**MBS Parish Flag Football Rules**

**Grades K, 1st, & 2nd**

* **Equipment**
  + **Provided Equipment**
    - Jersey
    - Flags
    - Footballs
    - Field & Field Equipment
  + **Equipment Needed to be purchased by parents:**
    - Mouth Piece
    - Shorts (Athletic) without Pockets
  + **Prohibited Equipment**
    - Any pants/shorts with pockets
    - Shoes with exposed metal
    - Padding of any kind or any hard surface on a players clothing
    - Wrist bands or Jewelry of any kind, except for medical alert bracelets
    - Eye glasses, unless of athletically approved construction, and shatter proof lenses
* **Game**
  + **Field Dimensions**
    - Field shall be 60 yards long
    - Width shall be from the near-sideline to the far hash-mark.
    - End zones will be 10-yards deep
  + **Time:**
    - Each Game will have two **16-minute halves** separated by a **4-minute half-time**.
    - Clock will run **continually** except for:
      * Injuries
      * ***Timeouts – 2 Timeouts Per Half Per Team***
      * Official Timeouts
  + **Play**
    - Play will be 11 on 11
    - **All players should be given at least one half of playing time.**
      * ***We ask all coaches to make this rule a top priority.***
    - Substitutions can be made whenever the play is dead.
    - Coaches are able to be on the field to instruct the players.
    - The Coach must be 10 yards behind the line of scrimmage before the ball can be snapped.
    - Once a Ball-Carriers flag is pulled by the defense, the play is dead, and the next play will start from the yard line the flag was pulled at.
    - In the event a ball-carrier’s flag falls off prior to an opponent pulling it off, THE PLAY IS DEAD AT THE SPOT OF THE FALLEN FLAG.
  + **1st Downs**
    - Each Team will have 4 downs to get to the next 1st down marker
    - ***\*NEW-*** 1st down parkers will be 15 yards apart. (At 15 Yard Lines & 30 Yard Line which is midfield)
  + **Change of Possession**
    - ***\*NEW-*** We will not Kick-Off. Ball will be placed on the 15-yard line. Upon the start of the game or on a score.
    - If a team elects to punt on 4th down, there will be a 20 yard walk off. (or half the distance to the goal).
    - If a team does not convert a 1st down on their 4th down try, the ball will change sides at the same line of scrimmage. If the ball is inside the 10-yard line at the time of the change in possession, it will be brought out to the 10.
    - **Turnovers**
      * **Interception-** if ball is intercepted the play is live and defender with the ball can advance/score.
      * **Fumble-** ball is DOWN at the spot of the fumble. A turnover cannot occur on a fumble. *(This is to prevent injury with a pile-up)*
  + **Scoring**
    - Touchdowns are worth 6 points.
    - Conversion Plays (We will not kick PAT’s)
      * 1-point conversion- ball will be placed at the 2-yard line.
      * 2-point conversion- Ball will be placed at the 4-yard line.
  + **Snapping The Ball**
    - The Center will be allowed to snap the ball one of two ways:
      * Center turns around and hands the ball off to the Quarterback
      * Having one knee on the ground, the center tosses/pitches the ball to the quarterback
      * Should there be a fumble on the snap. The play will be blown dead and the ball will be spotted on at the spot of the fumble.
  + **Blocking**
    - All Blocks must be performed without the use of a player’s hands. The Blocker must use their feet to get in front of the opposing defender.
  + **Pass Rushing**
    - **Pass Rushing-** Only Defensive Linemen (2) are allowed to rush the passer outside of cones aka *the tackle box*
    - In order for a sack to occur, the defender must pull the quarterbacks flag PRIOR to him releasing the ball.
    - **Run Rushing-** Once the ball is handed off. Opposing defenders may cross the line of scrimmage to get the ball-carrier
  + **Formation**
    - 3 offensive players MUST be on the line of scrimmage for the beginning of the play
      * Lineman ARE eligible Receivers
    - We will NOT allow Motion prior to the snap of the ball.
  + **Penalties:** 
    - **Unsportsmanlike conduct-** any physical/verbal activity the referee deems unsportsmanlike. (10yds)
    - **Illegal Rush-** Rush inside of the designated Tackle Box. **(5yds) – 1 WARNING PER PLAYER**
    - **Illegal Block-** Use of the hands when pass-blocking or blocking a defender once the ball has crossed the line of scrimmage. **(5yds) – 1 WARNING PER PLAYER**
    - **Flag Blocking-** If the ball carrier attempts to prohibit a defender from pulling his flag by guarding it with his hands/clothing. ***(BALL IS DEAD AT THE SPOT OF THE FOUL)***
    - **False start-** offensive player crosses the line of scrimmage prior to the ball being snapped. This also will be called if an offensive player does not pause or “come set” 1 second prior to the ball being snapped.  ***(REDO THE DOWN WITH A WARNING) IF THE PENALTY CONTINUES TO OCCUR BY THE SAME PLAYER THEN A 5 YARD PENATLY WILL BE ASSESSED*.**
    - **Offsides-** a defensive player crosses the line of scrimmage prior to the ball being snapped.  ***(REDO THE DOWN WITH A WARNING) IF THE PENALTY CONTINUES TO OCCUR BY THE SAME PLAYER THEN A 5 YARD PENATLY WILL BE ASSESSED.***
    - **Pass interference-** a defensive player prohibits a receiver from catching a pass by coming into contact with a receiver prior to the receiver catching the pass. (5yds)
    - **Use of Excessive Force –** If a player tackles or contacts another player outside of incidental contact, a 5 Yard Penalty will be enforced.
    - **Delay of Game:**
      * **Part 1- Coaches:** Occurs if a coach takes over a reasonable amount of time (45 seconds to 1 minute) to call a play (especially if that team is in the lead). **(5yds) – 1 WARNING PER HALF**
      * **Part 2 - Players:** Occurs if a player continues to run excessively after the referee blows the whistle. **(5yds) – 1 WARNING PER PLAYER**