



Denver Parks & Recreation - Youth Sports Flag Football Rules Quick Reference Sheet Spring 2026



	Ages 5-6 & 7-8	Ages 9-10 & 11-12	Ages 13-14
Duration of Game	Two (2) halves 20 minutes each	Two (2) halves 20 minutes each	Two (2) halves 20 minutes each
Ball Size	Pee-Wee Soft Touch (5-6) Pee-Wee Synthetic (7-8)	TDJ / Junior	TDY / Youth
Number of Downs	4 (to cross midfield / score)	3 (to cross midfield / score)	3 (to cross midfield / score)
Mercy Rule	No score will be kept	In effect, see below	In effect, see below
Points After Touchdown	No PAT	5-yard PAT (pass only) – 1 point 12-yard PAT (run or pass) – 2 points	5-yard PAT (pass only) – 1 point 12-yard PAT (run or pass) – 2 points
Running	No-run zones not enforced	No-run zones enforced	No-run zones enforced
Passing	No pass clock	7 seconds to pass	7 seconds to pass
Rushing	No rushing allowed. Defense must start 5 yards off the ball and can only cross the line of scrimmage after a handoff from QB to RB, pass, or lateral.	All defensive players must start at least 1 yard from the line of scrimmage. - Pass rushing is allowed if rushing player(s) starts at least 7 yards from the line of scrimmage. - Players starting 1-6 yards from the line of scrimmage must wait for a quarterback exchange.	All defensive players must start at least 1 yard from the line of scrimmage. - Pass rushing is allowed if rushing player(s) starts at least 7 yards from the line of scrimmage. - Players starting 1-6 yards from the line of scrimmage must wait for a quarterback exchange.
Interceptions	Can be advanced	Can be advanced except on PAT	Can be advanced except on PAT
Timeouts	No timeouts	Two (2) per half - 30 seconds	Two (2) per half - 30 seconds

1. Rosters are coed.
2. A maximum of 5 players per team on the field at one time. A team may start and finish with 4 players for all age divisions.
3. No casts, hard or soft, are allowed during league play.
4. **Jewelry is prohibited.** Religious and medical-alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible. See full rules for more details.
5. A 5-minute grace period applies to ALL games.
6. Center CANNOT receive handoff but is eligible to receive a pass.
7. Offensive penalties are assessed from line of scrimmage and repeat the down. Yardage varies based on the infraction.
8. Defensive penalties will result in a first down for offense. Yardage varies based on the infraction.
9. Mercy rule takes effect after a point difference of 24 or more and will remain in effect until the down team comes back within 18 points. Coaches will have the option to decline the mercy rule at any time. Intentionally running up the score will result in disciplinary action against the coach.
10. Scores & standings are not kept, and no overtime is played during the spring season.