Trigger accountinsertautomaticallycontactalsoinsert on Account(After Insert)  
{  
if(trigger.isInsert && trigger.IsAfter)  
CreatedContactAutomatic.createContact(Trigger.New);  
}  
  
Apex Handler--->  
  
public class CreatedContactAutomatic  
{  
  
public static void createContact(List<Account> allaccounts)  
{  
List<Contact> allcontacts = new List<Contact>();  
For(Account acc:Trigger.New)  
{  
if(acc.Only\_Default\_Contact==true)  
{  
Contact con = New Contact();  
   con.lastname = acc.name;  
   con.accountid=acc.id;  
   allcontacts.add(con);  
}  
}  
  
if(allcontacts.size()>0)  
   insert allcontacts;  
}  
}