

MVP YOUTH SPORTS LEAGUE

Flag Football

Rule Book

Attire	2
Equipment	2
The Field	2
The Game	3
Rosters	3
Scoring	4
Passing	4
Dead Balls	4/5
Rushing the Quarterback	5
Sportsmanship/Roughing	5/6
Penalties	6/7
Defense:	7
Offense:	7/8
General:	8/9

Attire

- Cleats are allowed- no metal spikes, tennis shoes are fine too.
- It is highly recommended that all players wear a mouthguard, however, it is not required. *We have them available to purchase for \$2.00.*
- Shorts or sweats are fine, it is best if they do not have pockets.
- MVP reversible jersey should be worn during all practices and games.
- No jewelry is to be worn during the game.

Equipment

- League provides jerseys, flags and two footballs for each team.
- Coaches are responsible for having equipment bag with them each week.
- The home team will be responsible for providing the game football.

The Field

- The field is 50 yards by 30 yards with a 7-10 yard end zone.
No-Run Zone at the 5-yard line going into the end zone.
Once they reach the 50-yard line, they get a first down.
- The boundary line is considered out of bounds.
- Only coaches, players, referees and league personnel are allowed on the playing field during the game.

The Game

- Visiting team calls the toss. The winner of a coin toss gets first offensive possession. Loser has choice of direction.
- The offensive team takes possession of the ball at its 5-yard line and has four (4) plays to midfield in order to get a first down. If the offense fails to score, the ball changes possession and the new offensive team takes over its 5-yard line.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposite team starts on its 5 yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line.
- The game is a one (1) hour game with no halftime. At the 30-minute mark, teams will switch direction.

Rosters

- The home team will always wear black jerseys, and the visiting team will wear red jerseys.
- The flag football game will consist of 5 players playing at a time but may be played with 4 if a team is short a player.
- Team roster will consist of 7-10 players.

Scoring

- **Touchdown: 6 Points**

PAT: 1 Point (5-yard line) or 2 points (12 yard line)

Safety: 2 Points

Passing

- All passes must be forward and received beyond the line of scrimmage.
- Shovel passes are allowed, but must be received beyond the line of scrimmage.
- 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 7-second rule no longer is in effect.

Dead Balls

- The ball must be snapped between the legs, not off to one side, to start play.
- Substitutions may be made on any dead ball.
- Play is ruled “dead” when: — Ball carrier’s flag is pulled. — Ball carrier steps out of bounds. — Touchdown or safety is scored. — At the point of an interception. - Ball carrier’s knee hits the ground. — Ball carrier’s flag falls off. — Inadvertent whistle (at the spot where the ball was whistled dead) – The 7 second pass clock expires. Center – Quarterback exchange can have one (1) fumble. The second exchange is a dead ball.
- In the case of an inadvertent whistle, the offense will replay the down from the original line of scrimmage.

Rushing the Quarterback

Rushing the quarterback is not allowed in Kindergarten/1st Grade and 2nd/3rd Grade Divisions however, one player is allowed to rush the quarterback from 15 yards away in the 4th-6th Grade Division.

Sportsmanship/Roughing

- If the field monitors or referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act,

the game will be stopped and the player will be ejected from the game. FOUL PLAY WILL NOT BE TOLERATED.

- Trash talking is not allowed. 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 give one warning. If it continues, the player or players will be ejected from the game.
- Ball carriers MUST make an effort to avoid defenders with an established position.
- Defenders are not allowed to run through the ball carrier when pulling flags.
- Any contact made with the Quarterback while he is in passing motion is roughing.
- No blocking or “screening” is allowed at any time.
- Offensive players must stop their motion once the ball has crossed the line of scrimmage. No running with the ball carrier.
- Fans must adhere to good sportsmanship too:
 - Keep younger kids and equipment such as coolers, chairs and tents off of the playing field.
 - Yell to cheer on your players, not to harass officials or other teams.

Penalties

The referee will call all penalties. All penalties enforced from the line of scrimmage. Penalties will be assessed half the distance to the goal yardage if the distance to goal is less than the penalty yardage.

Defense:

Defense must be 5 yards off the ball and the person over the center can be 2 yards off the ball. Once the ball is handed off, then the defense can rush the player carrying the ball, otherwise no rushing.

- Off sides - 5 yards
- Interference - Illegal contact - 5 yards (Holding, blocking, etc.)
- Illegal flag pull - 5 yards (Before receiver has ball)
- Illegal rushing - 5 yards
- Roughing the passer - 5 yards

Offense:

- Illegal motion - 5 yards
- Illegal forward pass - 5 yards (Pass received beyond the line of scrimmage).

- Offensive pass interference - 5 yards (Illegal pick play, pushing off/away defender).
- Flag guarding - 5 yards.
- No Screening, Blocking or Running with the ball Carrier - 5 yards.
- Unsportsmanlike conduct - 5 yards.

General:

- Referees determine incidental contact that may result from normal run of play.
- All penalties will be assessed from the line of scrimmage.
- Only the Coaches may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
- Games cannot end on a defensive penalty, unless the offense declines it.
- Note: No kickoffs punts and no blocking or screening allowed at any time.
- Each child must have the opportunity to run the football and/or attempt to catch the football during the game.
- The same player may not carry the football twice in a row at any time during the game.