 10-yard zones for first downs

Section 3: Equipment Requirements

- Mouthguards are mandatory:
 - Missing = sit out 1 play
 - Repeated offenses = unsportsmanlike penalty
- Rubber cleats are permitted and recommended.
- Soft helmets are encouraged but not required.
- Issued flags must be worn properly:
 - We will use two flags that need to be placed on the hips of the players. This will help further the growth of fundamentals for tackling.
 - Belts must not interfere with flag pulls.
- Pee wee size footballs are used.
- All plays begin with a shotgun or under-center snap but has to be snapped between the center's legs.

Section 4: Game Start & Team Minimums

- Teams must have at least 6 players to start a game.
 - Playing with 6 = team plays one player short.
 - If a team only has 6 players, the opposing coach will have the choice to play with 7 or match and play with 6.
- Pre-game meeting (5 minutes before start):
 - Up to 3 captains and an optional coach meet with referees.
 - Rock-Paper-Scissors winner chooses:
 - Receive or defer.
 - Direction of play
 - Second half: teams switch possession.

Section 5: Formations & Play Rules

- Any formation is allowed for both offense and defense, so long as all offensive and defensive players are on the appropriate side of the line of scrimmage.
- Blitzing:
 - Defenders must line up 5 yards behind the line of scrimmage to blitz.
 - Up to 2 players may blitz per play.
 - Officials will mark the blitz line each play.

Section 6: Moving the Ball

- Drives start at the 20-yard line after a score or at the start of a half.
- 6-second clock for QB to pass, hand off, or run.
 - Failure = dead ball, loss of down
 - Dropped snap = live ball
- First Downs:
 - Field divided into five 10-yard zones.
 - Entering a new zone = new set of 4 downs
- 4th Down:
 - Choose to go for it or “punt.”
 - No physical punt: if punting, the ball is placed on the opponent’s 25-yard line.
 - Turnover on downs = possession at spot of the ball

Section 7: Offensive Play Rules

Run Plays

- Two run plays per set of downs
 - Includes handoffs, tosses, pitches.
 - QB scrambles count as the run play.

- If QB hands/tosses off and the ball is later passed, it's still a run play.

Pass Plays

- Only forward pass is accepted for a pass play.
 - Forward passes caught in front of the line = counted as a pass

QB Scramble

- Allowed only if blitzed.
- Counts as run play.
- 6-second clock does not apply once blitz enters neutral zone

Section 8: Substitutions & Timeouts

- Two (2) timeouts per team per half (1 minute)
- Mass substitutions allowed only:
 - During timeouts
 - At halftime
 - During change of possession

Section 9: Scoring

- Touchdown = 6 points
- Extra Point Options:
 - 1 point (from 5-yard line) - pass only; QB may scramble.
 - 2 points (from 10-yard line) - run or pass; QB may scramble.
 - Defensive interception = team awarded the attempted point(s)

Section 10: Special Rules

- Every player must play Half the game, unless injured.
- Every player must play both offense and defense.

Blocking

- Illegal: any physical blocking (screens, pushes, etc.)
- Legal: on-contact obstruction by movement

Flag Pulling & Downs

- Play ends when flag is pulled.

- If flags fall off or are unreachable, player is down where flag falls off.
- No jumping, hurdling, or diving over players (play ends at point of contact)
- Spinning is allowed.

Motion

- One player may be in lateral motion before the snap, all other players need to be set for 1 second prior to snap.

Contact Rules

- Play the Flags, Not the Player
 - Excessive or high contact = tackle
- Charge: Running through a player without trying to avoid contact
- Tackle: Any forceful contact or push (ref's discretion)
- Targeting: Intentional or excessive contact = ejection
- Flag Guarding: Intentional obstruction of flags = play ends at foul
- Holding: Pulling on shirt/pants = foul if movement is restricted
- Fumbles: Dead at point of contact with ground or live if intercepted

Catching

- One foot in bounds = complete catch
- Simultaneous catch = offense awarded possession

Section 11: Interceptions

- Live ball, returnable for touchdown (except on extra point tries)

Section 12: Play Clock

- 30-second play clock starts when official is in position
- 10-second warning will be given
- Delay of game = 5-yard penalty/ half the distance inside the ten-yard line.

Section 13: Penalties

Penalty	Result
Tackle	10 yards from the end of play
Pass Interference	10 yards from previous spot

Penalty	Result
Holding	5 yards from the end of play
Offside (Defense)	5 yards from previous spot
Flag Guarding	Down at spot of foul
Blocking	10 yards from spot + replay down
False Start / Delay / Multiple in Motion	5 yards
Stiff Arm	10 yards from the end of play
Illegal Run (2 in 1 zone)	5 yards + replay down
Illegal Forward Pass	10 yards + loss of down
Charge	5 yards from the end of play
Unsportsmanlike	15 yards from the end of play
Fighting	15 yards + ejection
Multiple Unsportsmanlike	Ejection + suspension next game
Offsetting Penalties	Replay down

Section 14: Playoffs / Bracket Play

- All teams make playoffs.
- Seeding tiebreakers:
 - Win-loss record.
 - Fewest points allowed.
 - Point differential
 - Coin flip

Section 15: Timing Rules

- Two 20-minute halves
- Each team gets two timeouts per half.

Section 16: Overtime Rules

- Captains play Rock-Paper-Scissors to decide possession.
- Kansas City format:
 - Start at the 25-yard line.

- 4 plays to score.
- After TD, choose 1-pt (from 5) or 2-pt (from 10)
- Extra point rules are the same as regular play.
- If still tied, alternate possessions continue.
 - In second OT and beyond, teams must attempt from the 10-yard line.
- One 30-second timeout for all overtime periods combined.
- After 5 OTs, a 1-minute timeout is mandatory.