NFL Flag Football & Seacoast Youth Flag Football's Progression for Growth In The Sport of Football

NFL'S Official Flag Football League

NFL FLAG is backed by the NFL, with former and current professional players helping develop leagues across the country. Even more, NFL FLAG is the largest flag football league in the U.S., and the only league where players can sport official NFL gear—just like the pros.

Leagues for All Ages and Skills

Many parents don't realize that girls and boys of all abilities and sizes can learn how to play flag football. It's no contact, inclusive, and easy to learn. You'll find NFL FLAG leagues available for boys, girls, and coed, ages 3 to 17 years old.

Age divisions are designed to create opportunities for your child to learn, engage and grow with the sport.

A Path to College

Girls across the country are fueling their passion for flag football and taking their game to the college level. In 2020, women's flag football became a sanctioned college sport, with 15 National Association of Intercollegiate Athletics (NAIA) universities kicking off their leagues in 2021. The best part? They're offering scholarships. Learn more about NAIA Women's Flag Football.

Set Up for Tackle Success

Did you know that the skills learned in flag football transfer directly to tackle? For many tackle football families, flag is a great starting point to improve technique and learn the fundamentals of the game, especially in the offseason. It's the perfect introduction to catching, throwing, formations, routes, defensive skills, and more.

Building Team Players

NFL Flag football is the ultimate team sport that teaches leadership, sportsmanship, and self-confidence. NFL FLAG leagues compete 5 on 5 & 7 on 7, giving every player a chance to make a big impact and learn valuable lessons both on and off the field.

Keeping Youth Sports Fun

The number one reason families love NFL FLAG? It's fun! Flag football's no-contact rule, combined with its team-oriented environment, makes it easy for kids to come together and play. That's why all our leagues are designed with kids in mind.

AGE DIVISIONS

Each age division is designed to keep it fun for your child and to grow with the sport. See below how each age division changes each year to grow with your child.

4U – Beginning Spring 2023

Lil Patriots – The beginning! Our Lil Patriots program is designed for fun! All players will receive an official NFL Flag Patriots jersey, flags and certification.

They will meet once per week for 40 minutes with our volunteer coaches and parents. They will play several games related to football, including flag pulling drills, running with the football etc. Who will be the next Tom Brady!

6U – Beginning Spring 2023

Lets Play! Players will receive NFL Flag Football Team Jersey, matching shorts and flags. Teams will play for 40 minutes each week, using a full flag football field and following NFL Flag rules. Players will follow NFL Flag rules with the following exceptions:

i. 'No Run' zones are eliminated. Teams may run the ball anywhere on the field.
ii. Defenders may NOT rush the passer unless there is a legal handoff executed in the backfield.
iii. One Coach for each team is permitted on the field pre-snap to help their players but MUST be off the field prior to the snap of the ball.
iv. If the ball falls or touches the ground during the initial center to quarterback exchange, the play is ruled a 'Do Over' with no loss of down, once per down. On a second consecutive occurrence, the down is consumed.
v. Defenders MUST line up at least five yards from the line of scrimmage prior to the snap.

8U Beginning Spring 2023

Same gear as 6U but games are now 48 minutes. With the following

rules:

i. 'No Run' zones are eliminated. Teams may run anywhere on the field.
ii. Defenders may NOT rush the passer unless there is a legal handoff executed in the backfield.
iii. One Coach for each team is permitted on the field pre-snap to help their players but MUST be off the field prior to the snap of the ball.

10U & 12U

Same gear Full NFL Flag Football rules 48 Minute Games.

5yd no run rule is enforced, blitzer is allowed but must line up 7yds back. Coaches are not allowed on the field.

14U – Beginning Spring 2023

Same NFL Flag Gear but now we go to 7v7 Just like the NFL Pro Bowl

7v7 rules similar to NFL Flag 5v5 except for the following

- Clock stops at 2 min warning at end of both halves
- 4 downs on both sides of fields
- Laterals in the backfield are allowed

17U

7v7 Same rules as 14U

NFL Flag has put a lot of energy and effort into making NFL Flag the fastest growing flag football sport in the country.