

NFL FLAG DELCO POWERED BY MARPLE SPORTS ARENA

Flag Football Rules 2019

ROSTERS

1. There will be 2 teams consisting of 6 players on the field at once. 6 v 6.
2. In regular season, if a team is short 1 player, both teams will play down a player. 5 v 5.
3. If a team is down 2 players, the game will be forfeited by that team. A scrimmage will be ran in place of the game.
4. In the playoffs, if a team is a short a player, they must play down 1 player.
5. In the playoffs, if the team is short 2 players, they will forfeit.
6. No guest players allowed, unless approved by a league official.
7. Example of a guest player that may be approved. Depending on circumstances, in regular season a younger sibling from a younger league, may be allowed to play so teams do not need to play down a player.

GAMETIME

1. There are two halves per game consisting of 20 minutes.
2. There is no over time in the regular season. Playoff overtime rules will be sent out at start of playoffs.
3. Each team has 1 time outs per half. If unused, the 1st half timeout will roll over to the 2nd half.
4. The final 2 minutes of the second half will be 2 minutes of stop time if the game is within 16 points.
5. There is a 20 second play clock that starts once ref spots the ball.
6. The clock will stop after the following events:
 1. When a player carries the ball out of bounds
 2. Incomplete pass
 3. Change of possession
 4. After a touchdown
After the conversion attempt following a touchdown
 5. Team timeout, official's timeout
 6. Player injury

COIN TOSS

1. Each coach must designate one team captain.
2. Initial possession shall be determined by a coin toss.
3. The home team shall request heads or tails during coin toss.
4. The winning team will have the choice to receive the ball or let the other team start with the first possession.
5. THERE ARE NO KICKOFFS.
6. All possessions start with the first cone in the offensive team's end of the field.
7. For the 2nd half, the teams will switch sides, and the team that did not receive the initial possession shall receive possession to begin the 2nd half.

FLAGS

1. The flag belt must be worn at all times. The belt buckle must be in front—middle waist of the player. No part of the belt can be tucked into a player's clothing. The belt CANNOT be tied.
2. If the belt is not worn properly the offending team will be assessed a 10-yard penalty from the point the first opposing player attempted to grab flag.
3. All players must wear like-colored shirts tucked-in, and have no clothing which could impede the removal of the flag belt. Cleats may be worn, but no metal spikes are allowed.
4. Flag belts will be provided each week.
5. The HOME team wears Red or GREEN flags. The AWAY team wears Blue or YELLOW.

EQUIPMENT

1. No player will use metal cleats.
2. No padding or other football equipment is allowed. The referee prior to each game must approve use of additional padding or equipment due to injury.
3. No player may wear a cap or visor of any kind. EXCEPTION: bandanas, head bands, winter knit caps, or any religious required garment.
4. No jewelry allowed.
5. Each player during the game must wear flags correctly at the sides.
6. Players' jerseys must be tucked into pants if they hang below the belt line.

FIELD

1. The field size is 25 yards by 55 yards (between the end zones) with two 10-yard end zones and a midfield line.
2. There are NO RUN ZONES 5 yards before each end zone, and the first down marker at mid field.

UNIFORMS

1. Team jerseys are rented out at the beginning of the season.
2. Each player is required to wear their team jersey or shirt during all games.
3. ALL players' jerseys must be tucked in.
4. The HOME Team wears the DARK side of their jersey, while the AWAY team wears the WHITE side of their jersey.

GAMEPLAY

1. Each team has 4 downs to get a first down at midfield, and an additional 4 downs to score.
2. A turnover on downs results in the defensive team taking over possession at the first cone on the opposite end of the field.
3. A turnover on an interception, has the defensive team taking over at the spot of where the ball was returned to.
4. NO blocking down field (in the defensive background) is allowed.
5. NO Offensive blocking behind the line of scrimmage is allowed.
6. No running picks or downfield blocking is allowed.
7. On blocking infractions, penalties are assessed from the original line of scrimmage.
8. Unnecessary roughness on the part of the defensive rusher or the offensive blocker will result in a 15-yard roughing penalty.
9. It is up to the referee's discretion on all these calls.
10. All players must lineup within 2 yards or 6 feet of the sideline.

OFFENSE

1. All players must start play with flag belt properly worn. Refer to the section on penalties for more detail regarding the flag.
2. When a flag is pulled, the ball will be placed at that location, NOT the location of the ball. First downs and touchdowns are scored only when BOTH the ball and 1 foot of the flag carrier crosses the line.
3. The offensive team must have a "Center" lined up to snap the football to start the play.
4. Once the ball is snapped, the "Center" can then go out for a pass or then come run behind the QB for a hand off.
5. The offense also must have a "QB" under center lined up on every play to take snap from "Center."
6. The player under center who takes the snap is always considered the "QB".
7. There are no "QB sneaks". Which means the "QB" cannot take the handoff and run the ball past the line of scrimmage, even if they are being chased by a defender.
8. "The QB" can run if they receive the ball back after giving it to another player.
9. The "QB" does not have to be the player who passes the ball.
10. The "QB" can pitch/handoff it back to someone who is also behind the line of scrimmage as anyone who starts the play behind the line is eligible to pass.
11. The "QB" can go out for a Pass or receive the ball back to run once they have first given the ball to a teammate.
12. The second, third, 4th player etc who touch the ball behind the line of scrimmage is eligible to run.
13. The offense must always have at least 1 "Wide Receiver" lined up on the line of scrimmage at a minimum to start the play.
14. Outside of the "QB" there is a maximum of 3 players behind the line of scrimmage allowed at the snap (2 players in a 5 v 5 game).
15. The "Center" as well as any "Wide Receiver" lined up on the line of scrimmage are allowed in the backfield once the ball is snapped to receive a handoff or pass.
16. Once a player who started the play on the offensive line enters the backfield, all defensive players are then allowed to come in and go for flags.
17. There are no "laterals", "passes", "hand offs" or "pitches" backwards or forwards once the ball passes the line of scrimmage.
18. There are no fumbles. If a ball is fumbled on an offensive play or defensive play after an interception—the fumbled ball is dead at the spot where it hits the ground.
19. A player is allowed to touch the ground for a catch or reception and continue to run. Once the offensive player has touched the ground defensive player must only touch the player to stop the play.
20. The "QB" has a 7 second "play clock". If a pass or hand off does not occur within 7 seconds, the play is blown dead at the spot of the ball.
21. The offense has a 10 second "forward clock". Even if there has been some ball movement behind the line of scrimmage, the ball must cross the line of scrimmage within 10 seconds, or the ball is blown dead at the spot.
22. The "QB" can be directly behind the center for the hike, but any "RB's" must start the play at least 1 yard (3 feet) behind the QB. Which means you cannot "triple stack" the QB and RB directly behind the Center.
23. 1 Player maximum that must start off of the line of scrimmage can be in motion

NO RUN ZONE

1. There are NO RUN ZONES 5 yards before each end zone, and the first down marker at mid field.
2. While in the no run zone, teams may not run the ball in any fashion. All plays, including those that begin with a handoff, must be pass plays.
3. A loss of yards on any previous offensive play is still considered a no run zone on the next play.

PLAYING TIME POLICY

1. Every kid on the roster who shows up to the game on time must touch the ball on offense at least twice. We'd really like to get everyone involved as much as possible.
2. A touch is considered:
 - a. As a QB: taking a snap and handing it off to someone.
 - b. As a QB: taking a snap and then attempting a pass.
 - c. As a QB: taking a snap and then getting sacked, fumbling, or running past line of scrimmage which is dead ball.
 - d. Receiving a handoff behind line of scrimmage.
 - e. Catching or dropping a pass.
3. Not considered a touch:
 - a. Snapping the ball to the QB as the "Center."
 - b. Being targeted as the receiver of a poorly thrown ball
 - c. Any defensive play.
4. Kids should also be seeing the field at least 20 minutes per game.
5. Referees and MSA staff will be paying close attention to this.
6. Failing to get everyone involved could lead to a forfeit of the game and suspension of the coach.

DEFENSE

1. Defensive players may line up anywhere beyond the line of scrimmage. There are no restrictions on their movement as long as they remain outside of the neutral zone. A defensive player may enter the neutral zone as long as he/she is clearly outside the neutral zone at the time of the snap, and does not contact an opposing player. Violation of this rule will result in an OFFSIDES or ENCROACHMENT penalty.
2. A defensive player may not contact a member of the receiving team beyond the line or enter into the backfield unless the offensive player started the possession on the line of scrimmage, is rushing the QB from 7 yards back, or 7 seconds have gone by on play clock.
3. If a defensive player comes into contact, or removes the flag of a receiver prior to that receiver touching the ball, it will be penalized as PASS INTERFERENCE.
4. Incidental contact will be determined by the referees. In an attempt to remove the flag belt from a runner, avoid contact with the body and shoulders, under no circumstances should there be contact with the face, neck, or any part of the head of an opponent with their hands. A player may not hold, push, or knock down the runner in an attempt to remove the flag belt or break up a pass. Excessive contact will be penalized as Unsportsmanlike Conduct.

5. No player is allowed to strip the ball from an opposing player. There are no fumbles. It is up to the referee to determine if a strip was intentional. If deemed intentional, there will be a penalty for stripping. As players may try to strip to end a play instead of grabbing a flag.
6. When rushing, hands must be kept within the width of the body. No holding or grabbing of clothing is allowed. This will be penalizing as HOLDING> intentionally removing an offensive player's flag will be penalized as OBSTRUCTING THE FLAG.

RUSHING THE PASSER

1. There is 1 Pass Rush allowed per set of downs. Which means one a team gets a first down on that possession you are allowed to Pass Rush again. There is no rushing allowed on conversions.
2. All defensive players who rush the passer must start the play from minimum of seven yards back from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. This is a pass rush that again can only happen once per set of downs.
3. A special marker, or the referee, will designate a Rush Line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.
4. Offense cannot impede the rusher in any way. The rusher has a CLEAR PATH to the QB and any interference that would impede his/her path to the QB will be considered screening.
5. THERE ARE NO BLTIZES ALLOWED.

KICKING

1. No field goals or kicks-offs, or punts are allowed.

FLAG GUARDING/RUNNING TO AVOID CONTACT

1. The offensive player with the football shall NOT obstruct the defensive player from attempting to grab the flag and must avoid initiating contact with the defense. Violation of this rule will result in a FLAG GUARDING penalty.

OBSTRUCTION OF THE BALL CARRIER

1. A defensive player shall not hold or otherwise impede the forward progress of the receiver or runner while attempting to remove the flag. This will be penalized 10 yards from the point of infraction.

SCORING:

1. Safety: Occurs when a player is sacked in the end zone only. A fumble or penalty in the endzone results in the ball being placed on the goal line.
2. 1 point conversions (from the two yard line) must be passes.
3. 2 point conversions (from the 5 yard line) can be runs or passes. 2 point conversions can be ran back on interception return.
4. 1 & 2 Point Interceptions can be returned for that point value.

POINTS

- Touchdowns= 6 points
- Conversions at the two yard line = 1 point
- Conversions at the 5 yard line = 2 points
- 1pt Conversion interception touchdown = 1 points
- 2pt Conversion interception touchdown = 2 points
- Safety = 2 points.

PENALTIES

1. There will be no intentional grounding calls, grounding is allowed.

LOSS OF 5 YARDS

1. Illegal blocking
2. Holding
3. Illegal use of arms or hands
4. Illegal block in the back
5. Illegal Equipment
6. Delay of Game
7. Encroachment/False Start
8. Illegal formation or procedure
9. Illegal shift or motion
10. Illegal forward pass (also loss of down)
11. Intentional grounding (also loss of down)
12. Illegal touching

LOSS OF 10 YARDS (Possible penalty box or ejection)

1. Unsportsmanlike conduct
2. Personal foul
3. Flag guarding, hurdling jumping or diving. (loss of down)
4. Forward pass interference (Loss of down if by offense, first down if by defense) 10 yards from the Original line of scrimmage.
6. Illegal block below the waist
7. Tripping
8. Illegal personal contact
9. Roughing the passer (First down)
10. Fighting - Individual
11. Any act if unduly rough or flagrant

Automatic Ejection/Expulsion from league

1. Physically/verbally abusing officials or Coordinator staff
2. Team Fight (More than one person)
3. Spitting on field
4. Suspensions and expulsions are reviewed and decided on by MSA Staff.

MERCY RULE

- The first half will always be played out. During the second half, at any point if a team is getting beat by 32 points or more, that team will get the ball and have 1 last chance to score. If a team is down 32 or more at half, they will automatically start the half with the ball and that is their last time to score.
- If the team that is down does not score, the game is considered over and the score is final. A 32 point victory is the max a team can win by, and that will be recorded for the standings.
- If the game ends, the losing team will have a choice to either use the remaining time in the time slot for a team practice or to have the game go into "scrimmage mode". If the losing team elects to have a practice, the winning team can also stay and run a practice of their own, or they can choose to leave.
- For practice mode or scrimmage mode, the time clock will be reset to the time that is actually left in your games timeslot. Many times our games are running late, so we want to get caught up for the remaining games that day.
- During scrimmage mode the score will not be kept. There will also be no rushes allowed. All interceptions will result in a dead ball and be blown dead at the spot of the interception. The ball will be returned to the offense at the original spot of the ball. The interception will be considered an incomplete pass (and the typical loss of down). The defense cannot return the interception and their team will not get the ball.

For the winning team, any player who threw a TD Pass during the game will not be allowed to play QB during scrimmage mode.