



LIFFL YOUTH LEAGUE RULES

FIELD SIZE: 30X60 with two 10-yard end zones. Fixed 1st downs at 15/30/15 yard lines.

EQUIPMENT: NFL FLAG equipment. Rubber cleats/mouth guards suggested. Belt, as well as flags, must not be covered by the jersey. No hard castes, helmets, or braces of any kind. Only the balls provided to us by the NFL may be used!! No personal footballs!

ON FIELD TEAM SIZE- 6 & Under/8 & Under: 8-on-8

10 & Under/12 & Under: 7-on-7

15 & Under: 6-on-6

GAMECLOCK: (2) 24 minute halves, running-time, w/one 2 minute warning at end of game. During the 2 minute warning the clock stops for change of possession, incomplete passes, out of bounds, penalties, and 1st Downs(until ball is set and whistle blown.)

RAIN-OUTS: Go to liffi.com....Players Zone.....Weather Alert Sundays at 10 am

STANDINGS: Go to liffi.com....Standings **PLAY-OFFS:** ALL teams make the playoffs. We then separate winning records & losing records and create two separate post-season brackets for each division...including separate Super Bowls.

TOSS: Winning team chooses ball, direction, or to defer. Losing team has same options at beginning of 2nd half.

LINE OF SCRIMMAGE: One coach is allowed in huddle. Team w/ball starts at own 15 and has 3 downs to get 1st down or ball gets walked down to defensive teams 15 and they take over. On interceptions Defense can advance the ball and takes over at spot.

CONTACT: THERE IS NO BLOCKING AT ANYTIME!!!(10 yards from spot/loss of down). No picks(same penalty.)

OFFENSE: The referee sets the ball, blows his whistle, and the offense has 30 seconds to snap the ball or it's a delay of game(5 yards/down over). Offense has 6 seconds for the ball(pass or run) to cross line of scrimmage. If ball is blown dead at 6 seconds, its marked at the spot, like a sack. Offense can only run the ball one play per set. Laterals & backwards passes are considered run plays. Real simple: if the Ball isn't thrown over line of scrimmage by the QB...it's a "RUN" play. Once offense is in Red Zone(last 15 yards) its pass only. You cannot lateral or hand off ANYTIME in the Red Zone, including after a reception. Ball carrier cannot shield flag belt or stiff-arm(dead at spot/minus 10 yards/loss of down.) Ball must be snapped between legs. Receiver must have 2 feet inbounds. Receivers must line up one arm length apart or a "Pick" will be called. Ball carrier cannot run over the defender ("Charging-dead at spot, loss of down, 10 yard penalty.) If the ball carrier falls to the ground he can get up unless he's tagged with one hand while on the ground. If the ball carrier loses his flagbelt it becomes onehand touch. The spot of the ball in flag football is the body, not the ball. There is no diving to advance the ball and that is defined as leaving your feet and not landing on your feet (10 yards from spot/loss of down.) "HurryUp" offense is allowed only in the 15U & 12U divisions. Otherwise the offense must wait for the ref to say "Call Your Play."

FUMBLES: Ball is dead anytime it hits ground, including bad snaps(except 6 & 8 Under).

TIME-OUTS: Each team gets 1 time-out per game.

DEFENSE: The referee lines up next to to the Rusher. The defense has one(1) rusher who lines up 5 yards off line of scrimmage and waits for ref to count "3 Mississippi" before rushing, unless it's a run play, then all can rush. If the rusher comes in early it's a free play. The offense will choose the play or a 5 yard penalty. The "rusher" is not allowed in the secondary, he must rush or stay on line of scrimmage. Secondary can line up on line of scrimmage but can't rush unless its a run play. If the QB rolls out more than 5 yards to his left or right(ref judgement) from point of snap/drop back at any time, the rusher can come in and will be released by the ref. The secondary is not allowed to bump receivers or use contact to break up pass plays(1st down at spot.). The defender cannot hold the jersey(1st down +10 yards) in order to pull the flag and cannot tackle(1st down + 10 yards) the ball carrier. A Tackle or jersey hold that prevents a TD will be called a TD. The defense, as in the NFL, can go off-sides on purpose and there is no decline allowed by the offense.

EXTRA POINTS: Pass only(no laterals or hand-offs after pass)! 1 pt form 5 yard line. 2 pts from 10 yard line. Interceptions are dead.

SAFETY: 2 pts and defense takes over on own 15 yard line. **MERCY RULE:** Anytime a team is losing by 18> points, the losing team gets an extra down on offense and an extra run play per set until differential is back