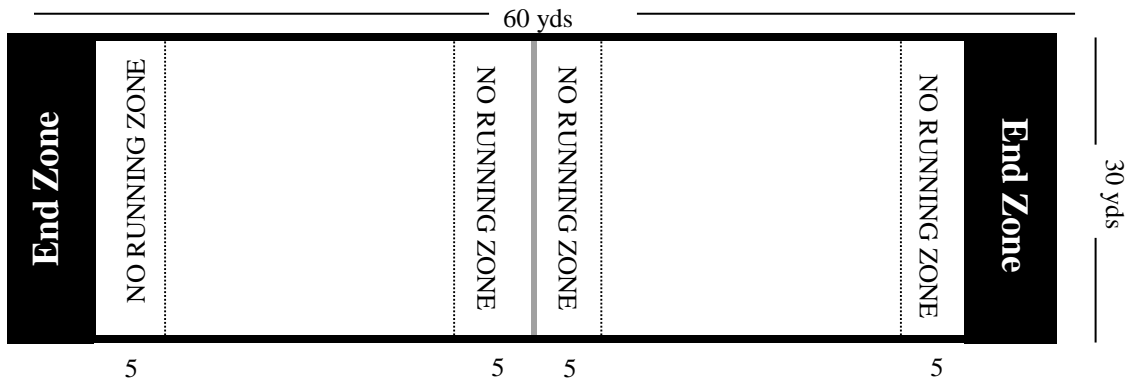


MRC Flag Football Regulations



FIELD	Length - 60 yards Width - 30 yards End Zone – 5 yards
TIME	Games consist of two 20-minute halves. Halftime is 2 minutes. Teams change ends to begin the 2 nd half.
TIMEOUTS	Each team has one 60-second time out per half. Time outs do not carry over to 2 nd half.
DIVISION	K-1 st Grade (Pee-Wee Size Ball) 2 nd -3 rd Grade (Jr Size Ball) 4 th -6 th Grade (Jr Size Ball)
PLAYERS/BALL	6-man football
UNIFORM	MRC Shirt or Team Color MOUTH PIECE IS REQUIRED

POSSESSION

Coin toss determines 1st possession taken on 5 yard line.

- The offensive team takes possession of the ball at their 5 yard line and has four (4) plays to cross the midfield. Once a team crosses midfield, it has four (4) plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over at the point of possession.
- K-1 has 1 minute to snap the ball before each play. 2nd -3rd and 4th - 6th have 45 seconds to snap the ball before each play.

SCORING

- Touchdown: 6 points
- Safety: 2 points
- Extra points: 1 point (pass made from the 5 yard line “no running zone”) **PASS ONLY**
 2 points (pass or run made from the 12 yard line)
 2 points (interceptions returned on all conversion attempts are 2 points)
- Games may end in a tie

RUNNING

- One lateral or pitch is allowed, multiple hand-offs are allowed.
- “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. Must pass across these areas.
- “No running zone” rule does not apply to the K-1st grade division.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, the defense can rush.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving or hurdling).
- The ball is spotted where the ball carrier’s **forward most foot** is when the flag is pulled, not where the ball is.
- **Quarterback can only run after the ball is snapped in an area outside of the “No Running Zone” and only if a defender has crossed the line of scrimmage with both feet. If a Quarterback runs without being rushed or when the ball is snapped inside the “No Running Zone”, the play will be whistled dead immediately and will result in a loss of down.**

PASSING

- All passes must be forward and received beyond the line of scrimmage. Only one forward pass is allowed per play. Anyone can throw the ball from behind the line of scrimmage.
- Shovel passes are allowed but must be received beyond the line of scrimmage.
- **In the 2nd-3rd and 4th-6th divisions, the quarterback has a 7-second pass clock. If it expires and the quarterback has not made a legal play, a referee will throw a penalty flag for delay of game. However, the play is still live. The defense can force a turnover or a sack or commit an offsetting penalty. Once the ball is handed off or passed, the 7-second rule is no longer in effect. Penalty is loss of down only.**
- Interceptions are returnable. Play is ruled dead when the new ball carrier's flag is pulled.
- Interceptions returned on all conversion attempts are 2 points.

RECEIVING

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

DEAD BALLS

- Ball must be snapped between legs, not off to one side, to begin play.
- Substitutions may be made on dead balls.
- Play is ruled "dead" when:
 - Ball carrier's flag is pulled.
 - The ball hits the ground.
 - Ball carrier steps out of bounds.
 - Touchdown or safety is scored.
 - Ball carrier's knee, hip, back, or arm hits the ground.
 - Ball carrier's flag falls out in traffic. If player is on a breakaway and flag falls out when no one is around, the play will continue until touched by defender. (Decision is made by referee.)

Note: There are no fumbles. The ball is spotted where the ball carrier's feet were at the time of the fumble.

PENALTIES

DEFENSE		OFFENSE	
ACTION	PENALTY	ACTION	PENALTY
Off-Sides	5 yards Automatic 1 st down	Illegal motion (more than 1 person moving, false start, etc.)	5 yards Loss of down
Interference	10 yards from line of scrimmage Automatic 1 st down	Illegal forward pass (pass received behind line of scrimmage)	5 yards Loss of down
Illegal Contact (holding, illegal blocking, etc.)	10 yards Automatic 1 st down	Offensive pass interference (illegal pick play, pushing off/away defender)	10 yards Loss of down
Illegal flag pull (before receiver has ball)	10 yards Automatic 1 st down	Flag guarding (diving or jumping with ball) (intentional contact with defender trying to pull flag)	10 yards from infraction spot Loss of down
Illegal rushing (starting rush from inside 7 yard line or before snap)	10 yards Automatic 1 st down	Delay of game	10 yards and clock stops Loss of down
		7 second play clock violation	No loss of yards (loss of down only)

BLOCKING

Folded arm with closed hands technique will be allowed; blocks **MUST** be above the waist and facing the opponent.

RUSHING THE QUARTERBACK

- **One player from the 7 yard blitz marker can blitz immediately after the ball is snapped.** Defenders not blitzing may defend on their side of the line of scrimmage until 7-second play clock expires. After the 7-second play clock expires, any number of defenders may legally cross the line of scrimmage to rush the quarterback.
- Once the ball is handed off, the 7 yard rule no longer is in effect and all defenders may go behind the line of scrimmage. The referee will designate 7 yards from the line of scrimmage with a designated blitz marker.
- **No Rushing Rule for K-1st grade division.** Players may only cross the line of scrimmage after the ball is handed off.

SPORTSMANSHIP RULE

Unsportsmanlike conduct, i.e. name calling, swearing, etc., will **NOT** be tolerated. Site supervisors and/or officials are required to take the following immediate actions should it occur by any MRC participant:

- 1st Offense (Warning):
 - Participant will sit the remainder of the game. If action occurs within the last 15 minutes of or following the game, the participant will not be allowed to play the next game.
- 2nd Offense:
 - Participant will be eliminated from season play. Registration fees will not be refunded.