

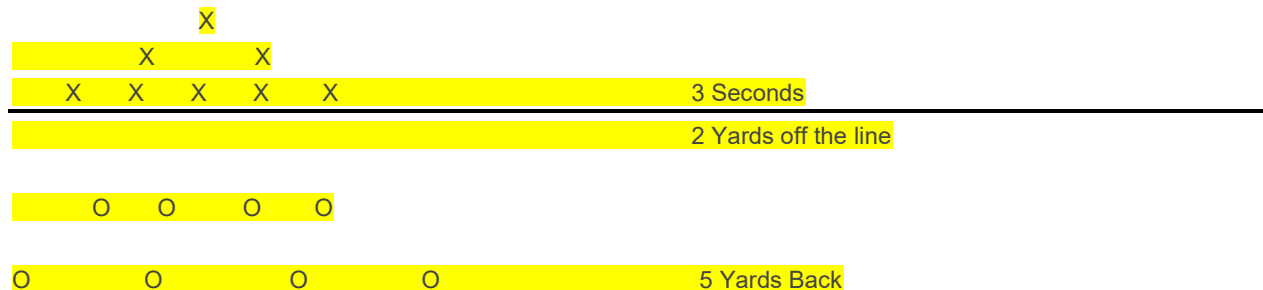
# Monroe County Recreation Department Flag Football Rules and Regulations

## The Basics

1. A coin toss determines first possession. Visitor calls toss. Coin toss winner has choice to play offense or Defense in the 1st half. Team not playing offensive in the 1st half will start on offense in the 2nd half.
2. Offense takes possession of ball at its 5-yard line and has **4** plays to cross midfield. Once a team crosses Midfield, it has **4** plays to score a touchdown. If offense fails to score, the ball changes possession and the Opposing team's offensive will take over on its 5-yard line.
3. If offensive team fails to cross midfield, possession of the ball changes and opposition starts its drive from its 10-yard line.
4. All possession changes start on the offense's 10-yard line.
5. Teams change sides after the first 20 minutes. (Clock stops for a 5-minute half time)
6. Eight on the field. Will be a 2 second delay. Ref will call RUSH.
7. Play will be 5 vs. 5. If teams are short on players, games may be played 4 vs 4 format. If each team has 8 or more players, 6 vs 6 is allowed only if both coaches agree.

Teams with less than 4 players at game time will forfeit the game. Teams may combine to play a "scrimmage" game.

Example:



## Timing

1. Two 20 minute Halfs.
2. Each time the ball is spotted, a team has 40 seconds to snap the ball. Referee will give one **“Huddle Time”** Warning before a penalty is enforced.
3. Each team has one 40-second time-out per half
4. The clock is a “Running Clock” and will only stop at halftime and coach allotted time outs.

### Last Minute of Each Half

- The clock will stop at the last one minute of each half. The clock will Stop after incomplete passes, plays that end out of bounds, during timeouts, During change of possessions, to set the ball for a first down, defensive penalty and during extra points, only if the game score is within an 8 point differential in the second half. The clock will stop to set the pucks if a first down is obtained.**

## Player Rotation/Ball Distribution

1. Players MUST be rotated evenly! Each Child Should “Touch” the ball at least 2 times per game. A “Touch” constitutes a positive play. Run, catch or completed pass.
2. Teams must field a minimum of four players at all times.
3. Teams consist of a max of 10 players.
4. Coaches must not start the same players every week.
5. Coaches must equally distribute ball carriers. Each player should have two plays designed for them. They should get the ball at least twice per game.
6. Coaches must rotate player’s positions.
7. **Must swap the back field around.**

## Overtime - No overtime!

### Scoring

- > Touchdown: 6 points
- > Extra Points: 1 point from the 5 yard line  
2 points from the 10 yard line
- > "Safeties" will be enforced < 2 points < **BALL RETURN TO OFFENSE!!!!**

### Running

1. QUARTERBACK will be allowed to run the ball.

2. Shotgun is allowed.

3. The player who takes the hand off can throw the ball from behind the line of scrimmage.

4. Any football move by ball carrier to avoid a defender is allowed (Spinning, juking, sidestepping, and cutting). *No jumping*. Players cannot dive headfirst or hurdle a player.

5. The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is. The ball carrier is down once the flag is pulled. If a ball carrier's flag falls off inadvertently, the player is down at that spot. All ball carriers must have flags attached to belts to be an eligible runner.

No flags, No yardage!

6. Laterals and pitches are only allowed behind the line of scrimmage. Only **ONE** pitch or lateral allowed in the backfield

### Receiving

1. All players are eligible to receive passes.
2. As in the NFL, only one player is allowed in motion at a time.
3. A player must have at least one foot inbounds when making a reception.

## Passing

1. Shovel passes are allowed but must be BEYOND the line a scrimmage to be considered a pass.
2. All passes must be forward passes and **BEYOND** the line of scrimmage.
3. **The quarterback has a seven-second "pass clock."** If a pass is not thrown within the seven seconds, play is Dead, loss of down. Once the ball is handed off, the seven-second rule no longer is in effect.  
  
*\* If the QB is standing in the end zone at the end of the 7 second clock, the ball is returned to the line of scrimmage.*
4. Interceptions change the possession of the ball and will be placed on the opponent's 5 yard line

## Dead Balls

1. \*The ball must be snapped between the legs, not off to one side, to start play. **Exception: Female/Male Exchange or younger age groups.**
2. Play is ruled "dead" when: Ball carrier's flag is pulled, ball carrier steps out of bounds, Touchdown or safety is scored, Ball carrier's knee hits the ground, and if Player catches ball and does not have both flags.
3. If player does not have his flags on the side (front or back) the referee may call player down at the point he gets ball. *Please help referees and make sure that your players flags are on their hips and there is no "Third flag" hanging from the belts. Shirts must be tucked in.*

**Note: Fumbles are live.**

## **Illegal Contact**

> Offense or defensive players cannot run into each other (all players must make an attempt to avoid contact)

> It is illegal for a player to "intentionally" contact another player

· Examples - (defender cannot hand check receiver nor can a receiver push defender, no blocking,

no colliding with another player intentionally, no tackling, no pulling or pushing, players must let go

of clothing immediately, no pushing or shoving (being clumsy or fast is not an excuse to bring a

player down).

**Official witnessing acts of tackling, elbowing, cheap shots, blocking or any**

**Unsportsmanlike act, will stop the game call illegal contact, penalize the team 10 yards,**

**And do one or all of the following (warn player, team, and coach: eject player or coach.**

**Referee notifies Sports Coordinator of ejections ASAP... TWO ejections could limit player**

**or coach's ability to participate in any MCRD event:**

### ***Rough Play isn't tolerated.***

***Trash talking is illegal.*** Officials have the right to determine offensive language. (Trash talk is talk that may be

offensive to officials, opposing players, teams or spectators.) If trash talking occurs, the referee will warn or eject

Player, coach, or fans.

**After all flag pulls**<Players must place flags in the air and hand flags back to the opponent.

## **Blocking:**

Player can use hands to block but NOT in an aggressive manner.

## **Coach and Spectator Conduct / Responsibilities**

1. Coaches, family members, parents, and spectators are required to observe the contest from a designated area
2. Participants, coaches, parents, and family members must conduct themselves appropriately during League and tournament play. Comments or cheers must be positive (not negative) to coaches, players, teams, or Officials.
3. Misconduct may lead to removal from premises at the discretion of MCRD Officials
4. Only the coach can ask the referee questions about rule clarification, interpretations or to watch for perceived rule violations. Players, parents, or fans cannot question or argue referee calls.

## **Unsportsmanlike conduct – Forms of unacceptable behavior by coaches and players**

1. Questioning the integrity of an official by words or gestures.
2. Physically challenging an official.
3. Directing personal, vulgar or profane remarks or gestures toward an official.
4. The use of gestures or actions that indicate displeasure with the officiating.
5. Publicly demonstrating officiating signals such as holding, blocking, etc., which indicate displeasure with the officiating.
6. Voicing displeasure about officiating through continuous verbal remarks.
7. MCRD has a NO TOLERANCE policy in place.

## **Handling player, coach, or spectator (Referee may eject individual immediately)**

1. Warning given to team
2. 10 yard penalty & loss of down if given to offense or 10 yards and first down if on defense
3. Referee asks player, coach or spectator to leave game area and report to the Field Coordinator or League Commissioner on site
4. Coaches are encouraged to be great examples to our youth. If you dispute a referee call, you are allowed to **ask for a "rule clarification"**.

Referees are instructed to keep control of the game and make sure all coaches are following our "KIDS FIRST" motto. The referees and or "Staff Members", are authorized to make calls and issue warning/ejection cards as follow

**Yellow Card**<.Warning

**Red Card**<Immediate game ejection and must referee a game the following week.

## **Attire**

- Cleats are allowed, except for metal spikes. Official NFL FLAG jerseys must be worn and be tucked in when applicable.
- All players must wear a protective mouthpiece; there are no exceptions.
- All players must wear pocket less athletic shorts or sweatpants.
- No hats with bills or brims
- No jewelry during games.
- Flag belts (not the flag themselves) must be cut or taped, to ensure that they do not hang down as appearing to be a flag (3rd Flag). If the belt is hanging, flag guarding will be called.

## **Coaches on Playing Field**

1. Two (2) coaches per team is allowed on the field.

## **Mercy Rule**

This is a recreational league and as such we will actively discourage running up the score. The following rule will apply to any team that is up 28 or more points ahead in a game.

- \* The coach who is leading will NOT be allowed to call a time out.
- \* Interceptions. The ball is dead at the point of the interception of the team leading by 28 or more points and cannot be returned. Once intercepted, the ball will be given back to the team that threw the interception, on their own 5 yard line. Interceptions are live for the losing team.
- \* Losing team will get 5 possessions to cross midfield and then 5 possessions to score.

## **Sportsmanship**

- \* After each game, players and coaches are required to line up at midfield and high five and congratulate the opposing team whether your team wins or loses.
- \* **After all flag pulls**<Players must put flags in the air and then hand flags back to opponents.
- \* All players, coaches and parents are required to sign and abide by the FYFFA code of conduct.
- \* All coaches, staff and volunteers will keep a Kids F.I.R.S.T mentality

## **Playing Field**

- \* The field is 60 yards in total length by 25 yards wide.
- \* These dimensions can be modified at any time to accommodate facilities
- \* Teams will be on the opposite side of the field
- \* A 5 yard buffer zone around the field will be in place during all games. This zone will assist us in maintaining the safety of our players and spectators during the game play. Only coaches, players and league personnel are allowed within this zone while a game is going on. Coaches will be asked to enforce this rule. Please cooperate.





## **Offense**

- Illegal forward pass <5 yards from LOS. Not a loss of down. Play is DEAD. Ref to blow whistle immediately.
- Offensive pass interference<<<<<<<<<<<<<<<<<<<<<<5 yards from the LOS & loss of down
- Flag guarding & Stiff Arming<<<<<<<<<<<<<<<<<<<<<<Spot foul, 5 yards & loss of down
- Screening, Blocking or Running with the ball carrier<<<<<<<<<...Spot foul, 10 yards & loss of down
- Charging<<<<<<<<<<<<<<<<<<<<<<<.10 yards from the LOS & loss of down
- Delay of game<<<<<<<<<<<<<<<<<<<<<<<Spot foul, 5 yards & loss of down
- Offside<<<<<<<<<<<<<<<<<<<<<<<.5 yards from the LOS
- Offensive Unnecessary Roughness<<<<<<<<<<<<<<<< 10 yards & loss of down

**MCRD reserves the right to modify and adjust rules at any point during the season**