



Northwest Texas Youth Football Association



FLAG (4/5U, 6U) Football and General Rules 2022

MISSION STATEMENT

Northwest Texas Youth Football Association is a non-profit, amateur, youth athletic association formed for the betterment of the youth of the Association and its member associations for the purpose of football competition and cheerleading activities. The goals of the Association are to allow every child the opportunity to play competitive football and cheerleading; to teach fundamental football skills; to develop good sportsmanship and character within each player; to create an atmosphere of teamwork, dedication, and a healthy, competitive spirit among the players; to encourage athletic participation in future years; and to have fun while learning. The Association's philosophy is "the child's learning experiences first, the outcome of the game second."

PRIMARY RULES

The Northwest Texas Youth Football Association will follow the Official Football Rules of the NCAA as followed by the Texas University Interscholastic League unless otherwise set forth or altered herein. Any Flag Football divisions will follow the Eight Player Flag Football Rules.

LEAGUE SPECIFIC RULES

A. Structure and General League Rules

Age Specific

1. The Northwest Texas Youth Football Association will be an Age Specific League. Flag football will have one division for 4- and 5-year-olds, and one for 6-year-olds.
2. Age limits on each division are as follows:
 - ❖ Flag – a player may not be 6 years of age on or before September 1st.
 - ❖ 6U Flag- a player may not be 7 years of age on or before September 1st.
3. A player may "play up" to one age division above his applicable age.

NWTFYA Certification/Weigh-In Procedures

- Refer to NWTFYA General Rules.

Sidelines Access/Season Passes/Protests

- Refer to NWTFYA General Rules.



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Jerseys/Equipment

1. A dominant jersey color must be declared by each Member Association on or before the start of the season for consideration and approval by the Association. The purpose of this rule is to ensure jerseys are distinguishable in each and every Association game. The Association designated home team shall wear its designated dominant colored jersey unless approved by the Association and agreed upon by the visiting team. Game jerseys must have visible numbers on the front and back. Only last name and initial shall be allowed on the jerseys, as it appears on the official roster. Advertising may be placed only on the front or sleeves of jerseys.
2. Primary/Secondary jersey colors are as follows:
Burleson (Primary- Silver; Secondary-White); Ferris (Orange) Kennedale (Primary - Green); Lake Worth (Primary – Green, Secondary – Black); LYSA (Primary - Red); Red Oak (red); RYA (red and blue); Saginaw (Multiple Colors, each team is different); Waxahachie (green); Castleberry (white/blue). During regular season and postseason games, teams must wear contrasting jerseys. Same primary colors cannot be worn by opposing teams during game play. *The home team will wear their primary jersey. An exception to this rule is if the visiting team only has one jersey and that jersey is the color of the home team's primary jersey then the home team shall wear the alternate color jersey.
3. All players are required to practice with and play in games with safety-approved soft-shell helmets.
4. All players must wear a full colored mouthpiece that is attached to the helmet, unless the mouthpiece is doctor prescribed. If such mouthpiece is prescribed, a letter or prescription from a doctor/dentist must be present in the Team Notebook.
5. Player must wear shirts tucked in and shirts may not hinder player in removing flag. No shorts with pockets for any ball carrier.
6. Flag belts will be ordered by the league and reimbursed by the towns. Flags must be purchased from Dennis at GO Team Sports.
 - i. Flags must have the NWTYFA logo on them. More than one set can be ordered per team. Flags must be sonic popper flags. They cannot be the same color as the uniform shorts the player is wearing.
7. No metal cleats are allowed.
 - i. Metal cleats are considered any metal present in the cleat whatsoever, including but not limited to, tips or studs of the cleats. Replaceable cleats are acceptable as long as they do not have metal in or on them. This is a safety rule.



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Game Officials/Referee

1. Regular Season: 4/5U and 6U games will have 2 referees per game.
2. No officiating crew shall call more than (6) tackle games per day. All refs that referee for the association must be TASO certified.
3. Playoffs: Flag will have 3 referees per game and 1 referee clock operator.

Practices

A team may practice only once per day. A flag team may practice 3 hours maximum per week. Organized meetings with no physical activity (i.e., film sessions and/or team parties) are not considered a practice or game and are not limited by this rule.

Playoffs

- Playoffs: Top 7 teams in each age group make the playoffs, regardless of division. Each age group will be re-seeded. First round seeds 1 and 2 have a bye week. Seed 3 plays 6 and seed 4 plays 5. If there is only a 7 seed, they do not play. Seed number remains the same during playoffs to determine homefield advantage. Winners from conference semifinals, play in conference finals. Conference final champs play each other in Super Bowl. Association will determine conferences prior to issuance of that year's schedules as determined necessary by the Association and at the Association's sole discretion.
- Seeding per conference determined by 1) in conference win/loss record; 2) head-to-head if two team ties; 3) common opponent's win/loss record; and 4) average points against.
- Superbowl will be bid on by towns that choose to host. No town's bid is chosen to host will be allowed to host for the next two years. Turf, Scoreboard, access to both sides of field, and concessions must be available in the bid.
- Down sheets are optional during playoffs. Each Association is responsible to make the determination to use the down sheets for playoffs and communicate this with their association.

Team Notebooks/Rosters/Background Checks/Player, Coach & Parent Code of Conduct

- Refer to NWTYFA General Rules.

Games/Facilities/Draft

- Refer to NWTYFA General Rules.



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Team Size

1. Team rosters must have a minimum of eight players and a maximum of 20 players. Teams are allowed to split prior to reaching 20 players, but once 20 players are reached, they are required to split teams. More than 40 players will be required to split to 3 teams.
2. If a team falls under 10 players, a team may add a maximum of 3 players through the 5th week of the season. NO players may be added after the 5th week, including playoffs. Any player added to a team after late weigh ins is a stickered player.
3. Games are played with eight players maximum and a minimum of five players on the field.

Minimum Play Rule

All players must play a minimum of eight plays (flag) per game. Each player must play a minimum of four plays a half on offense, defense, special teams, or a combination of all 3. Head coach will provide a signed play sheet to the Director on Duty at halftime and immediately upon completion of each game. Any head coach who is determined to violate this rule more than once is subject to discipline by the Association, including but not limited to, suspension for games and/or season.

There will be no minimum play rule during playoffs.

Violation of Minimum Play Rule

Regular season -Any head coach who is determined to not keep an accurate 8 down sheet will be suspended for one game to include practice, and second offense will be full season suspension.

Game Balls

The official ball of Flag Football shall be the brown Wilson K-2 leather/composite, or the Big Game Ball brand equivalent peewee size.

Member Associations shall provide their Director on Duty with a sufficient number of such official balls to provide the head official for all games at a game field. Visitor team has option to provide Director on Duty, prior to start of game, with alternate material football. Each team maintains the option and right to choose leather or composite football during offensive possession.

The Director on Duty at a game field shall provide the official game ball(s) to the head official prior to the start of each game. No other game ball shall be used other than a ball(s) provided by the Director on Duty.



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Sportsmanship

For the purposes of good sportsmanship, upon a 30-point lead or more by any one team at the beginning of the third quarter, the then losing team's Head Coach can request for the score to be frozen and final score will be recorded. If the losing coach does not agree to stop the score at the 3rd quarter, and the winning team is still up by 30 points, it is automatically frozen and recorded at the beginning of the 4th quarter.

At the point of the request, the Director on Duty shall be notified, and the game will be an official game with the score as it was at the time of the request. Once the clock is running, the 3 down-rule will not be enforced due to time constraints.

The Director on Duty shall monitor and report any perceived actions by any team regarding running up the score which will be considered as a potential unsportsmanlike action by the Head Coach as determined by the Association.

Game Clock

Each facility must have a working game clock visible to both teams. The game clock must be run by an adult who first consults with the head referee as to start and stop signals. Director on Duty of the facility will oversee clock functioning. During playoffs, an extra referee will run the game clock.

Game Scoring

5U Flag:

- Touchdown is 6 points
- Point after attempts will be one down from the 5 yard line for 1 point and 15 yard line for 2 points.

6U Flag:

- Touchdown is 6 points
- Point after attempts will be one down from the 5 yard line for 1 point and 15 yard line for 2 points.

General Rules

1. Only the head coach or coach on the field may communicate with game officials during a game.
2. Two coaches may remain on the field to assist their team during the entire game. Coaches may give verbal assistance only until Team A is under center or starts their cadence.
3. If any team arrives at their scheduled facility with 15 or more minutes after the game time, the game shall be considered a forfeit.



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4. Behind the line of scrimmage, the ball may be handed to another eligible player in any direction and beyond the line of scrimmage it must be lateral or backwards.
5. The ball carrier is down when one of the player's flags is removed or falls off at the point where the flag first came off. The ball becomes dead whenever it comes into possession of a player without two flags.
6. Each offensive player is to be in a set position with hands on their knees upon snapping the ball except, the center, the quarterback, and up to one player in motion. The motion player does not have to come to a stop prior to the snap. Defense can move anytime.
7. If the runner's knee touches the ground the ball is dead at that spot.
8. A centered ball that touches the ground or a fumbled ball is dead at the spot it touches the ground with possession going to the team in control of the ball prior to the fumble.
9. At the end of the 4th quarter if teams are tied, team captains and Head Coaches will meet with Referees in the middle of the field at the 50 yards line to briefly go over the Over Rules and understandings.
10. There will be up to three (3) over times in a regular season game.
11. Games will have a continuous game clock with four ten (10) minute quarters and a 5-minute half time. Teams will have two 1-minute time outs per half and clock will stop during time outs. During playoffs, the last two minutes of the 2nd and 4th quarters, clock will be stopped at all penalties.

Penalties

- Regular 5 and 10 yard penalties apply
- Intentional body contact with a player who is on the ground or who is passing or attempting to catch the ball (10 yard)
- Players that intentionally leave their feet to roll block or cut in an attempt to block will result in a 10 yard penalty.
- Players that hold or grasp opponent or use arms to circle opponent (10 yards)
- Ball carrier may not deliberately drive or run into a defensive player or use a stiff arm to ward off the defense (10 yard)
- Ball carrier protecting flag (10 yards from spot of foul)
- After official sets ball- play clock is 45 seconds to snap (loss of downs) – if final down Turnover on Downs- Referee warn when 10 seconds left
- No defensive lineman may line up directly in front of the center. They may line up in the gap. Linebackers in front of the center must be at least one yard from the line of scrimmage (5 yard)
- Offensive pass interference is 10 yards from the line of scrimmage and loss of down. Defensive pass interference is an automatic first down at the spot of the foul.
- Verbal assistance by the on-field coaches after the snap of the ball (Play blown dead at the spot of foul and 10 yard)
- Unnecessary roughness will be strictly enforced (15 yard)
- Repeat flagrant fouls will be a 15-yard penalty and ejection from the game.



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5U Flag Specific Rules:

- Games will have a continuous game clock with four ten (10) minute quarters and a 5-minute half time. Teams will have two 1-minute time outs per half and clock will stop during time outs. During playoffs, the last two minutes of the 2nd and 4th quarters, clock will be stopped at all penalties.
- Field shall be from the 45-yard line working in towards the goal line and regulation width. This will allow for multiple games to be played at the same time.
- If two games are being played, the referees oversee their own game clock and keeping score of each game.
- No yards to gain markers are needed, only line of scrimmage marker.
- Teams are allowed 3 downs to reach the 30-yard line, 3 downs to reach the 15-yard line, and 4 downs once inside the 15-yard line.
- There is no safety. A play made past the 45-yard line puts the ball in play from the 45-yard line with the down just played being lost. Any ball that goes beyond the 50 yard line will be declared dead. Ball will be placed on the 45 yard line and will be a loss of a down. If this play occurs on the 3rd or 4th down, it will be a turnover on downs and team B's ball 1st down on the 45 yard line.
- Interception is a dead ball. Team who takes possession gets ball on the 45 yard line.

5U Flag OVERTIME Rules:

- EACH TEAM GETS THE OPPORUNITY TO SCORE IN EACH OVERTIME
- Regular season: First 3 overtimes start at the 15 yard line from the flag goal line and each team has a chance to go for 2 points. You will be given 4 downs to score. If still tied after 3 overtimes, the game is considered a DRAW.
- Playoffs: First 3 overtimes start at the 15 yard line from the flag goal line and each team has a chance to go for 2 points. You will be given 4 downs to score. After the 3 overtimes, the ball is places at the 30 yard line and play in with 3 downs to make it to the 15 and 4 downs to make it to the endzone. Overtimes will repeat in the manner until a winner is determined.

6U Flag Specific Rules:

- Field shall be regulation size
- A touchback or safety puts the ball in play from the 15-yard line.
- No punting or kickoffs are allowed. The ball will be started on the 20-yard line of the receiving team on kickoffs. When a punt is declared the ball is advanced 15 yards from the line of scrimmage with no further penetration than the 10 yard line of the receiving team.
- Interception is a live ball.



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6U Flag OVERTIME Rules: REGULAR SEASON

- At the end of the 4th quarter if teams are tied, team captains and Head Coaches will meet with Referees in the middle of the field at the 50 yards line to briefly go over the Over Rules and understandings.
- There will be up to three (3) over times in a regular season game.
 - The first overtime will start with a coin toss to determine which team will be on offense or defense and which end of the field will be used to begin the overtime. Whichever team is determined to be on offense first will be considered Team 1, and whichever team is on defense first will be considered Team 2. The rotation of offense and defense for each overtime will be, Team 1 first on offense and Team 2 first on defense, then Team 2 will rotate to offense and Team 1 will rotate to defense to complete the first overtime.
 - The first overtime will start with the ball on the 10 yard line where each team starting with Team 1, will have 4 downs (1 complete series) to score. Upon scoring, each team will have the opportunity to attempt an extra point just as in regular play. Ball is LIVE and RETURNABLE during extra point attempts.
- If at any time during either team's offensive possession, the ball is turned over, that team's offensive possession is over.
- If the score is still tied upon each team getting their offensive possession and chance to score, move to Second Overtime.
 - The second overtime will not start with a coin toss. Team 1 that was determined in the first overtime will have the first possession to start the second overtime on the same end of the field that was determined for overtime play in the first overtime.
 - The second overtime will start with the ball on the 15 yard line. Each team will have up to 8 downs (2 complete series) to score. Upon scoring, each team will have the opportunity to attempt an extra point just as in regular play.
- If the score is still tied upon each team getting their offensive possession and chance to score, move to Third Overtime.
 - The third and FINAL overtime will not start with a coin toss. Team 1 that was determined in the first overtime will have the first possession to start the second overtime on the same end of the field that was determined for overtime play in the first overtime.
 - The third and FINAL overtime will start with the ball on the 20 yard line. Each team will have up to 8 downs (2 complete series) to score. Upon scoring, each team will have the opportunity to attempt an extra point just as in regular play. Ball is LIVE and RETURNABLE during extra point attempts.
- If the score is still tied upon each team getting their offensive possession and chance to score, the game will END IN A DRAW/TIE.



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6U Flag OVERTIME Rules: PLAYOFF/SUPERBOWL

- At the end of the 4th quarter if teams are tied, team captains and Head Coaches will meet with Referees in the middle of the field at the 50 yards line to briefly go over the Over Rules and understandings.
 - There will be an infinite number of overtime attempts until a definitive winner is determined when the final score ends with one team out scoring another team.
 - The first overtime will start with a coin toss to determine which team will be on offense or defense and which end of the field will be used to begin the overtime. All subsequent overtimes will not have a coin toss or change of field. Whichever team is determined to be on offense first will be considered Team 1, and whichever team is on defense first will be considered Team 2. The rotation of offense and defense for each overtime will be, Team 1 first on offense and Team 2 first on defense, then Team 2 will rotate to offense and Team 1 will rotate to defense to complete the first overtime.
- ALL OVERTIME attempts during Playoffs and Superbowl will start with the ball on the Team B 20 yard line. Team A will have 8 downs (2 complete series) to score. Upon scoring, each team will have the opportunity to attempt an extra point just as in regular play. Ball is LIVE and RETURNABLE during extra point attempts.
- If at any time during either team's offensive possession, the ball is turned over, that team's offensive possession is over.
- If the score is still tied upon each team getting their offensive possession and chance to score, Team 1 will rotate back to offense and the next overtime will begin. Overtime will continue to be a rotation of each team getting an offensive possession, Team 1 and then Team 2, until a definitive winner is determined when the final score ends with one team out scoring another team.

Rules Changes/Amendments/Conflicts

- Refer to NWTYFA General Rules.