

Mountaineer Youth Football Conference Flag Football Rules

Rule one: The Game, Field, and Equipment

Section 1: General Provisions

- A. **The Game** – will be played between two teams of eleven players each on a rectangular field with an official football suited to the age of the players involved in the game.
- B. **Goal Line** - for each team will be established at opposite ends of the field, and each team will be allowed the opportunity to advance the ball across their opponent's goal line by running or passing.
- C. **No Score will be kept.**
- D. **Game Officials** – The game will be played under the supervision of at least one official. Officials cannot be a flag football manager or assistant coach of the teams playing, at the time. Officials must be provided by the home team. It is recommended we use pee-wee or midget coaches, or league officers.
- E. **Team Captains** – The coach will designate to the referee, the team captain(s).
- F. **Subject to the Rules** – All participants are subject to the rules of the game and shall be governed by the decision of the game.

Section 2: The Field

- A. **Zone Markings** – The field shall be marked in 10 yard zones from goal line to goal line.
- B. **Inbounds/Out-of-Bounds** – The lines bounding the sidelines and end zones are out-of-bounds, the inbounds area is also bound by the lines. The end zone is part of the width of the field.
- C. **Size of Fields** – MYF Flag fields shall be either 80 yards or 100 yards. The referee must inform both teams of the field length before the start of the game. Size of field must be agreed upon by both coaches.
- D. **Down Marker** – A down marker shall be used to indicate the number of the down and where the ball is placed on the field.
- E. **Zone Markers** – 10 yard zone marker will be used to determine first downs.

Section 3: The Ball

- A. The official ball of MYF Flag football will be the Wilson K2.
- B. **Use of the Ball** – The referee shall be the sole judge of any ball offered for play and may change the ball at his discretion. During the game, each team may use its own ball as long as it meets the league standard.

Section 4: Equipment

- A. **Legal Equipment** – Players of opposing teams must wear contrasting colored shirts with numbers on the rear. Players must wear long pants (no jeans). The pants must be a different color than the flags. No jersey (shirt) or pants may cover any portion of a player's flag. Shirts must be tucked in at all times.
- B. **Flags** – Each player must wear a one piece belt with two flags permanently attached. One flag will be on each side. The flag shall be 2 inches wide and a minimum of 14 inches long. The flags will be a different color than the pants.
- C. **Mouth Pieces** – Must be provided for each player on the team and be worn at all times during practice and games.
- D. **Shoes** – Shoes will be soccer or football style, non-detachable rubber cleats. Sneakers may also be used.
- E. **Illegal Equipment** – The use of headgear of any nature, body pads, shoulder pads and shoes with removable cleats are prohibited.

Rule two: Players

Section 1: Participant Registration

- A. **Players Age** – Ages will be 5-7 years old as August 1st.
- B. **Weight Certification** – MYF participants must weigh 100 pounds or less in order to be placed on the official roster. If a 7 year old weighs over 100 pounds he has the option to play pee wee tackle football. There will be only one official flag football weigh-in before games start.

- C. **Age Certification** – AYF requires that all participants present an original record of their birth or a certified copy of the original. These documents can be a certificate from the State, County, or City Bureau of vital Statistic, Department of Health, Hospital Certified and School Certificates.
- D. **Consent to Play** – Parents or legal guardians are required to furnish a written statement declaring their child has permission to participate in AYF activities.
- E. **Medical Certification** – All AYF players & cheerleaders must have physical examinations before participating in AYF programs.
- F. **Scholastic Eligibility** – Report cards will not be required for MYF flag football participants.

Section 2: Rosters

- A. **MYF Flag Football Teams** – Shall have a roster minimum of 11 players and a maximum of 28 players per team.
- B. **Official Roster** – Must be submitted to MYF on the official flag weigh-in day.

Section 3: Play Rule

- A. AYF players are guaranteed a minimum of 8 plays per game. Only plays from the line of scrimmage are considered legitimate plays.

Section 4: Players – General Information

- A. MYF Flag Football is 11 man football.
- B. There will be free substitution. Substitutions can only be made when there is a dead ball.
- C. Limited time in huddles. Teams will have 30 seconds to get to the line and start the play. Referee's will give verbal warnings the first offense and penalties for all after.

Rule three: Time Segments

Section 1: Scheduling of Games

- A. There will be at least 8 games scheduled per season.
- B. All games will be scheduled by the MYF Flag Commissioner.
- C. Scrimmage games may be scheduled with teams only in the MYF conference and must be considered against practice times.

Section 2: Length of Games

- A. MYF Flag games will consist of two halves of 25 minutes each with a running clock. Halftime will be a maximum of 10 minutes to be enforced by the official.
- B. Teams will have no timeouts.
- C. All kids must play prior to 10 minutes before the end of the game.
- D. Maximum time of game will be 1 hour.

Section 3: Length of Practices

- A. **MYF Flag Football Teams** – may begin practice any time after August 1st.
- B. **Before School Starts** – Practices are limited to 3 days a week, not to exceed 4 ½ hours a week.
- C. **After school Starts** – One practice can be scheduled per week if only one game is scheduled for that week. Not to exceed 2 ½ hours a week, including games.

Rule four: Games

Section 1: Starting the Game

- A. **Coin Toss** – At the beginning of the game, a coin is tossed by the referee and the winner gets their choice of possession of the ball or to defer to the second half. The loser has the option of which goal to defend.
- B. The ball is placed on the 30 yard line on the 100 yard field. Ball is placed on the 20 yard line on the 80 yard field.

Section 2: De-Flagging

- A.** The ball carrier is down when the flag is detached from his belt or if either knee touches the ground.
- B.** The defensive player holds the flag over his head and stops at the point of de-flagging.
- C.** Only the ball carrier's flag can be removed. Removing flags of other players is illegal.
- D.** The defensive player cannot grab or hold the ball carrier in order to de-flag him.
- E.** The defensive player must go for a passer's flag and not his arm.

Section 3: Blocking

- A.** Blocking is done between the shoulder and waist only. There is no blocking below the waist.
- B.** There will be no body, butt or roll blocking.
- C.** Blockers will not use their hands to grab or hold a defensive player.
- D.** Blockers will start from a 3-point stance.
- E.** There will be down field blocking.

Section 4: Center Snap

- A.** A center snap must be between the center's legs.
- B.** If the snap hits the ground before it hits the backfield man, it is ruled dead at the spot it hits the ground.
- C.** No center sneak.
- D.** No defensive player will be heads up on the center.

Section 5: Ball Carriers

- A. The ball carrier must not deliberately run or dive into a defensive player.
- B. The ball carrier will not protect his flags by using his hands, arms or head.
- C. The ball carrier will not stiff arm to avoid a defensive player. The ball will be declared dead at the spot of the foul.

Section 6: Downs

- A. Four downs are allowed to advance the ball to the next zone.
- B. 10 yard zone markers will determine a first down.
- C. If the offensive team fails to reach a first down, after three plays, they can either punt, which is stepping off 30 yards and possession goes to the other team or they can go for it on 4th down.

Section 7: Fumbles/Interceptions

- A. There are no fumbles in flag football, it is declared a dead ball and belongs to the team last in possession at the spot where it hits the ground.
- B. Interceptions caught in the air can be run and first down starts where the ball carrier is de-flagged.

Section 8: Dead Ball

- A. When the ball touches the ground at anytime, the ball will be declared dead.
- B. When the ball carrier's flag is pulled.
- C. When a player's body touches the ground.
- D. Any time a ball carrier's flag is missing.
- E. An incomplete pass.
- F. After a touchdown.
- G. Change of possession.
- H. When the ball carrier stiff arms.

Section 9: Passing

- A. Passing is done behind the line of scrimmage.
- B. Only backs and ends are eligible receivers, linemen are not eligible.

Rule five: Point Rule

MYF Flag Football teams will not be permitted to keep score.

Rule six: Penalties

****ALL penalties will be 10 yards**

- A. Tackling or pushing
- B. Fighting or arguing
- C. Ball carrier using hands to protect flags
- D. Leaving feet to block
- E. Grabbing or holding any player
- F. Illegal blocking
- G. Pulling flags of players other than ball carriers
- H. Unnecessary roughness
- I. Pass interference
- J. Pushing ball carrier out of bounds
- K. Unsportsmanlike conduct of players on the field and bench area
- L. Recovery of a fumble
- M. Illegal snap
- N. Clipping

**** After all penalties, the referee will explain to the players involved, why the penalty was issued**

Rule seven: Protests

- A. Games cannot be protested due to no score keeping.
- B. Issues concerning referees, coaches, players, etc., **must** be brought to the attention of the Ethics Committee.

