

West Michigan Conference Youth Football League 2026

Flag Football Rules Document

Current Clubs: Shelby, Montague, Whitehall, North Muskegon, Oakridge, Holton, Fremont, Ravenna, Hesperia

Kindergarten thru 2ND Grade:

7 on 7 Flag Football Rules

Team Rules:

- Ball Size Must be Pee Wee size
- A team consists of 7 players. A team must have 5 players to start the game. If a team does not have 5 players by 5 minutes after the scheduled starting time, that team may forfeit the contest.
- Shirts and jerseys MUST be tucked in, so they do not interfere with the flag.
- Belts may only have two flags. Flags are to be suction cup style and placed on each hip.
- No metal spikes or jewelry.
- Mouthpiece is required.
- The game will consist of two 20-minute halves (running time) with a 5 minute halftime break.
- There will be no kickoffs. All plays start from the 40-yard line.
- Coin toss winner picks "start on offense" or "start on defense".

Dead balls:

- The ball carrier falls to ground.
- The ball carrier loses flag. It is then 1 hand touch on ball carrier.
- Incomplete pass.
- Ball carrier goes out of bounds.
- A fumble is a dead ball. The opponent cannot recover a fumble.
- Snap hits ground.
- Interception will consist of a change of possession.

Scoring:

- Touchdown 6 points
- Extra point is (10 yd line) 1 point

Offense:

- 25 seconds to put the ball in play.
- Only a 2-point stance allowed.

Offense (cont.):

- The ball must be centered between legs.
- At least 3 players must be on the line of scrimmage. Guard---Center---Guard.
- All players are eligible for a pass
- Only 1 forward pass per play.
- One foot down in bounds = completion.
- No diving but jumping to avoid a defender is ok.
- No mercy rule.
- Quarterback can run if they are rushed.
- No extending arms to block.
- Down field blocking may only consist of hands on your chest to impede the defender, not push down the field.

Defense:

- Defensive line – May only have two players on the line of scrimmage. The rest of the players must start 5 yards back.
- Two blitzers – Any down, must start 7 yards off the line of scrimmage
- No safety position will be allowed.
- No tackling allowed.

Penalties:

5 – yard penalties:

- Flag guarding or stiff arm
- Delay of game

10 – yard penalties:

- Bull rush
- Drive block (extending arms out)
- Tackling or tripping the ball carrier
- Pass interference
- Coaches must not move defensive players after offense is set

Coaching:

- 1 coach per team may be on the field during each play