

Mt Pleasant Parks and Recreation

Flag Football Rules

(Revised 7/24/2014)

Uniform

1. Players provided MPPR youth flag football jersey. Shirts must be tucked in during game play.
2. Flags are to be placed over shirt.
3. Players may wear rubber cleats or tennis shoes. Shoes must be closed toed. **Cleats must be rubber and cannot be metal, plastic or polyurethane.**
4. Mouth guards are recommended, but not required.
5. No jewelry, hats or bandanas.
6. Players may play with a cast or hand brace if protective padding is pre-approved.

Equipment

- Youth Football
- Flag belt

Field Dimensions

- 30 X 70
 - 50 yard field with two (2), 10 yard end zones

Game Play

1. Teams will play 5 v 5 on both offense and defense.
2. All players should play an equal number of minutes or as close to it as possible during games. Coaches should make a conscious effort to ensure players are receiving equal play.
3. Coach may act as quarterback the first two weeks. After the first two weeks, players will act as quarterbacks.
4. Games will be played as four (4), ten (10) minute quarters, running clock.
 - There will be a 5 minute half time.
5. Teams will be allowed one (1), 30 second time out per quarter.
6. First down is achieved by passing midfield in 4 downs. A new set of 4 downs begins once team has passed midfield.
7. To achieve first down or touchdown, ball and feet must be across the line.
8. Turn over on downs results in a change of possession. All change of possessions begin at a teams' own 5 yard line.
9. The offense has 30 seconds to snap the ball after it has been set by referee.
10. NO punting or kicking.
11. NO fumbles. Play will stopped and possession beginning at point of fumble. Exception to this rule is when a quarterback fumbles a snap. Play may resume.
12. Interceptions may be returned. Ball will be placed at point of interception or at the point of which interception has been returned to.
13. Scoring and standings will not be kept.
14. Extra points and two point conversions will be not be attempted.
15. There is no diving, jumping or sliding to tackle or avoid tackles. All effort should be made to stay on their feet and avoid injury. Naturally these may occur during game play, however proper coaching should be instructed not to do so.

Offensive Possession

1. Team listed first will start game.
2. All offensive possessions will begin at teams own 5 yard line. Exception to this rule is interceptions.
3. Teams will have 4 downs to reach midfield to gain 1st down. Once team has crossed gained 1st down, team has 4 downs to score a touchdown.
 - a. If team does not gain first down or score touchdown within the 4 downs, opposing team shall receive ball on their own 5 yard line.
4. Ball must be snapped between the center's legs.
5. There is a **no run zone** 5 yards before midfield and 5 yards from edzone. If ball is in these areas, teams must pass the ball. Exception to this rule is if team has gained 1st down and was pushed back into no run zone. In this circumstance, team may rush ball.
6. Substitutions may be made on any dead ball.
7. Dead ball occurs when:
 - a. Ball carrier's flag is pulled
 - b. Ball carrier steps out of bounds
 - c. Ball carrier makes contact with ground other than with feet or hands
 - d. Ball carrier's flag falls off
 - e. Touchdown is scored
 - f. Fumble (unless quarterback fumbles snap)

Passing

1. Only one forward pass per down.
2. No lateral tosses or backward pitches allowed.
3. The quarterback can rollout, but must pass, pitch, handoff or lateral while in backfield.
4. The quarterback cannot advance for positive yards.

Formations

1. Offensive team must have a minimum of 1 person (center) on line of scrimmage to begin play.
2. Quarterback must be directly behind center or in shot gun formation directly behind center.
3. All snaps must come from between centers legs.
4. Snap can only go to quarterback, no wild cat.

Receiving

1. All players are eligible to receive a pass.
2. Only one player allowed to be in motion parallel to line of scrimmage before ball is snapped.
3. A receiver must have one foot in bounds and maintain control throughout the catch.
4. In case of simultaneous possession by both offense and defense, possession goes to offense.

Rushing

1. The quarterback cannot run with the ball past the line of scrimmage.
2. Only direct handoffs behind the line of scrimmage are permitted.
3. The player that takes the direct handoff can throw the ball from behind line of scrimmage.
4. All defensive players may rush the ball once ball is handed off.
 - a. Those defensive players wanting to rush must be 5 yards from line of scrimmage.
5. Spinning is allowed, however player cannot leave feet and must not flag guard.

Flag Guarding

1. Flag guarding is prohibited. Acts of flag guarding include, blocking opponents attempt at grabbing the flag, shirt pulled over waist, or using any part of hands, arms or ball to block flag.

Blocking

1. There will be no contact with blocking.
2. Offensive line may use “chicken wing” style of blocking, but cannot make intentional contact with defensive players rushing.

Defense

1. All players rushing must be 10 yards from line of scrimmage.
2. All other players not rushing may line up 1 yard from opponent.
3. Defensive players may not bump or jam offensive players at the line.
4. Rushers may not leave feet in attempt to block or deflect a pass.
5. No swatting at ball to cause fumble.

Flag Pulling

1. A legal flag pull takes place when defender pulls flag from offensive player in possession of the ball.
2. Defensive players cannot tackle, pull or hold player or players clothing in process of removing flag.
3. Defensive players cannot intentionally pull flags from those that are not in possession of the ball.

Penalties

Offensive - All penalties are 5 yards

- Illegal Motion
- Offensive Pass Interference
- Illegal Contact (blocking, making intentional contact with another player, sliding, etc.)
- Delay of Game
- Flag Guarding
- Charging(not attempting to avoid defense)

Defensive – All penalties are 5 yards

- Off sides
- Interference
- Illegal Contact (blocking, holding, etc.)
- Illegal Flag Pull (before offensive player as possession)
- Illegal Rush (starting rush from inside 10 yards)
- Roughing the passer
- Stripping the ball