

6U Flag Football Rules

This is about the 4-6 year olds on the field having fun, loving & learning football, and hopefully eventually playing 8U flag and tackle football. There is NOT a 6U Flag Champion so make it about the kids not the coaches or parents!

1. One coach from each team should have a whistle to officiate during the game, working together to keep it safe, enforce rules, and keep it flowing. Coach between snaps and blow the whistle during live play.
2. All players must wear a mouth piece and flag belts with 3 flags and clip. No tying flag belts.
3. 4v4 Coach is the QB; Keep score (points are TD = 6 & PAT = 1); No overtime
4. Up to 2 coaches allowed on the field (both on offense & defense) to call plays and align the kids
5. Field: "Half Field" 25 yards to goal line. Width is 20 yards wide. End Zone is 10 yards deep.
6. **No Game Clock:** The game will consist of at least 4 offensive possessions for each team or up to 45 minutes to 50 minutes of play.
 - a) This should equate to approximately 16-20 plays each, about equivalent of four 8 min running quarters.
 - b) A possession is up to 4 downs plus a PAT if the offense scores. No first downs.
 - c) PATs are from the 5 yard line and must be a forward pass beyond the line of scrimmage (LOS)
 - d) No Play Clock & No Time Outs; however coaches should strive to take less than 45 seconds to call their play and align the kids in the formation. Have your plays clearly drawn up so you can show them in the huddle, this helps speed up the flow.
7. Offense has 4 downs to score (no first downs & no punts.) All possession changes, start from the 25 yard mark toward the goal line. There are no fumbles, blow the play dead and spot the ball at the location of the fumble. Interceptions are not returnable and will result as a turnover on downs.
8. Mercy Rule and Playing Time:
 - a) Spread the ball around, don't feed your stud 20 times if he's capable of scoring at will; be mindful of the 4-6 year olds on the other team and don't run up the score. Make sure every kid plays and attempts to touch the ball. If basically every kid on your team is scoring and the other team isn't stopping them, that's different than one kid scoring 8 times.
9. A No-run zone is located from the 5 yard line to the goal line. (see field diagram at the end)
 - a) Teams cannot run the ball on any down or PAT if the LOS is in or on this zone. A run is defined as a player receiving a handoff behind the Offensive Line of Scrimmage and advancing the ball beyond the Offensive line of scrimmage. The only plays allowed from the NRZ are forward passes received beyond the LOS.
10. A backwards pass (e.g. a pitch) is permitted behind the LOS. If a player drops a backward pass (e.g. a pitch) it will be considered a dead ball, loss of down and spotted at the drop. All forward passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage. All players are eligible to receive passes.

11. A center may be used but is not required. If not using a center QB may start at the LOS. No rushing the QB, seriously this is frowned upon!
12. Ball is dead on an incomplete pass or a runner fumbles the ball except if on a handoff from the QB that hits the ground immediately, the play is dead, doesn't count and will be started over, however the offense cannot huddle, and they must quickly restart play from the LOS. If the QB/RB handoff results in a fumble, the offensive coach should declare the play as a redo so that everyone is clear on what down it is.
13. The ball is dead when a player goes out of bounds. This should be enforced, not allowed so that this age group understands boundary lines and is prepared when they move up to the next level.
14. Penalties – In general blow the play dead and spot the ball at the place of the foul. (Example: Flag guarding, coaches should blow the play dead, and the spot of the foul is the new LOS). No blocking, stiff arming, or tackling (excessive inadvertent contact/behavior should be corrected – a warning; sit out a series, with an explanation from coach). No false starts, just work with the kids to learn the alignment and cadence. If there's a subjective call and both coaches agree (i.e. pass interference) move the LOS to the spot of the foul and replay the down. If both coaches disagree, replay the down from the previous LOS. This has really not been an issue, so hopefully coaches continue to work together to make it fun for the kids!

Field Diagram:

