

MVP Youth Sports League

Rule Book

Flag Football



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Attire

- Rubber cleats are allowed, but metal spikes are prohibited. Tennis shoes are allowed.
- Mouthguards are strongly recommended but not required. They are available for purchase for \$2.00.
- Shorts or sweats are allowed; pocket-free options are preferred.
- MVP reversible jerseys must be worn for all practices and games.
- Jewelry is not allowed during games.

Equipment

- The league provides jerseys, flags, and two footballs for each team.
- Coaches must bring the equipment bag each week.
- The home team provides the game football.

The Field

- Field dimensions are approximately 50 yards x 30 yards, with 10-yard end zones.
- The “No Run Zone” begins at the 5-yard line before each end zone. All plays run from the 5-yard line or closer are required PASS plays.
- Teams earn a first down by reaching midfield.
- Boundary lines are out of bounds.
- Only coaches, players, referees, and league personnel are allowed on the field during games.

The Game

- The visiting team calls the coin toss. The winner elects to start on offense or defense; the loser chooses direction.
- Each possession begins at the offense's own 5-yard line. Teams have four plays to reach midfield for a first down.
- If the offense does not score or reach midfield, possession changes and the other team will start at its 5-yard line.
- All possession changes, except interceptions, begin at the offense's 5-yard line.
- Games last one hour with no halftime. Teams switch direction at the 30-minute mark.

Rosters

- Home teams wear black jerseys; visiting teams wear red jerseys.
- Games are played 5-on-5 but may be played 4-on-4 if a team is short one player.
- Team rosters include 7–10 players.

Scoring

Touchdown	6 points
Safety	2 points
Point After Touchdown (PAT)	
From the 5-yard line (must be a PASS play)	1 point
From the 10-yard line (RUN or PASS)	2 points

Passing

- All passes must be forward.
- Shovel passes are allowed, but must be caught beyond the line of scrimmage.
- The quarterback has seven seconds to pass. If no pass is thrown, the play is dead and the offense loses the down. The seven-second rule ends once the ball is handed off.

Dead Balls

- Play begins with a snap between the Center's legs.
- Substitutions may be made on any dead ball.
- The play is dead when:
 - The ball carrier's flag is pulled.
 - The ball carrier steps out of bounds.
 - A touchdown or safety is scored.
 - An interception occurs.
 - The ball carrier's knee touches the ground.
 - The ball carrier's flag falls off.
 - An inadvertent whistle occurs.
 - The seven-second pass clock expires.
 - The center-quarterback exchange is allowed one fumble. Any subsequent fumbles result in a dead ball and loss of down.
- If an inadvertent whistle occurs, the offense replays the down from the original line of scrimmage.

Rushing the Quarterback

- **K/1, 2/3, & 4/5 Divisions:**
 - Defense must line up 5 yards off the ball, except the player over the center may line up 2 yards off the ball. Defenders may rush only after a handoff.
- **6th–8th Grade Divisions:**
 - One player may rush the quarterback from 15 yards away. This may not be the same player on subsequent plays.

Sportsmanship/Roughing

- **This is a recreational league focused on fun, skill development, and player enjoyment.**
- **FOUL PLAY WILL NOT BE TOLERATED.**
- Tackling, elbowing, cheap shots, blocking, or unsportsmanlike conduct will stop play and result in ejection. If the action is deemed unintentional, **ONE** warning will be issued. Continued infractions will result in ejection.
- Trash talking is not allowed. Officials determine what language is offensive to players, teams, spectators, or officials. Trash talking will receive **ONE** warning. Continued trash talking will result in ejection.
- Ball carriers must avoid defenders with established position.
- Defenders may not run through ball carriers when pulling flags.
- Contact with the quarterback during a passing motion is roughing.
- Blocking and screening are not allowed.

- Offensive players must stop once the ball crosses the line of scrimmage; running with the ball carrier is not allowed.
- Fans must follow good sportsmanship:
 - Keep children, coolers, chairs, tents, and other equipment off the field.
 - Cheer for ALL players; do not harass officials or opposing teams.

Penalties

- Referees call all penalties. All penalties are enforced from the line of scrimmage. If the penalty distance exceeds half the distance to the goal, the penalty is half the distance to the goal.

Defensive Penalties

Offsides (player lined up in or over the neutral zone at the snap)	5 yards
Interference / Illegal Contact (holding, blocking, or pass interference)	5 yards
Illegal Flag Pull (pulling a flag before the offensive player has possession)	5 yards
Illegal Rushing (rushing before the snap or from inside the no-rush zone)	5 yards
Lead Blocking/Screening (blocking, screening, or running with the ball carrier to prevent a flag pull)	5 yards
Unsportsmanlike Conduct	10 yards

Offensive Penalties

Illegal Motion (more than one player in motion at the snap or illegal formation)	5 yards
Illegal Forward Pass (second forward pass or forward pass thrown after the initial throw)	5 yards
Offensive Pass Interference (illegal pick play or pushing off a defender)	5 yards
Flag Guarding (using hands or arms to block a defender's flag-pull attempt)	5 yards
Lead Blocking/Screening	5 yards

(blocking, screening, or running with the ball carrier to prevent a flag pull)	
Unsportsmanlike Conduct	10 yards

General Rules:

- Referees determine incidental contact during normal play.
- Penalties are assessed from the line of scrimmage.
- Only coaches may ask referees for rule clarifications. Players may not question judgment calls.
- Games cannot end on a defensive penalty unless the offense declines it.
- No kickoffs, punts, blocking, or screening are allowed.
- Each player must have the chance to run or catch the football during the game.
- A player may NOT carry the football on consecutive plays.