

RCYFL Flag Football Rules & Objectives

- § High school football player/student will be the official at a cost of \$20 per game.
- § 1 half consists of 7 offensive plays & 7 defensive plays for each team.
- § 5 min break between halves.
- § Play begins at the 30 yard line on the right hash mark going toward the goal line.
- § A player cannot grab a ball carrier and then try to grab the flag.
- § No defensive player may line up over the center. This is just like Tackle 1 & 2.
- § No jewelry or loose wrist bands.
- § Rough play will result in a team warning on the first offense & possible ejection on second offense or loss of playing time. Official's discretion will be honored.
- § Jersey and mouth piece must be worn. If cleats worn, must be rubber.
- § Try to let every kid touch the ball at some point during a game.
- § Promote sportsmanship & fun.
- § Try to teach how to get into a 3 point stance and honor a snap count.
- § Penalties yardage is the same as Tackle 1.
- § Try to limit practice to 1 hour a day no more than 2 to 3 days a week.