



UNITED LEGACY FOOTBALL & CHEER

2025 RULES

7u Flag Football Rules

*Any penalties not listed will result in a 5-yard penalty.

1st grade or younger and 7yrs old or younger

Game ball must be stamped K2 or PeeWee

1. Playing field is 40 yards by 20 yards.
2. Two 25 min halves will be played with continuous clock.
3. 3-time outs allowed per half.
4. Coin flip will determine who gets the ball first.
5. Two coaches will be allowed on the field for each team.
6. No more than 7 defensive players and 7 offensive players will be on the field at one time.
7. All offensive possessions will begin at the 3 yards (37-yard line). Each team will have to drive the length of the field to the end zone. Any change of possession (including interception) will begin back at the 37-yard line.
8. Offense will have 4 plays to cross mid field to obtain a first down. Then have 4 more plays to score a touchdown. If the offense fails to make the line to gain, the defense will take possession at the 37-yard line. A team will be awarded 6 points for a touchdown and can either go for 1 extra point from the 5-yard line or 2 points from the 10-yard line.
9. Once the ball is spotted, each team will have 40 seconds to snap the ball.
10. No punts allowed.
11. Snaps can be taken directly from the center or in shotgun.
12. The defense will have to remain 6 yards from the line of scrimmage prior to snap unless the line of scrimmage is within 5 yards of the goal line, then the defense will line up on the goal line. The defense will be allowed to have all players lined up to rush.

Rushing players may not rush the "A gap" if they do, the play will result in a 5-yard penalty.



13. Fumbled ball will be dead. The line of play will be where the fumble occurred.
14. All players must have flag-a-tag style or shruumz **YOUTH** flag belts that are securely attached to the player without leftover belt or shirt hanging in flag area.
15. If a team chooses to wear shorts, they cannot have pockets.
16. Flags must be contrasting in color to uniform pants.

Offense/Flag Guarding

1. Not allowed to attempt to defend or guard flags. It is to the discretion of the official. No stiff arms, swatting, leaning over to guard flags or swinging arms while running with the intent of guarding flags.
2. Player with ball is not allowed to lower shoulder to run defensive player over.
3. Players can block with full extension of their arms only within the tackle box up to 5 yards, once the player with the ball has progressed past the line of scrimmage no more blocking. For every blocking past the designated 5 yards, there will be a 5-yard penalty enforced. If there are 3 or more offenses from the same player, it will result in a personal foul and be a 15-yard penalty with automatic 1st down.
1. Players may not run over, push, or pull another player to get to the ball.
2. The defender must not go through the offensive player to get to the ball or knowingly shield or screen the receiver's eyes while pass is in the air.
3. **TACKLING** is prohibited. For every defensive tackle there will be a 5-yard penalty plus automatic first down. If there are 3 or more offenses from the same player, it will result in a personal foul and be a 15-yard penalty with automatic 1st down.
4. Pushing a ball carrier out of bounds without going for flags is prohibited.

***UIL guidelines will be in effect, except when amended by the NETYFL board of directors.

OVERTIME: Team winning the coin flip has the choice of offense or defense first. The ball will be placed on the 20-yard line, each team gets a possession. If the score is still tied after 2 overtime possessions, the ball will be placed on the 10-yard line. If the score is still tied after another 2 possessions, then the ball will be moved to the 5-yard line for a one down possession. The game will continue from there until there is a winner.



- A game is required when both teams have at least FIVE (5) players. The opposing team with more players is not required to play with only 5. It will be at the discretion of the opposing team to choose how many players they put on the field. Forfeiture of a game will only take place when a team has fewer than 5 players. If forfeiture is inevitable due to not having the minimum number of players, that town's Commissioner or representative will notify the opposing town at the earliest time possible.

PeeWee

*Any penalties not listed will result in a 5-yard penalty.

1st and 2nd grade (Players will be classified by age and grade 8U as of Sept 1 and in 1st or 2nd grade.)

General Guidelines

Weight Restrictions----- Running Backs - 85 lbs. maximum.

CLOCK

8-minute quarters with regular clock rules for stoppage. Clock will always stop after each score.

Huddle offensive team will have 40 seconds to call and run plays.

TIME OUTS

Each team will receive 3-time outs per half.

FIELD

Regulation 100-yard field

BALL



A "K2" stamped ball

GAME RULES FOR PEEWEE DIVISION

UIL guidelines will be in effect, except when amended by the NETYFL board of directors.

AMENDMENTS:

Play clock is 40 seconds.

Two coaches are allowed to remain on the field of play during the game (2 offensive and 2 defensive). The coach on the field must be at least **10 yards** off the line of scrimmage when the ball is snapped and cannot in any way communicate with any player once the QB is under center or while play is in progress. Any violation of this rule will result in a 5-yard penalty and a warning to the coach. Repeat violations will result in the coach being removed from the field. (Not an ejection. That coach must go to the sideline and another coach can take their spot on the field.)

Defensive line may have no more than **6** players on the line of scrimmage. All others must be at least **2** yards off the ball.

No one is allowed to line up over the center. The D tackles/ nose guard are not allowed to lineup or shoot the "A" gaps. Gap between the guards and center. However, the middle linebacker(s) (Only 1-2 middle linebackers) are allowed to go thru the "A" gaps because he/she is lined up 3 yards off the ball.

*****Any players lined up in the "A" gaps or shooting the "A" gaps will result in a 5-yard penalty.**

Extra Points: 1 point for running
2 points for pass or kicking (live ball on kicks)

No kickoffs. Team winning coin toss will take possession at the 20-yard line.

Punting is allowed. Defense cannot rush; this is a dead ball until kicked. Punting is not required, if the coach chooses, he can move the ball 20 yards and turn over possession.



All players lined up in the tackle box, must have a hand on the ground.

All players with "X" on helmet, must line up in the center, guard, tight end or tackle position on offense. On offense players with "X" can NOT advance the ball. If the QB attempts to pass the ball to the TE with an "X" on the helmet, this will cause a loss of a down. A DEFENSIVE player with "X" on the helmet CAN advance the ball. ***The "X" on the helmet must be a minimum of 3" or more in size.***

All Mouthpieces must be attached to the helmet.

Only clear eye shields will be allowed.

<NO CUT BLOCKING, BLOCKING BELOW THE WAIST>

The "Mercy Rule", when a team is up by 3 touchdowns (18 points), is only enacted in the 2nd half of a game unless both coaches agree prior to the 1st half ending.

PEEWEE ONSIDE KICK RULE: This rule will take place in the 4th quarter for the team that is currently losing. This would a be a 4th and 12 yard down from the 12 yd line to the goal line. If the team successfully scores on the one down, then that team would get the ball at the 50 yd line. If the team is not successful then the opposing team will receive the ball at the 50 yd line.

OVERTIME: Team winning the coin flip has the choice of offense or defense first. The ball will be placed on the 20-yard line, each team gets a possession (a first down can be achieved at the 10-yard line). If the score is still tied after 2 overtime possessions, the ball will be placed on the 10-yard line. If the score is still tied after another 2 possessions, then the ball will be moved to the 5-yard line. The game will continue from there until there is a winner.

*****THIS APPLIES TO ALL GROUPS (PEEWEE, JUNIORS, SENIORS)*****

- A game is required when both teams have at least EIGHT (8) players. The opposing team with more players is not required to play with only eight (8). It will be at the discretion of the opposing team to choose how many players they put on the field. Forfeiture of a game will only take place when a team has



fewer than eight (8) players. If forfeiture is inevitable due to not having the minimum amount of players, that towns Commissioner or representative will notify the opposing town at the earliest time possible.

JUNIORS

***Any penalties not listed will result in a 5-yard penalty.**

3rd and 4th Grade (Players will be classified by age and grade 10U as of September 1st and in the 3rd or 4th grade.)

GENERAL GUIDELINES

Weight Restrictions-----Running Backs-115 lbs

CLOCK

8-minute quarters with regular clock rules for stoppage.

TIME OUTS

Each team will receive 3-time outs per half.

FIELD

Regulation 100-yard field

BALL

Stamped "K2" ball

GAME RULES FOR JUNIOR DIVISION

UIL guidelines will be in effect, except when amended by the NETYFL board of directors.



AMENDMENTS:

Play clock is 40 seconds

One coach is allowed to remain on the field of play during the game (1 offensive and 1 defensive). The coach on the field must be at least 10 yards off the line of scrimmage when the ball is snapped and cannot in any way communicate with any player once the QB is under center or while play is in progress. Any violation of this rule will result in a 5-yard penalty and a warning to the coach. Repeat violations will result in the coach being removed from the field. (Not and ejection. The coach must go to the sideline and another coach can take the spot on the field.)

The defensive line may have no more than 6 players on the line of scrimmage. All others must be at least 2 yards off the ball.

Extra Points: 1 point for running
2 points for pass or kicking (live ball on kicks)

Punts: NO RUSH PUNT May advance the ball once the ball is kicked.

All players lined up in the tackle box must have a hand on the ground.

Only clear eye shields will be allowed.

All players with "X" on helmet, must line up in the center, guard, tight end or tackle position on offense. On offense players with "X" can NOT advance the ball. If the QB attempts to pass the ball to the TE with an "X" on the helmet, this will cause a loss of a down. A DEFENSIVE player with "X" on the helmet CAN advance the ball. ***The "X" on the helmet must be a minimum of 3" or more in size.***

All Mouthpieces must be attached to the helmet.

<NO CUT BLOCKING, BLOCKING BELOW THE WAIST>

The "Mercy Rule", when a team is up by 3 touchdowns (18 points), is only enacted in the 2nd half of a game unless both coaches agree prior to the 1st half ending.



OVERTIME: Team winning the coin flip has the choice of offense or defense first. The ball will be placed on the 20-yard line, each team gets a possession (a first down can be achieved at the 10 yard line). If the score is still tied after 2 overtime possessions, the ball will be placed on the 10-yard line. If the score is still tied after another 2 possessions, then the ball will be moved to the 5-yard line. The game will continue from there until there is a winner.

*****THIS APPLIES TO ALL GROUPS (PEEWEE, JUNIORS & SENIORS)*****

- A game is required when both teams have at least EIGHT (8) players. The opposing team with more players is not required to play with only eight (8). It will be at the discretion of the opposing team to choose how many players they put on the field. Forfeiture of a game will only take place when a team has fewer than eight (8) players. If forfeiture is inevitable due to not having the minimum amount of players, that town's Commissioner or representative will notify the opposing town at the earliest time possible.

SENIORS

***Any penalties not listed will result in a 5-yard penalty.**

5th and 6th Grade (Players are classified by age and grade 12U as of September 1st and in the 5th or 6th grade. **NO** player can be in the 7th grade and participate in the YSA, regardless of age)

GENERAL GUIDELINES

Weight Restrictions-----Running Backs-135 lbs.

CLOCK

8-minute quarters with regular clock rules for stoppage.



TIME OUTS

Each team will receive 3-time outs per half.

FIELD

Regulation 100-yard field

BALL

A ball stamped "Junior"

GAME RULES FOR SENIORS

UIL guidelines will be in effect, except when amended by the NETYFL board of directors.

AMENDMENTS:

Play clock is 40 seconds

Defensive line may have no more than 6 players on the line of scrimmage. All others must be at least 2 yards off the ball.

Extra Points: 1 point for running

2 points for pass or kicking (live ball on kicks)

Drop kick is allowed and may be returned. If returned will count as 2 points

Punts: LIVE PUNT you may not line up over the Center.

All players lined up in the tackle box, must have a hand on the ground.

Only clear eye shields will be allowed.

All players with "X" on helmet, must line up in the center, guard, tight end or tackle position on offense. On offense players with "X" can NOT advance the ball. If the QB attempts to pass the ball to the TE with an "X" on the helmet, this will cause a loss of a down. A DEFENSIVE player with "X" on the helmet CAN advance the ball. ***The "X" on the helmet must be a minimum of 3" or more in size.***



All Mouthpieces must be attached to the helmet.

<NO CUT BLOCKING, BLOCKING BELOW THE WAIST>

The "Mercy Rule", when a team is up by 3 touchdowns (18 points), is only enacted in the 2nd half of a game unless both coaches agree prior to the 1st half ending.

OVERTIME: Team winning the coin flip has the choice of offense or defense first. The ball will be placed on the 20-yard line, each team gets a possession (a first down can be achieved at the 10-yard line). If the score is still tied after 2 overtime possessions, the ball will be placed on the 10-yard line. If the score is still tied after another 2 possessions, then the ball will be moved to the 5-yard line. The game will continue from there until there is a winner.

*****THIS APPLIES TO ALL GROUPS (PEEWEE, JUNIORS & SENIORS)*****

- A game is required when both teams have at least EIGHT (8) players. The opposing team with more players is not required to play with only eight (8). It will be at the discretion of the opposing team to choose how many players they put on the field. Forfeiture of a game will only take place when a team has fewer than eight (8) players. If forfeiture is inevitable due to not having the minimum amount of players, that town's Commissioner or representative will notify the opposing town at the earliest time possible.