

Mitchell County Parks & Recreation

2010 Flag Football Rules

1. Games will consist of two 20-minute halves, a three minute halftime, and 4 minutes between games. Each team will receive two time outs per half with no carry over.
2. Clock will run continuously until the two minute mark in the 2nd half.
3. Football size: Pee-Wee Football
4. Field size will be 50 yards (Goal line to 50 yard line).
5. Rosters: Teams will have no less than 7 and no more than 12 players.
6. All players must play one series on defense and one series on offense.
7. General Rules:
 - A. Only five players are allowed on the field for each team.
 - B. A Coin toss determines first possession. A team that takes the ball in the 1st half would start on defense in the 2nd half.
 - C. The offensive team will take possession on their 5 yard line. The offensive team has three plays to cross midfield (25 yd. line). Once a team crosses midfield they will have three additional plays to get a first down. The offensive team then has three plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over at their 5 yard line.
 - D. If the offense fails to cross midfield, possession of the ball changes and the opposition will start its drive from their 5 yard line.
 - E. The offensive team must have at least three players on the line of scrimmage when the ball is snapped.
 - F. All possessions, except interceptions, start on the offense's 5 yard line.
 - G. There are no kickoffs or punts.
8. Running
 - A. The quarterback cannot run the football from the snap.
 - B. Only direct handoffs behind the line of scrimmage are permitted. The offense may use multiple handoffs.
 - C. "No Running Zones" located 5 yards from each end zone and 5 yards on either side of midfield are designed to avoid short-yardage, power-running situations.
 - D. The player who takes the handoff can throw the ball from the line of scrimmage.
 - E. Once the ball has been handed off, all defensive players are eligible to rush.
 - F. Spinning is allowed, but players cannot leave their feet to avoid a defensive player (NO DIVING).
 - G. The ball will be spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.
 - H. Absolutely NO laterals or pitches of any kind are allowed.
9. Receiving

- A. All players are eligible to receive a pass (including the quarterback if the ball has been handed off behind the line of scrimmage).
- B. Only one player is allowed in motion at any time.
- C. A player must have at least one foot inbounds when making a reception.

10. Passing

- A. Shovel passes are allowed.
- B. The quarterback has a seven-second "pass clock". If a pass is not thrown within seven seconds, the play is dead, loss of down. Once the ball is handed off, the seven second count is discontinued.
- C. Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not begin at the 5 yard line.

11. Scoring

- A. Touchdown: 6 points
- B. Extra Points: 1 point (if attempted from the 5 yard line) or 2 points (if attempted from the 10 yard line)
- C. Safety: 2 points

12. Rushing the Quarterback

- A. Rushing the quarterback is not allowed.
- B. Defensive players may defend from the line of scrimmage.
- C. Once the ball is handed off, all defenders may go behind the line of scrimmage. **NO BLOCKING OR TACKLING IS ALLOWED!**
- D. If the referee witnesses any act of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the player will receive a warning. If a player continues the rough play he will be asked to sit out the rest of the game.

13. Dead Balls

- A. The ball must be snapped between the centers legs to start play.
- B. Substitutions may be made on any dead ball.
- C. Play is ruled dead when:
 - 1. Ball carrier's flag is pulled
 - 2. Ball carrier steps out of bounds
 - 3. Touchdown or safety is scored
 - 4. At the point of an interception (Interception returns are not allowed)
 - 5. Ball carrier's knee hits the ground
 - 6. Ball carrier's flag falls out
 - 7. There are no fumbles! The ball is spotted where it hits the ground

- 14. Penalties- Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage. Only the head coach may ask the referee questions about rule clarification and interpretations. Players or coaches cannot question judgment calls. Games cannot end on a defensive penalty, unless the offense declines it.

A. Defensive Penalties:

1. Offsides- 5 yards, replay down
2. Interference- 10 yards and automatic first down
3. Illegal contact (holding, blocking, etc.)- 10 yards and automatic first down
4. Illegal flag pull (pulling the flag before receiver has the ball)- 10 yards and automatic first down
5. Illegal rushing(coming across the line of scrimmage before the ball is handed off)- 10 yards and automatic first down

B. Offensive Penalties:

1. Illegal motion (more than one player in motion, false start)- 5 yards, replay down
2. Illegal forward pass (pass thrown beyond the line of scrimmage)- 5 yards and loss of down
3. Offensive pass interference (illegal pick play, pushing off/away defender) 10 yards and loss of down
4. Flag guarding- 10 yards and loss of down
5. Delay of game- Clock stops, 10 yards, replay down

15. Uniforms and Equipment

- A. Cleats are allowed. NO METAL SPIKES. Jersey will be provided by the Mitchell County Parks and Recreation Department. All players are advised to wear a protective mouth piece.

The Recreation Director reserves the right to make final determination on any rules or interpretations that may arise throughout the season.

*Coaches, please maintain integrity, be an adult, and a good example! Remember, this is not the Super Bowl...

Thank you, and let's have a great season!!!