

Southeastern Michigan Youth Football Association (SMYFA)
2019 Flag Football Rules (cheat sheet)

If referees have any questions, please stop the game and ask for directors from both teams to verify

Rules

- 1 All games will consist of six periods, eight minutes each
The clock will stop only on change of possession, penalty or for injury
Clock stops when a TD is scored and starts again when the ball is kicked off (extra point is un-timed down)
- 2 Each team will be allowed 2 one-minute timeouts per half
- 3 Only one (1) or two (2) coaches for each team are allowed on the field at a time
Once the ball is snapped, the on-field coaches may not coach
- 4 Blocking is permitted within five (5) yards of the line of scrimmage
- 5 Offensive Line – A minimum of 4 players must be on the line of scrimmage
Defensive Line – A minimum of 3 players must be on the line of scrimmage

Penalties

Penalty

6 There is a 1-minute time limit between plays The time limit is from the end of the last play to the beginning of the next play (snap of ball)	5-yards
7 Blocking beyond 5 yards: Offensive player may protect the ball carrier by "screening" as done in basketball Screening shall be defined as an offensive player maintaining a position between the defensive player and the player with the ball Movement of the screener's body that causes contact with the defender is considered an illegal screen	10-yards
8 No forceful charging or aggressive blocking or defensive BULL rushing by players is permitted	10-yards
9 The defense shall observe a 5-yard neutral zone from the spot of the ball A player entering the neutral zone prior to the snap of the ball	5-yards
10 The ball carrier must run to avoid tacklers. Deliberate charging of an opponent Brushing contact and unavoidable contact is not willful charging	10-yards
11 Offensive player in front of the ball carrier must stop or alter his run to avoid intentional contact with a defender	10-yards
12 A ball carrier may NOT stiff arm defender or protect his flags by deflecting the defender with the use of his hands Ball carrier may not protect his flags with his hands; Flag Guarding	10-yards
13 Unnecessary roughness by tackler or elbowing by runner	10-yards
14 If a defensive player tackles a ball carrier If the runner was in the clear, and in the opinion of the referee would have scored except for being tackled, a touchdown shall be allowed	10-yards or TD