

WIDE WORLD OF INDOOR SPORTS

Montville, CT



www.wideworldofindoorsports.com



Youth Flag Football League Rules 2026

Youth League rules are subject to change at the discretion of the League Director at any time during the course of the season. Any changes will be sent to the primary contacts / Coach on file with the team.

Games will be played with [NFL Youth Flag Rules](#) with the following amendments:

PLAYER RULES

- No Jewelry is permitted
- NO gum is permitted in the facility
- NO spitting
- SHOW GOOD SPORTSMANSHIP AT ALL TIMES

GENERAL RULES

- The standard format for game play is 5v5. If all coaches from both teams agree, the format for game play can be changed to 6v6 or 4v4 for that specific game only. If all coaches from both teams agree on the change, a member of staff or referee must be notified. Each team must have 4 players on the field to start the game. A team without 4 players at game time will be given a 5-minute grace period, during which the game clock will run.
- If the minimum number of players arrive during the grace period, the game will begin with the team in question being penalized 10 points.
- If the minimum number of players do not arrive, the team in question will forfeit and the official score will be recorded as 10-0.
- If a ball carriers flag falls off during a play the play is dead at the spot where the flag falls off.

EQUIPMENT

- Teams must wear matching jerseys (supplied by NFL Flag).
- Mouth guards are required for all players.
- Appropriate footwear includes sneakers, turf shoes, or cleats. NO metal spikes are permitted
- Flags will be supplied by NFL Flag. Cutting flags is strictly prohibited
- Each team will receive one NFL Flag branded football prior to the start of the session

COACHES

- Teams are required to have a coach in the bench area during game play.
- A maximum of 3 coaches are permitted on the sideline.
- All parents / spectators must view the game from the hallway or mezzanine area.

GAME TIME / CLOCK

- Each team will have a half field for 10 minutes of practice time prior to each game. The coin toss will be held with 1 minute remaining in the practice time.
- Each team will have two 30-second timeouts per half. If the second timeout isn't used in the first half, it will carry over into the second half.
- Halftime will be 1 minute in duration.
- Regular season games can end in a tie.
- The game will consist of two 20-minute halves (running time) with stopped clock in the last 30 seconds of the second half only if the score difference is less than 10 points.
- Clock will stop on incomplete passes, out of bounds, scoring, change of possession and timeouts.
- Clock will stop to assess a penalty in the last 30 seconds of the game if the score margin is less than 10 points. However, the clock will start once the penalty has been assessed and the ball is set and ready for play.
- If a one- or two-point conversion has not been completed at the end of a half or end of the game, the duration of the half/game will be prolonged until the conversion has been attempted.

BAD SNAPS TO THE QB

- Any snap that doesn't reach the quarterback or when it hits the turf is a "dead" ball. One bounce for 8U

MERCY RULE

- After one team is winning by 28 points or more, the trailing team will start all possessions at the beginning of the no run zone before midfield (or at the spot after an interception if it is nearer to the end zone the trailing team is trying to score into) until the margin becomes 20 points or less.
- The team that is winning by 28 points will NOT be able to blitz the other team.

STANDINGS / PLAYOFFS

- Standings will be updated through Dash.
- All teams participate in playoffs.
- Teams may have more than one playoff game in a respective day.
- Playoffs are single elimination and regular season rules apply.
- In the event a playoff game is tied after regulation, NFL Flag overtime rules will apply until a winner is determined.
- Overtime will only occur during playoff games.
- All play-in games for playoffs will consist of one 20-minute half game. All regular season rules remain in effect except the following: one timeout per team per half, halftime is one minute long. If tied at the end of the game, NFL Flag overtime rules will be followed.
- All playoff finals will consist of two 20-minute halves. All regular season rules remain in effect. If tied at the end of the game, NFL Flag overtime rules will be followed.

NFL FLAG OVERTIME RULES

- In a playoff situation, an overtime (OT) period will be used to determine a winner. OT format is as follows:
 - o Each team is allowed a minimum of one possession. The only exception is if the first offensive team throws an interception. In this case, the game ends with the intercepting team winning.
 - First possession choice goes to the winner of regulation coin toss.
 - Each team gets a minimum of one possession.
 - o All regulation period rules and penalties are in effect.
 - o There are no time-outs.
 - o Each team will be scored based on yardage gained or points scored:
 - Yardage gained – each team will be given one complete series to drive the field as far as they can. The yardage gained will be noted by the official. The team with the most yards gained wins. If both teams score touchdowns and complete the same amount of points in conversions, the process is repeated.
 - In the case of an interception, the ball will be marked at either the line of scrimmage or the point where the defender's flags were pulled, whichever is the more advantageous spot to the defense.
 - If Team B intercepts the ball and returns it for a touchdown, Team B wins.
 - Scoring – same as regulation. The team with the most yards gained wins.
 - Winning through yardage is equivalent to winning by 6 points for tie-breaker purposes.
 - o Change of Possession
 - Change of possession takes place when Team A's forward progress is halted on downs or scores a touchdown.
 - Team B takes possession on the same 5 yard line as Team A and advances in the same direction. Team B begins on the 5 yard line regardless of whether or not Team A's possession ended in an interception.
 - o Multiple OT periods
 - First OT period – shown above:
 - Scoring teams can go for 1 or 2 point PAT
 - Second OT period:
 - First possession goes to loser of regulation coin toss
 - Scoring teams must go for 2 point PAT

SPORTSMANSHIP

Players, coaches and spectators are expected to act in the nature of good sportsmanship at all times. There will be no abuse (verbal or otherwise) of referees or league officials tolerated. Any indication of such behavior by a coach or parent will result in immediate removal from the facility. We are all here to play flag football and have fun!

REFEREES

The referees will have sole jurisdiction over the conduct of the game, based on these rules and unless otherwise directed by the WWIS manager on duty. It is the responsibility of both coaches to sign off on

the game sheet at the conclusion of the game AFTER confirming the accuracy of the reported score. If a referee terminates a game for any reason, the score at the time of the termination will stand.

INCLEMENT WEATHER

Wide World of Indoor Sports will remain open unless a state of emergency is declared or there is a loss of power at the facility. Any changes to the facility schedule will be posted to our website, www.wideworldofindoorsports.com. This will be our primary method of communication of any changes along with our Facebook page. We ask that you and your team members please continually check this site in the event of any inclement weather. Unfortunately, we are unable to reschedule games due to inclement weather conditions (unless the game is cancelled due to a facility closure). If a team feels it is unsafe to attend a scheduled game due to inclement weather the coach must call Wide World of Indoor Sports a minimum of two hours prior to game time. If a team forfeits a scheduled game we will notify the opposing team as early as possible. The opposing team has the option of using the facility for training during their scheduled game time. No fine will be levied to a team who does not attend a game due to inclement weather.

ANTI-RECRUITING POLICY

- Recruiting will NOT be tolerated at Wide World of Indoor Sports.
- The anti-recruiting policy is in effect to protect coaches, clubs and organizations.
- In the event an individual is in violation of the anti-recruiting policy, a complaint can be filed with the main office.
- In order to prove an individual is in violation of the policy, the following must be proved:
 - o The recruiting must have been initiated on Wide World of Indoor Sports property.
 - o If someone is calling, emailing or contacting your players in any other form, this is not considered recruiting at WWIS
 - o If a player was recruited at a different venue and decides to talk to the organization they are being recruited by on WWIS property, this is NOT considered a violation of the recruiting policy.
 - o If an organization approaches a player, proof of exactly what was said must be provided with the complaint.
 - o If a player initiate the contact with another club or organization, this is NOT recruiting. Players have the ability to approach organizations at their own desire.
- The following information is needed to file a complaint:
 - o Players Name and Contact Information
 - o The name of the coach and / or organization you believe is in violation of the policy
 - o The time and date of the incident
 - o The location on WWIS property that the violation occurred
 - o A detailed description of the event
- Required Forms and Statements for the complaint are as follows:
 - o The information above
 - o Recruit Complaint Form
 - o Written statement from the player(s) / parent(s) being recruited
 - o Written statement from any witnesses

- The Review Process will be as follows:
 - o (1) All forms will be properly submitted
 - o (2) Management will review the case
 - o (3) All parties may be asked to appear before Management for questioning
 - o (4) After the conclusion of Steps (1) through (3), Management will have three business days to render a decision. All parties will be notified of the decision in writing.
- Penalties if Found Guilty of Recruiting Shall be as follows:
 - o 1st Offense – Offender(s) will be suspended from WWIS property for 1 month
 - o 2nd Offense – Offender(s) will be suspended from WWIS property for 12 months
 - o 3rd Offense – Offender(s) will be suspended from WWIS property for life

Wide World of Indoor Sports reserves the right to dismiss any individual or team from the league for any violation of these rules, including but not limited to in the event of a physical and / or verbal confrontation, excessive red cards or excessive unsportsmanlike behavior.

If not stated within this handbook, USSF outdoor rules will apply to the indoor league. Any questions regarding the rules of the league should be directed to a Wide World of Indoor Sports Official.