

# MAULDIN RECREATION SPRING FLAG FOOTBALL RULES

1. QB – In 6U Coed and 9U girls the coach or adult assigned by the coach will play Quarterback
  - a. **8U, 10U, and 12U Boys and Girls the player will play Quarterback.**
2. No defensive player may cross the LOS (line of scrimmage) unless a handoff is made (no blitzing) and no rush at any level!
3. The offense will have 5 seconds from the snap to advance the ball beyond the LOS either via pass, handoff, or combination of the two.
  - a. **The team must advance the ball beyond the line of scrimmage via a thrown pass or handoff run before the 5 second clock expires or down is consumed, and the ball is placed at the previous spot.**
4. **Each time the ball is spotted, a team has 25 seconds to snap the ball**
5. **Each team will receive TWO timeouts per half. Timeouts do not carry over.**
6. If one team has a 28 point lead the game will be official and score recorded at that point – gameplay will continue with the team behind maintaining possession until they score, or the game clock expires – upon a score possession will change as normal.
7. You can have two coaches in 6U, one coach in 8U and 9U Girls on the field but must be behind the play on defense and offense.
8. Every receiver is eligible – meaning no requirements for how many or who must be on the line. **ALL AGE GROUPS MUST HAVE A PLAYER (center) SNAP THE BALL FROM THE GROUND TO THE QB. This player (center) can still go out for a pass after the snap.**
9. **We will play 7 v. 7 for all age levels.**
10. **Overtime – Only one overtime period. Each team will take a turn, getting one play from the defense's 5-yard line for one point or the defense's 10-yard line for two points. After each team gets one turn, the team with the most points wins the game. If both teams are unsuccessful in scoring, then the game will end in a tie.**

## **GAMEPLAY:**

1. At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.

2. The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Possession changes to start the second half to the team that started the game on defense.

3. The offensive team takes possession of the ball at its 5-yard line and has four (4) downs to cross midfield. Once a team crosses midfield, it has three (3) downs to score a touchdown.

a. If the offensive team fails to cross midfield, on 3 downs, and elect to "punt" on 4th down, possession of the ball changes and the opposition starts its drive from its own 5-yard line. If the offensive team goes for it on 4th down and does not cross field, the opposing team will start its possession from the spot. Teams may use a timeout only to change the declaration of "Play" at any time prior to the expiration of the play clock.

b. Offensive Teams MUST declare 4th down intent; "Play or Punt", when asked by the referee and prior to the 'Ready for Play'.

c. If the declaration is "Punt" the ball changes possession and will be placed at the opposing Team's 5-yard line, 1st down, with NO option to change the declaration.

d. If the offense fails to score, after crossing midfield the ball changes possession and the new offensive Team starts at its 5-yard line

4. Teams change sides after the first half. Possession changes to the team that started the game on defense.

## **Running**

5. The ball is spotted where the ball is when the flag is pulled.

6. The quarterback cannot directly run with the ball. The quarterback is the offensive player who receives the snap.

7. Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player but must be behind the line of scrimmage.

The offense may use multiple handoffs.

8. Absolutely NO pitches or laterals of any kind.

9. No-run Zones are located 5 yards before each end zone and 5 yards on either side of midfield

are designed to avoid short-yardage power-running situations. Teams are not allowed to run in these zones if the subsequent line is LIVE. (Reminder: Each offensive team approaches only TWO no-run zones in each drive – one 5 yards from midfield to gain the first down and one 5 yards from the goal line to score a TD).

10. Runners are not permitted to dive or hurdle any player while advancing the ball.

11. Flag obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

### **Passing**

12. All passes must be thrown with one hand from behind the line of scrimmage, thrown forward and ball out of hand prior to breaching the line of scrimmage.

a. There is no intentional grounding.

b. All passes that do not cross the line of scrimmage, whether received or not, are illegal forward passes, unless touched by a defender.

13. Shovel passes are allowed but must be received beyond the line of scrimmage.

14. The quarterback has a five-second "pass clock." If a pass is not thrown within the five seconds, the play is dead, the down is consumed and the ball is returned to the line of scrimmage.

a. If the QB is standing in the end zone at the end of the 5-second clock, the ball is returned to the line of scrimmage (LOS).

b. If the quarterback throws the ball and then catches it, the play is dead and treated like an incomplete pass.

### **Receiving**

15. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).

16. Only one player is allowed in motion at a time. All motions must be lateral to the line of scrimmage and no motion is permitted toward the line of scrimmage.

17. A player must have at least one foot or other body part in bounds, contacting the ground first with possession.

18. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

19. Interceptions are returnable. If returned for a score during regular game play, the score will be worth six points, two points if returned during conversions and/or overtime.

### **Flag Pulling**

20. A legal flag pull takes place when the ball-carrier is in full possession of the ball.

21. Defenders can dive to pull flags but cannot tackle, hold or run through the ball-carrier when pulling flags.

22. It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.

23. If a player's flag inadvertently falls off during a play while that player has possession, the player is down immediately and the play ends. The ball is placed where the flag lands.

24. If a player who has one or no flags in their belt takes possession of the ball, the play is dead at that spot on the field.

25. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.

26. Flag guarding is an attempt by the ball-carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, ball, arm or shoulder or intentionally covering the flags with the football jersey

### **Formations**

27. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.

28. The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.

### **EQUIPMENT:**

- All players must wear official NFL FLAG belts and flags.
- All players **MUST** always wear mouth guards while on the field.
- Game balls should be age specific.
- Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed.
- Players must remove all jewelry and hard billed hats. Winter beanies are allowed.

- Players may wear soft shell helmets and sunglasses, but they must be secured at ALL times while on the field.
- Players' jerseys must be tucked into shorts or pants if they hang below the belt line.

## **SCORING:**

### **Touchdown: 6 points**

PAT (point after touchdown) 1 point (5-yard line) or 2 points (10-yard line)

- a. Note: 1 point PAT is pass only; 2-point PAT can be run or pass.

**Interceptions can be returned on defense for six points, conversions or overtime are worth two points.**

### **Safety: 2 points**

- a. A safety occurs when the ball-carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone.

A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 5-yard line) or a 2-point conversion (from the 10-yard line). Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty.

After one team is winning by 28 points or more, the game is over. TEAMS may elect to continue but no additional points scored will be added.

## **PENALTIES**

### **Defensive spot fouls**

- Defensive pass interference- Automatic first down
- Holding- +5 yards and automatic first down
- Stripping- +5 yards and automatic first down

### **Offensive spot fouls**

- Screening or blocking- -5 yards and loss of down
- Charging- -5 yards and loss of down
- Flag guarding- -5 yards and loss of down

### **Defensive penalties**

- Defensive unnecessary roughness +10 yards and automatic first down
- Defensive unsportsmanlike conduct +10 yards and automatic first down
- Offside / illegal substitution +5 yards from line of scrimmage and automatic first down
- Illegal rush (Starting rush from inside 7-yard marker) +5 yards from line of scrimmage and automatic first down
- Illegal flag pull (Before the receiver has the ball) +5 yards from line of scrimmage and automatic first down
- Roughing the passer +5 yards from line of scrimmage and automatic first down
- Taunting +5 yards from line of scrimmage and automatic first down

### **Offensive penalties**

- Offensive unnecessary roughness -10 yards and loss of down
- Offensive unsportsmanlike conduct -10 yards and loss of down
- Offside / false start / illegal substitution -5 yards from line of scrimmage and loss of down
- Illegal forward pass (Any pass received or lands behind the line of scrimmage or throwing a pass after crossing the line of scrimmage) -5 yards from line of scrimmage and loss of down
- Offensive pass interference -5 yards from line of scrimmage and loss of down
- Illegal motion (More than one person moving) -5 yards from line of scrimmage and loss of down
- Delay of game -5 yards from line of scrimmage and loss of down
- Impeding the rusher -5 yards from line of scrimmage and loss of down
- Illegal Procedure -5 yards from line of scrimmage and loss of down