

2025 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 intercepted, the ball can be run back for a touchdown. If the ball is fumbled, it will be a loss of a down If run past the 30-yard line, it counts as 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 and can not cross the line of scrimmage until the ball carrier reaches the line of scrimmage.
- Each defensive player must mirror an offensive player.
- 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 B style brackets
- 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.