



Tega Cay 10U Flag Football Rules

Game Set Up

- Games are two (2) 25 minute halves with a five (5) minute half time. It will be a running clock with the exception of the last 2 minutes of the 1st and 2nd half. The clock will fall under JV High School rules in the last two minutes. The clock will stop after any “dead ball” situation but will restart once the ball is spotted by the referee.
- Play Clock: The offense has 35 seconds to run a play once the ball has been spotted by the referee.
- Each team gets (2) Timeouts per half.
- All players must play at least (1) half.
- The home team is responsible for a scorekeeper.
- Games can end in ties.
- Games will be played on a 50 x 40 field with 5 yard end zones. There are designated no run zones located (5) yards in front of midfield and (5) yards in front of the endzone.
- All teams must use a Junior size football
- Mouthpieces required
- No hard casts will be permitted. Casts must be padded and inspected by the coach and officials before the player is allowed to play.
- All jerseys must be tucked in

Players and Coaches On The Field

- Each team will play 7 v. 7. A team may start a game with (6) players; the opposing team must drop down to 6 players as well.
- No coaches will be allowed on the field during play.
- There will be a referee on the field. They are responsible for calling penalties, spotting the ball, keeping time and score.

Rules of the Game

- All players are eligible for passes
- Quarterbacks are not allowed to run
- There will be three interior linemen, which will include a center and two guards. The two guards will be in two point stances. Centers must snap the ball (centers may use traditional snap or side snap). The other four players will be in a combination of quarterback, running backs and receivers. A minimum of three players must be on the line of scrimmage.
- The quarterback may pick up a fumbled snap and still complete a play. However, if any player fumbles the ball after a handoff or reception the ball will be marked down at the spot of the fumble.

- Blocking is not allowed. Kids may use their body to shield defenders, but player's hands may not be used. Teams blocking will receive one verbal warning from the official. All other blocking calls will result in a 5-yard penalty from the spot of the foul.
- Tackling is not allowed. Any player guilty of tackling another player will result in a warning for the entire team. Any additional tackle that occurs after the warning will result in a 5-yard penalty from the spot of the foul. If an official deems a tackle was made intentionally, that player may be subject to ejection from the game.
- "Trucking" or a ball carrier running into/over a defensive player is not allowed. A ball carrier must make an attempt to avoid contact with any defensive player in an established position. Any player guilty of "trucking" will result in a warning for the entire team. Any additional "trucking" that occurs after the warning will result in a 5-yard penalty from the spot of the foul. If an official deems the "trucking" to be intentional, that player may be subject to ejection from the game.
- If an offensive player's flag belt is to fall off prior to receiving a handoff or pass; the opposing team must touch him with two hands to end the play.
- If an offensive player's flag belt comes off after gaining possession of the ball he is considered down even if no defender is nearby.
- Quarterbacks have 8 seconds to throw the ball. If they do not get rid of the ball within 8 seconds, they will be marked down at the spot. (Sidelines may not count out the 8 seconds).
- Unsportsmanlike conduct and rushing the quarterback will result in 5-yard penalties and an automatic first down. Flag guarding will result in a 5-yard penalty from the infraction and a loss of down.
- Run plays in the designated no run zones will result in a 5-yard penalty and a loss of down.
- Teams have four plays to cross mid-field. Crossing mid-field will result in a first down. Teams then have four downs passed the mid-field line to score a touchdown. (Failure to get a first down or score will result in a turnover).
- The offensive team may punt. A punt will result in a change of possession and the ball placed on the other team's 5-yard line.
- When a team scores, they will have the opportunity to attempt a 1 or 2-point conversion. The 1-point conversion will take place from the 5-yard line and the 2-point conversion will take place on the 7-yard line. Interceptions by the defense can be returned for the point amount the offense was attempting to score. Points will be rewarded to the defense if the offense commits a penalty that hinders the return of an interception during an extra point play.
- Following a touchdown there will be no kickoffs. The ball will be placed on the team's 5-yard line.
- Defensive Pass Interference results in a 5-yard penalty from the line of scrimmage and an automatic 1st down. Offensive Pass Interference is a 5-yard penalty from the line of scrimmage.
- Safeties will result in 2 points for the defensive team along with possession of the ball on their own 5-yard line.