

2026 CCMFL Flag Football Rules

Eligibility: 6-7 years old by December 1 in NY and September 1 in PA with a copy of birth certificate.

Coaches:

- All coaches must attend the roster meeting in August with 15 copies of the roster and must follow CCMFL Guidelines.
- All coaches must have a background check and sign the code of ethics.
- All Head coaches must be USA Football Certified with the Flag Course. In addition 1 assistant coach must be USA Flag Certified as well.
- Only 2 coaches are on the field during play, and they must be behind the play.
- All paperwork must be at the field.

Practices: Limited to 4 times per week for up to 1.5 hours per practice, once games they will be limited to 1 1/2 hours, 3 times a week

Equipment: Mouth guards and soft helmets are required. Cups and spikes are optional.

Uniforms : All players must wear the same color jersey or shirt. Jerseys must be tucked in, and a 2-flag system will be utilized. Flag style must be pop it style only.

Ball size: Pee Wee size football

Field: The flag field size is set up sideline to sideline and runs from the 30 yard line in.

Start times: 1 1/2 hour prior to the Pee Wee game.

Game length will be (2) 20-minute halves with a 5-minute half time with one time out permitted per half. Clock continues except for time outs, injuries and change of possession.

Players: Maximum players of 7 on 7 and a minimum of 5 on 5. A team with **twelve** players must split into two 5 player teams.

Games:

All teams must have an ambulance present and or EMT on all game days.

Game Rules:

- All players must play both offense and defense.
- The ball will be placed on the thirty-yard line to start the game, the second half, and change of possession.
- Teams have four downs to reach the fifteen-yard line. If not obtained it's a loss of downs. If obtained, then the team gets four downs to score.
- If the defense intercepts the ball, the ball can be run back past the 30 yard line for a touchdown.

- If a Quarterback fumbles the ball on the snap, they can pick it up and advance it. Any other Fumbles will be a dead ball.
- Non-contact blocking is allowed. No hands outside of the shoulders are allowed.
- Rushers from 7 yards back can blitz without account. Any player less than seven yards back is not allowed to blitz.
- 5 on 5 there can only be one blitzing player. 7 on 7 there can only be two blitzing players.
- Center to QB exchange must be through the legs only for snapping the ball.
- Center sneaks are not allowed.
- Every team needs to use a 12" or longer size flag.
- Belt tail must be tucked in and or trimmed off.
- Flags must be on each hip.

Flag Tournament

- There will be an "A" and a "B" bracket.
- Teams with 15 or more players must split into two teams. One being in the A bracket and the other being in the B bracket.
- Any penalty will be 5 yards.
- All teams will have 35 seconds to snap the ball once the ball has been placed by the referee.
- Overtime: Each team will get one play from the 10-yard line. This will continue until one team has scored and the other team does not.
- Games will keep score during tournament games.
- Regular season rules apply where tournament rules do not.