



Heartland Youth Football League

Est 2016

2025 Spring Flag Football FAQ Sheet

All plans are tentative based on Registration

Cost - \$10 per player (Max Roster -10) – Teams supply their own jerseys.

Mandatory Fundraiser – Mariannas – 10 Items per player (\$40 Buyout will also be offered)

Payment will be made April 27th. Fundraiser forms will be given at that time. Fundraiser will be due on May 11th, Delivery will be June 1st.

Divisions:

Boys / Coed – 14U / 12U / 10U / 8U – 16U removed

Girls - 14U / 12U / 8U - 16U removed / 12U and 10U combined

Age as of 31 July 2025

Format 5 v 5

Rules – USA Football 5 v 5 Rules

Max 3 Coaches on sideline

Tentative - Officials for 14U / 12U

Coaches will Officiate 10U / 8U

Registration: Closes April 1st / Rosters due April 1st

Season:

April 27 – Hughesville

May 4 – Central Columbia

May 11 – Milton

May 18 – Shamokin

June 1 - Loyalsock

June 8 – Tourney – No Location Yet

Based on the amount of Teams, there may be multiple fields used each day.



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1. Mouth Guards are required. We have them available.
2. We will have 2, 30 minute halves with a 5 minute halftime.
3. We will use a Running Clock. It will stop only for injury, change of possession and penalties. It will be the discretion of any Officials or volunteers for incomplete passes that will require retrieving the ball in a timely manner.
4. There will be a 21 point Mercy Rule. If a Team is ahead by 21 points, they will play Defense until the other Team Scores. The Offensive Team will continue to restart at their 5 yd line if they fail to score during a normal football series. All other rules will be governed by the USA Football 5v5 Rules.
5. Coaches will be allowed on the Field for All Divisions.
6. We must get the ball snapped in 30 seconds.
7. There will be no Blitzing. Defense cannot cross the Line of Scrimmage until the QB either hands the ball off or passes.
8. The QB cannot directly run with the ball off the snap.
9. The Goal line and Center line cones will be a different color.
10. There will not be any swearing or talking down to players, Coaches, Parents or Field volunteers at all. Words that may seem innocent to you may offend others. With this being designed to be non-competitive we must ensure we focus on a fun experience. These players and parents are here because they want to relax from the grind of competitive sports. The success or failure of this program hinges on all of us.
11. All Coaches should familiarize themselves with the 5v5 rules that have been sent and are posted on our website under the Spring Flag Tab.
12. There will not be any extra points for the Regular Season. A TD will be scored as 7pts. This will be considered change of possession and the Clock will stop until the next play starts. (Note: Tournament Rules will change)
13. Each Team will be required to provide a Time Keeper and someone to place the Down Marker.

The League will provide Cones, Balls, Flags and Down Markers for the games.

No personal items are authorized!

Please return all items at the end of your game!