



Millard United Sports
2nd and 3rd Grade Flag Football
2019 Rule Book

MILLARD UNITED SPORTS FLAG FOOTBALL



2nd & 3rd Grade DIVISION RULES (7 v 7)

FIELD DIMENSIONS

Players will play on a field which is 60 yards in length and 32 yards in width.

NUMBER OF PLAYERS

Each team should start the game with seven players; a minimum of six is needed to avoid a forfeit.

NUMBER OF COACHES

Each team is only allowed three coaches on the sideline. First offense is warning. Second offense is automatic 10-yard penalty.

MANDATORY PLAY

Coaches will adhere to Mandatory Play Rules as established by the organization.

LENGTH OF GAME

Playing time shall be 40 minutes, two halves of 20 minutes. Halftime shall be five minutes. A coin toss will determine who shall receive the choice of possession or side at the beginning of the game. In case of overtime, there will be a three-minute intermission prior to starting overtime. A 35 second play clock will be kept by the head official and enforced.

OVERTIME

If the game score is tied after time expires in regulation, then a coin toss will determine who will get the ball. Each team will have the chance to score with a series of four downs from the 10-yard line. If the score is still tied after each team has had a try, a second series is played (in alternating order), and so on until a winner is determined.

SCORING

1. Touchdown = 6 points
2. Extra point = 1 point. If successful from the 5-yard line
3. Extra point = 2 points. If successful from the 10-yard line
4. Field Goal = 3 points. Once a team gets beyond midfield, they can elect to attempt a FG. The ball will be placed on the 10 yard line and must be a pass play. If the team fails the attempt, the opposing team gets the ball at the original line of scrimmage.
5. Safety = 2 points

MERCY RULE

Anytime one team is 28 points ahead of another team, and the team that is trailing scores, the trailing team will receive the ball at midfield. If the leading team scores, the trailing team will receive the ball at midfield on its next possession.



LINE OF SCRIMMAGE

The offensive team must have a minimum of four (4) players (two Guards one Center, one WR are required) on the line of scrimmage. Splits for the G/C/G may be no wider than arms-length apart. Once the center has placed his hands on the ball, one offensive player (cannot be a Guard, Center, or WR) may be in motion. The player in motion may only move parallel to the line of scrimmage. If the player is moving towards the line of scrimmage or there are multiple players in motion, the result will be a 5-yard penalty against the offense. Teams are NOT required to have a player go in motion.

OFFENSE

The snap must go through the center's legs. The center or guards cannot run the ball; however, all players are eligible to catch a pass beyond the line of scrimmage.

Also, there MUST be at least one (1) player on each side of the center; this can include but is not limited to the guard.

FORWARD PASSES AND INTERCEPTIONS

If a player is in the air attempting to catch a ball, the player must contact the ground with at least one foot in-bounds with the ball in their possession prior to going out of bounds, unless contact by an opponent causes the player to first touch out-of-bounds. If possession of the ball is lost simultaneously when they hit the ground, it is not a catch. If a forward pass is caught simultaneously by members of opposing team, the ball is dead at that spot and belongs to the team that snapped the ball. Clean interceptions may be advanced by the Defense. **A player may not advance an interception which occurs during an extra point attempt.**

BLOCKING

Blocking shall take place **with a reasonable amount of engagement**, but no displacement of the defensive player. NO steam rolling, NO grabbing, NO pulling, NO contact above the shoulders, NO hands to face, NO unnecessary roughness (as determined by refs).

PASS INTERFERENCE

It is pass interference if an eligible receiver is de-flagged or touched prior to touching the ball on a pass thrown beyond the offense's line of scrimmage. Pass interference on the defense is a 10-yard penalty and first down. Pass interference on the offense is a 10-yard penalty and loss of down.

STIFF ARMING

Stiff arming is not allowed.

OFFSIDES

A 5-yard penalty will result if any player lines up in the neutral zone or crosses the line of scrimmage prior to snap of ball.

GUARDING THE FLAG BELT

Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. Flag guarding will result in a **5-yard penalty**. Flag guarding includes:

1. Swinging the hand or arm over the flag belt to prevent an opponent from de-flagging.
2. Placing the ball in possession over the flag belt to prevent an opponent from de-flagging.
3. Lowering the shoulders in such a manner which guards the flag.

THE FOURTH DOWN PUNT RULE

After the third down, you can punt from anywhere on the field, but the worst case scenario for the offense will be at their 10-yard line. The standard punt will be 20 yards. For example, if punting from your 20-yard line, the ball will be placed at the opposite 20-yard line. If punting from the 25-yard line, the ball will only be advanced 15 yards to the 10-yard line.



DEFENSIVE RUSHING/BLITZING

NO blitzing is allowed. Defensive players are not allowed to cross the line of scrimmage until 1) the QB has handed the ball off, 2) the QB has become a ball carrier by crossing the LOS or running outside of the tackle box. The offensive team has seven seconds to complete a handoff, pass, or QB run across the LOS; failure to do so will result in a dead ball. The defensive team must place at least two linemen over the offense's Guard/Center/Guard (but not head-up on Center).

OBSTRUCTING THE RUNNER

A defensive player shall not hold, grasp, or obstruct the forward progress of the runner when attempting to remove the flag belt. The defense will be penalized **5 yards**.

THE FLAG BELT

All shirts must be tucked in and are not permitted to hang over the flag belt. Players must have possession of the ball before they can legally be de-flagged. It is illegal for a defensive player to intentionally pull a flag from an offensive player who is not in possession of the ball. In cases where a flag belt is removed illegally, play will continue until a legal flag pull is made. Wear belt as designed, if there are issues with belt, bring to office and it will be replaced. No tying belt allowed. A 10-yard penalty will be added to the end of the play.

SAFETY

If an offensive player carries the ball across their own goal line and the ball becomes dead while in their possession, it is a safety. If a team commits a foul in the end zone where the spot of enforcement is designated as the spot of the foul, it will be declared a safety. A team recording a safety will receive the ball at their own 10-yard line.

PERSONAL FOULS

A personal foul will result in a **10-yard penalty**: Officials have the discretion to remove a player or coach from the game. Any act listed below, or any other act of unnecessary roughness, is a personal foul.

1. Tripping an opponent
2. Throwing the runner to the ground
3. Making any contact with an opponent deemed unnecessary
4. Clipping
5. Taunting
6. Throwing equipment at opposing players
7. Tackling the runner or opposing players
8. Unsportsmanlike conduct, such as foul language, gestures, spitting, etc.

ZERO TOLERANCE WILL BE ENFORCED

All parents are required to remain on the opposite side of the players and coaches' sideline with the exceptions of:

1. Attending an injury if directed by the coach; or
2. If the field layout prevents this from occurring (a boundary, in the form of a red line will be provided).

At no point before, during, or after the game are any parents allowed on the playing field or players and coaches' sideline. If violated, the team and all players will be in jeopardy of being removed from the league. This must be addressed at your parent meeting because there will be no warnings.



PENALTIES

Spot Fouls

1. Stripping: 5 Yards from the Spot of the Foul
2. Flag Guarding: 5 Yards from the Spot of the Foul
3. Charging: 10 Yards from the Spot of the Foul
4. Def. Unnecessary Roughness: 10 Yards from the Spot of the Foul
5. Off. Unnecessary Roughness: 10 Yards from the Spot of the Foul

Offensive Penalties

1. Offside / False Start: 5 Yards from the Line of Scrimmage
2. Illegal Forward Pass: 5 Yards from the Line of Scrimmage
3. Holding: 5 Yards from the Spot of the Foul
4. Offensive Pass Interference: 10 Yards from the Line of Scrimmage
5. Illegal Motion: 5 Yards from the Line of Scrimmage
6. Delay of Game: 5 Yards from the Line of Scrimmage

Defensive Penalties

1. Roughing the Passer: 10 Yards from the Line of Scrimmage & Automatic First Down
2. Illegal Flag Pull: 5 Yards from the End of the Play
3. Illegal Rush: 5 Yards from the Line of Scrimmage – choice of taking result of play or replay down.
4. Encroachment: 5 Yards from the Line of Scrimmage & Replay Down
5. Defensive Pass Interference: 10 Yards from the Line of Scrimmage
6. Defensive Holding: 5 Yards from the Line of Scrimmage – choice of taking result of play or replay down.

POINTS OF EMPHASIS

1. MUS has a **ZERO TOLERANCE POLICY** with all coaches and parents.
2. Offense possession will start at the 10-yard line at the start of the game as well as halftime and after every touchdown.
3. A first down is 10 yards.
4. Only one coach on the field at one time per team. Parents must remain off the field.
5. Home team will provide 3 ADULTS to help with chains.
6. Mouthpieces are mandatory. A player without a mouthpiece will not be allowed to participate. Soft-shell helmets, consisting of only padding and without any rigid elements will be allowed.
7. No jewelry or bracelets, etc . . . allowed.
8. Coaches (on or off the field) will receive one warning from the referees regarding conduct. The second warning will result in an ejection from current game and subsequent game. Multiple first warnings in multiple games constitute a trend which will result in additional action on behalf of the organization.
9. In the event of a call or ruling that is being questioned, the coach on the field can ask for a one-on-one with the head referee away from the players. Clock does stop when discussing calls.
10. Each team will be given two (2) sixty-second timeout per game. Timeouts will stop the clock.
11. The ball will be put into play when indicated by the referee. Once put into play, the 35 second play clock starts.
12. Parents will not approach ref(s) at any time regarding any rules potential conduct violations or complaints.
13. Parents should funnel all rules, conduct violations and complaints to the head coach who will forward to appropriate MUS Representative.
14. In the event a parent has issues with own team, coach or parents, please refer to code of conduct procedures.