

NORTH TEXAS YOUTH FOOTBALL LEAGUE – WICHITA FALLS (NTYFL WF)

OFFICIAL 6U FLAG FOOTBALL RULE BOOK

Version 1.0

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SECTION 1

FIELD & GAME SETUP

Field

- Field length: **40 yards** (40-yard line to goal line)
- Field width: **Regulation**
- Existing football end zone is used.

- Two NTYFL WF flag games may be played on one regulation football field.

Team Size

- Games are played **7-on-7**.
- Minimum of **6 players** required to start.
- If one team only has 6 players, the opposing team must drop to 6 players. If one team drops to 5 players during the game, both coaches must agree to play with 5.

Downs & First Downs

Every possession begins at the offense's **40-yard line**.

The offense has:

- **4 downs** to reach the **25-yard line**.
- Crossing the **25-yard line** awards a **first down**.
- **4 downs** to reach the **10-yard line**.
- Crossing the **10-yard line** awards another **first down**.
- Once inside the **10-yard line**, the offense has **3 downs** to score.

Failure to gain a first down or score results in a change of possession.

All new possessions begin at the **40-yard line**.

Coin Toss

- Visiting team calls the toss.
- Winner chooses possession.

Special Rules

- No kickoffs
- No punts
- No safeties

SECTION 2

EQUIPMENT

Required Equipment

- Flag belt
- Mouthguard
- Team jersey
- Shorts without pockets
- Athletic shoes or molded rubber cleats

Optional Equipment

- Soft-shell helmet
- Gloves
- Knee pads
- Elbow pads

Prohibited Equipment

- Metal cleats
- Jewelry
- Hard casts
- Any equipment deemed unsafe by the officials

Jerseys must remain tucked in.

Flags must remain visible at all times.

SECTION 3

GAME TIMING

- Two 20-minute halves
- 5-minute halftime
- Running clock

Clock stops during the final two minutes of the second half for:

- Incomplete passes
- Runner out of bounds

- Scores
- Timeouts
- Injuries
- Official's timeout

Each team receives:

- One 60-second timeout per half

Play Clock

- 40 seconds

Quarterback

- 6 seconds to release the football or loss of down.

Mercy Rule

- 35-point lead during the second half ends the game.

SECTION 4

SCORING

Play	Points
Touchdown	6
Interception	3
PAT from 5-yard line (Pass Only)	1
PAT from 10-yard line (Run or Pass)	2

Interceptions are immediately dead.

The intercepting team receives **3 points** and begins its next offensive possession at the **40-yard line**.

No PAT is attempted following an interception.

SECTION 5

OFFENSIVE RULES

- Three (3) offensive players must be on the line of scrimmage.
 - The center is an eligible receiver after the snap.
 - One player may be in motion before the snap.
 - Motion may not be toward the line of scrimmage.
 - One forward pass is allowed per play.
 - The forward pass must be thrown from behind the line of scrimmage.
 - The quarterback may not run beyond the line of scrimmage.
 - No defensive pass rush is allowed.
 - The quarterback has six (6) seconds to throw the football.
 - Handoffs, pitches, and laterals are legal behind the line of scrimmage.
 - Any eligible player may run after receiving a legal handoff or pitch.
 - No blocking or screening is allowed.
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SECTION 6

DEFENSIVE RULES

- No rushing the quarterback.
- Defenders must remain behind the line of scrimmage until the ball is thrown or handed off.
- A play ends when one flag is legally pulled.
- If a player's flag falls off before being touched, a one-hand touch between the shoulders and knees ends the play.
- No tackling.
- No diving at runners.
- No grabbing clothing.
- No stripping the football.
- Defensive pass interference is prohibited.
- Unnecessary contact is prohibited.

SECTION 7

COACHES & SPORTSMANSHIP

- One offensive coach may be on the field.
 - One defensive coach may be on the field.
 - Coaches may instruct players but may not interfere with live play.
 - Players, coaches, and spectators are expected to display good sportsmanship.
 - Fighting results in immediate ejection.
 - Two unsportsmanlike conduct penalties result in ejection.
 - Only the Head Coach may discuss rule interpretations with officials.
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SECTION 8

PENALTIES

Infraction	Penalty
False Start	5 yards
Delay of Game	5 yards & Loss of Down
Illegal Motion	5 yards
Illegal Formation	5 yards
Illegal Forward Pass	5 yards & Loss of Down
Illegal Quarterback Run	Loss of Down
Illegal Blocking	5 yards & Loss of Down
Flag Guarding	5 yards & Loss of Down
Charging	5 yards & Loss of Down

Illegal Flag Pull	5 yards
Defensive Holding	5 yards
Defensive Pass Interference	10 yards & Replay Down
Offensive Pass Interference	10 yards & Loss of Down
Unnecessary Roughness	10 yards
Unsportsmanlike Conduct	10 yards
Coach Interference	10 yards

Officials

The referee has final authority on all rule interpretations and game administration.

Any situation not specifically covered by this rulebook will be decided by the referee in the interest of player safety, fair play, and the best interests of the North Texas Youth Football League Wichita Falls (NTYFL WF).

NTYFL WF Mission

The purpose of the NTYFL WF 6U Flag Football Division is to provide a fun, safe, and instructional introduction to football while teaching teamwork, sportsmanship, and the fundamentals of the game.