

Wahoo Parks and Recreation Department  
**YOUTH FLAG FOOTBALL LEAGUE RULES**

*Revised 8/13/25* (highlighted portion of rule #13)

1. All coaches must review and follow the City of Wahoo Parks and Recreation Department “Policy Relating to Concussion, Head Injury, and Concussed Players”. The policy is can be found on the WP&R website.
2. All games are played 7 vs. 7 and all players are eligible receivers (this may be modified to accommodate size of teams). All players must wear the specified color of Wahoo Parks and Recreation youth sports t-shirt to play or other approved league shirt. All players must wear a mouth guard.
3. All players will receive equal playing time unless unexcused absences occur from practices and/or games. Players should be rotated to play different positions! Each team must have at least 3 QB’s run an entire “series” during a game.
4. A coin flip will begin each game with the visiting team calling the flip. The second team listed on the schedule is the visiting team. The winner of the flip may choose to: kick or receive, select a goal to defend, or defer their option to the second half.
5. The game will consist of 2, 20-minute halves with a running clock. Half time will be 4 minutes. The clock will stop for time outs. During the last minute of the second half, the clock will stop and normal, high school timing rules apply. When the score is tied at the end of regulation the game is over. No overtime will be played.
6. Each team has two, 1-minute time-outs per half. Use them or lose them!
7. Each team has 45 seconds to call and run their play. Failure to do so will result in the loss of a down, however both teams must be set before play begins.
8. On a kickoff, if a ball is caught by any front lineman, the ball can be advanced. If a receiver tries to catch the ball (3<sup>rd</sup> & 4<sup>th</sup> grade) and drops it, the play is dead. For 5<sup>th</sup> & 6<sup>th</sup> grade, the ball is live. No onside kicks. The ball must travel 10-yards on the kickoff. The ball will be placed on the 10-yard line for all touchbacks. No team may use a “wedge return formation” during any kick or punt return. **1<sup>st</sup> & 2<sup>nd</sup> league will not have kickoffs. Team possessions will start from the 10-yard line to begin each half and after scores.**
9. There will be no fake punts. When punting, the offense and the defense will hold until the ball has left the punter’s foot. There will be no quick kicks allowed, however a team may punt on any down with notification to the official.
10. The offense has 4 downs to reach the next 10-yard marker for a first down. P.A.T.’s are from the 3-yard line and must be a pass attempt. Turnovers during P.A.T’s will be declared dead.
11. The coaches may be on the field in the huddle during the play calling but must be 15 yards away from the line of scrimmage when the play is started.
12. All leagues will have a minimum of 4 players on the offensive line of scrimmage... 2 of which must be within arm’s reach of the center.
13. *1<sup>st</sup> -4<sup>th</sup> GRADE LEAGUE ONLY* – Any defensive player who lines up within a 5 yard radius of the football is unable to initiate contact with the center and is ineligible to rush the Quarterback through the “A Gaps” (10 yard penalty if such occurs).

14. Stripping of the football by the defense is not allowed. Fumbles are dead at the spot of the fumble for all leagues. *EXCEPTION: 1<sup>st</sup> & 2<sup>nd</sup> GRADE LEAGUE ONLY:* The Center/QB exchange (direct or shotgun snap) may proceed if in the officials judgment the ball is recovered quickly by the adult QB.
15. All penalties are 5 yards except for the following: wedges, tackling, stiff-arming, pass interference, leaving your feet while blocking or running the ball and unnecessary roughness. These penalties are 10 yards.
16. Any player, who in the official's opinion, did not try to avoid contact (offensive or defensive) will be flagged for unnecessary roughness. Furthermore, any player who the official believes wrapped up or grabbed a player (rather than making a good attempt at the flags) will also receive an unnecessary roughness penalty. Unnecessary roughness may result in ejection from the game.
17. If a flag or flags are missing, the ball carrier only needs to be touched by a defensive player and the play is over. Flags are to be worn on the player's hips with no wrapping around the belt. If a player is found with the flag wrapped intentionally, a 10-yard penalty will be issued with a loss of down. All shirts must be tucked in prior to the snap or a 5-yard penalty will be issued.
18. "No Run Zones" are located within 3 yards (PAT LINE) of the end zone (for 3<sup>rd</sup> through 6<sup>th</sup> grade). All plays originating from the "no run zone" must be pass plays. This includes any subsequent plays after a penalty has moved the ball out of that area.