

# Ultimate Flag Rules and Policies

Mid-State Ultimate Flag

Updated by Amherst July 2026

**\*\*Note to coaches:** Point may have some structures set up differently when we play at their fields such as: timing, clock management, and size of field. It is best for coaches to check in with teams at the start of the game so they are aware of these differences.

All rules listed in the Mid-State Youth Football Game rulebook will be followed with the addition of:

- ◆ Official Team Rosters will be turned into Midstate to Elissa Armstrong, [elissaarmstrong1975@gmail.com](mailto:elissaarmstrong1975@gmail.com), for each team and will be posted to the Midstate website, [Mid-stateyouthfootball.org](http://Mid-stateyouthfootball.org). Please turn in by the Monday after the scrimmage weekend.

- ◆ Officiating: Games are required to have a minimum of 3 officials and 2 officials MUST be WIAA certified. No more than 1 official may attend high school or be of high school age.

- ◆ Ages and Weight:

AGE: The player's age on September 1 of the current year shall be the player's age for the coming season. Weigh in will be 15 mins prior to the start of each game and Weights will be taken equipment and apparel minus helmet. Every community is required to have a digital scale for weigh-ins.

WEIGHT LIMITATIONS – 3<sup>rd</sup> and 4<sup>th</sup> Grade: Follow the Midstate Tackle weight restriction: Restricted players will wear an identifying sticker on their helmet.

1. 7-8-9 (7 year olds must be in 3rd grade) >110.0 lbs. Restricted player (based on game day weight)  
- Restricted Players on offense the player must play Center or offensive

Guard and no more than 2 restricted players for each play.  
- Restricted Players on defense the player must Play Defensive

Tackle  
- A Restricted Player can not advance the ball on a recovered fumble or  
Interception. If a restricted player gets the ball, it shall be a dead ball  
turned over at the spot.

2. 9 >170.0 lbs. must move up to Jr Pee Wee

- ◆ Teams must start with the same amount of players on the field, not to exceed eight (8). Teams that have less than eight players may borrow players from the opposing team.
- ◆ Teams will be located on opposite sides of the field from each other.
- ◆ **FIELD SIZE:** Ultimate Flag field will be 100 yards long and the width will be moved in one hashmark or be measured at approximately 40 yards in width. This will accommodate the lesser number of players and be in line with 8 man football field sizes for WIAA.
- ◆ Each QUARTER will be 14 minutes long, with 2 minutes between quarters. Half time will be 5 minutes long. There will be no stoppage at the 4 minute mark. Three time outs will be allowed during each half. The clock will stop ONLY for time outs. The referee on the field will keep official time. Some fields may or may not use a scoreboard.
- ◆ A toss of the coin by an official determines which team has the choice of kicking off, receiving or deferred choice to the second half. The team losing the coin toss will have the choice of kicking off, receiving or defending a goal at the start of the second half, unless choice was deferred.
- ◆ At least one coach must be present for each team to start the game. For 3<sup>rd</sup> and 4<sup>th</sup> grade, one coach from each team may be on the field for the entire game for the entire season. Coaches on the field will not interfere with the play or players, including physically moving the players or yelling out instructions, once the ball is snapped the coach on the field must be silent. Coaches on the sidelines may call out instructions regarding scheme, without mentioning opposing personnel (name, number or player position).
- ◆ **MANDATORY PLAY RULE:** All players must play a minimum of 20 plays in a game. All players are required to have 10 plays in by the end of the first half, with a total of 20 by the end of the game. It is part of the Amherst Youth Football and Cheer sports philosophy that ALL kids get ample participation time. The 20 play rule is a MINIMUM and coaches are encouraged to have kids participating as much as possible. If a player has questionable practice attendance and game participation MAY be a safety concern, coaches are encouraged to speak with parents as needed. Since this is a youth league and players are not able to “get themselves to practice” some reduced participation with continued absences may be expected; however, part of our philosophy is to foster a love for the sport and penalizing a player may not always be the only solution.
- ◆ **PUNTING RULE:** There are no punts.

To start the game the ball will be placed on the 35 yard line.

On 4th downs the offense will decide if they go for it on 4th or Punt. If the offense chooses to Punt on 4th down the Ball will be placed on the 35 yard line on the opposite end of the field and the opposing team takes over.

If the offense choose to go for it on 4th down and do not advance the ball for a first down or a score, the opposing team takes over at the spot of the dead ball wherever it ends up on 4th down. However, if the offense goes for it on 4th down and after 4th down the ball is within 10 yards of the endzone the ball will be placed on the 15 yard line for the opposing team to take over. (The intention of the exception within the 10 yards of the endzone is giving the offense a better field position to run their offense and that is more youth friendly.)

On a score the opposing team will get the ball on their 35 yard line.

- ◆ EIGHT PLAYER OFFENSE: Teams must have 4 players on the line of scrimmage. One tight end on the line of scrimmage and one split end or “Z” receiver opposite the tight end, off the line of scrimmage and the same depth as the quarterback. The split end can be in tight or split out wide. No unbalanced formations. Only two running backs will be in the backfield, behind the quarterback. The running backs can be in either an “I” or split formation. In the split formation, the running backs will be no wider than the guards. No “wishbone” or single backfields allowed. No motion is allowed. The quarterback must be under center, no shotgun formation. No quarterback “sneaks” into the “A” gaps (See diagram for offensive alignment and numbering). All blocking will be above the waist. No “Chop Blocking.”
- ◆ EIGHT PLAYER DEFENSE: All teams will use a 2-4 defensive front with a “Cover 2” in the secondary (See 8 Player Defensive Alignment diagram). ). The defensive tackles will have “B” gap responsibilities and line up in the “3” technique (outside shade of the offensive guards). Defensive linemen must be in either a “3” or “4” point stance. Once the offensive line is set, the defensive cannot move, unless directed to do so by a referee or coach because the defensive lineman is incorrectly positioned. The center will be left uncovered. The 4 linebackers must be at least 4 yards off the line of scrimmage. The inside linebackers (ILB) will be lined up in the “A” gaps with “A” gap responsibility. The outside linebackers (OLB) will line up outside the tight end and over the split end. The safeties will line up at least 7 yards off the line of scrimmage. There will be no blitzing by any of the linebackers or defensive backs. The linebackers and defensive backs may not cross the line of scrimmage until the ball is handed off, unless there is a fumble or unless the quarterback rolls outside the guards or is 5 yards back from line of scrimmage. The first violation of the “No Blitzing” rule will result in a warning to the players and coaches. Any violation thereafter will result in a 5-yard penalty assessed on the defense.

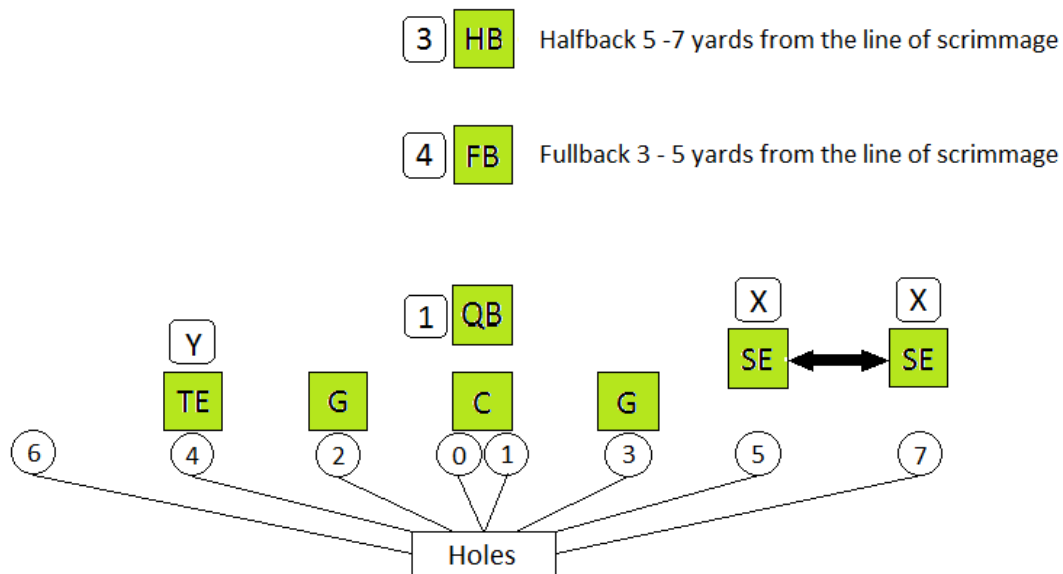
- ◆ **OFFSIDE RULE:** When a defensive player crosses the line of scrimmage, it is immediately a penalty, unless they have been “drawn” offside by the offense. \*\*note is more than a player just moving.
- ◆ **KICKOFF RULE:** There are no kickoffs at the 3rd/4th grade level for Ultimate Flag. The ball will start at the 35 yard line.
- ◆ **OFFICIAL’S INTERFERENCE RULE:** An official’s involvement with a play is to be disregarded and the play will continue regardless of his presence. An inadvertent whistle will be a dead ball at that point, plus an additional 5 yards.
- ◆ **EXTRA POINTS:** 3<sup>rd</sup> and 4<sup>th</sup> grade teams **MUST** attempt a “two point conversion” after a touchdown is scored. The ball will be spotted at the 2 ½ yard line and scoring team will run an offensive play for the conversion. Each touchdown is 6 points.
- ◆ **UNIFORMS:** Each player must wear league issued pants with pads, shoulder pads, helmet with a colored mouth guard attached to the face mask and league jersey for each game. An athletic supporter with cup is suggested. The pants and jersey should be laundered prior to each game. Jerseys **MUST** be tucked into pants. Jerseys are to be worn only for games and may be worn on Fridays at school or to varsity football games. Spiked shoes are allowed; this includes rubber baseball, soccer and football shoes as well as tennis shoes. **NO METAL SPIKES ARE ALLOWED.**
- ◆ **MANDATORY COACHES/REFEREES MEETING:** Prior to the coin toss, each team’s coaches along with the referees shall meet to review and discuss fair play and good sportsmanship.
- ◆ **PENALTIES:** Flagrant or poor sportsmanship penalties are 15 yards. All other penalties are 5 yards. Please note that the 3rd and 4th grade level of play is for learning and penalties should be seen as a teachable moment.
- ◆ **COACHES:** Referees have total control of the game. If any questions or problems arise, they should be directed to an Amherst Youth Football and Cheer Board member. The Board member(s) will discuss the issue with the referees. IF the referees feel the coaching staff is not conducting itself properly, they shall be given one warning, followed by one 15-yard penalty. In the event it still continues, the coach will be removed from the field. Parents and fans may also be ejected from the playing area. **REMEMBER – THIS IS FOR THE KIDS!** (We hope this rule never has to be enforced).

- ◆ No Flag guarding, which is any intentional movement to block an opposing player from reaching a flag including stiff arm or holding onto the belt. The player will be considered down and a loss of down will occur.
- ◆ No intentional tackling. A five yard penalty will be imposed and a replay of the down. Refs will determine if tackling is accidental or intentional.
- ◆ Personal Fouls: A player called for two (2) personal foul and/or unsportsmanlike conduct penalties in one (1) game will be disqualified from that game. After the first such foul is called, the offending player and his/her head coach will be issued a clear verbal warning by the head official. Qualifying penalties include fighting, taunting, intentionally contacting a game official, grasping and twisting, pulling on helmet, Blind-side blocking, illegal helmet contact, targeting an opponent, and any other foul deemed to be a personal foul or unsportsmanlike conduct by game officials. If such a disqualification occurs, host community will notify conference president, chair of disciplinary committee, and community representative. Second such offense will be investigated by conference discipline committee, which will consider further actions.
- ◆ A defender cannot impede the progress of the ball carrier by holding. Defenders must go for the flag. A five yard penalty will be imposed and a replay of the down.
- ◆ The spot of the ball is where the flag is pulled. The ball carrier shall be considered down if the flag hits the ground, whether intentionally or unintentionally.
- ◆ Players must have physical forms turned in prior to the first game.
- ◆ Equipment needed: gear bag, shoulder pads, pants, helmet, game jersey, practice jersey, and mouthguard. Parents are required to provide cleats (no metal). Parents are encouraged to supply additional mouthguards as needed. Jewelry is prohibited unless medical medallions that is covered by the players uniform.
- ◆ Good sportsmanship is required at all times. Participation and fun are to be emphasized and encouraged. Coaches are responsible for the attitudes and sportsmanship of their teams and should lead by example. The Amherst Youth Football and Cheer Board reserves the right to suspend players from one or more games for inappropriate actions. Remember that this league is about learning and teaching the sport of football. The Amherst Youth Football and Cheer Board also has the right to suspend coaches who breach the Coaches Code of Ethics.
- ◆ No set of rules can completely cover each and every situation that may occur in a game or during the course of a season. Coaches are expected to meet any unexpected situation that may arise with common sense and mutual cooperation for

the good of the players and the program. Youth Football is for the PLAYERS, not the coaches.

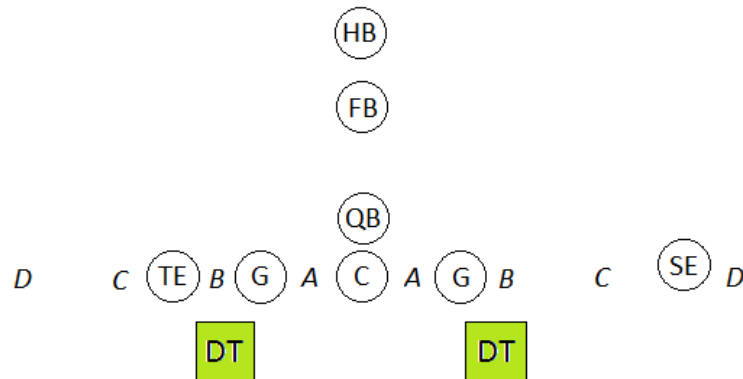
- ◆ The practice schedule shall be as follows:
  - Practices starting in early/mid August
  - Practices will run 2 hours during August for 2-4 days per week
  - Practices will run 1.5 hours when school starts for 2 days per week
  - First 2 practices: helmet and mouthguard only
  - Practices 3-5: helmet, mouthguard, and shoulder pads only.
  - 6th practice: full pads: No player can go full pads until his/her 6th practice

## YAF "8 Player" Offensive Alignment



Must have 4 players on the line. Tight End and Split End are eligible receivers.  
Bucks can be in "I" or split formation. Split End can be in tight or wide.

## YAF "8 Player" Defensive Alignment



Defensive Tackles will be on the ball, in a "3" technique with "B" gap responsibilities



Linebackers 4-5 yards off the line of scrimmage. ILBs will align and be responsible for the "A" gaps. OLB's will align outside the Tight End and over the Split End.



Safeties 7-10 yards from the line of scrimmage.

I have read, understand and will abide by the Stevens Point Youth Area Football rules.

Coach's signature \_\_\_\_\_

Date \_\_\_\_\_