

Juniata Valley Football League

5 / 6 Flag Football Field and Playing Rules



Players from 5-6 years of age before Dec. 31

Home Organization will be responsible for concessions, the Flag Football and 2 sets of different color flags.

3 hours of practice per week. They may be broke down into 2 days at 1.5 hours, or 3 days of practice (Coach's discretion).

7 man teams on the field : Center, QB, and the remaining 5 will be RB and Receivers.

There must be a snap count and a center exchange with the QB.

Must play rule will be enforced, all children will play.

The game will be played with two 20 minute running clock halves, with a 10 minute halftime.

The field will be divided at the 40 yard line, with games being played at each ends of the fields.

A coin toss will determine with team will take offense first.

First possession will begin at the 35 yard line, teams will be allowed 10 plays to score.

If a team does not score in 10 plays, the other team will take over possession at the 35 yard line.

Dead Balls : Any fumble or interception will be blown dead, back to original line of scrimmage, and be counted towards one of the offensive plays.

Defense will play a "man to man", no double teaming or blitzing.

No score will be kept.

Coaches or Assistants will Referee all games.

1 Coach will be permitted on the field, both offense and defense, with their teams.

Rubber Cleats are allowed, absolutely no metal.

Tripping, pushing or tackling will result in a 5 yard penalty.

Tobacco use inside the ropes by Coach's and Volunteer's will not be tolerated.

First Aid Kits will be mandated by each team at all practices and games.

Games will be scheduled on the weekends according to the Pee-Wee and Midget Schedule. If they play in the early games 1pm & 3pm Flag will follow the Midget Game at 4:30pm. If the games are scheduled for a 4:30pm & 6:00pm, the Flag game will be held before the 4:30 game (3:00pm). Head Coach's are to confirm with one another about game times, and also reminded to schedule extra games through out the week.

Flag Cheerleaders may not leave the ground for any kind of toss, they will be limited to jumping only.

Updated 25 July 2007