



FLAG FOOTBALL LEAGUE RULES

1195 SE Kemper Way Madras, OR 97741 | ph: 541-475-4253 | macrecdistrict.com

	PreK/K	1 st / 2 nd	3 rd / 4 th	5 th / 6 th	7 th /8 th
Ball Size	Pee Wee	Pee Wee	Junior	Intermediate	Intermediate
Players	5v5	5v5	5v5	5v5	5v5
Game Length	Two 16-min halves	Two 20-min halves	Two 20-min halves	Two 25-min halves	Two 25-min halves
Scoring	Score will NOT be kept				
Time Outs	1-min/ half				
Field Size	70X30 yards with 10-yard end zones				

Uniforms and Equipment

Required:

1. Flag belts – players must wear belts with flags that hang along their sides with no obstruction. Coaches will be provided enough flag belts for their team prior to the season, and must be returned at the last game
2. Mouthguard – this is the only protective gear that the players wear, so this is required. The MACRD provides the players with these at the beginning of the season, if they get lost or damaged players can get a new one at no cost
3. Uniforms – players will be given a MACRD Youth Flag Football shirt that will be used as a jersey, players will be required to provide their own athletic pants/ shorts (preferably without pockets)

Optional:

1. Cleats – no metal cleats, rubber only
2. Gloves – some players prefer to use football gloves, as it provides extra grip and control of the ball

Game Play

- The clock is running, and will only stop for serious injuries, time-outs or half-time/ quarters
- Coin toss – the game begins with a player from both teams meeting with the referees for the coin toss to determine who starts with the ball
- The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross midfield. Once a team crosses midfield, it has three (3) plays to score a touchdown
 - If the offense fails to score, the ball changes possession and the new offensive team starts its drive on its own 5-yard line



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- If the offensive team fails to cross the midfield, possession of the ball changes and the opposition starts its drive from its own 5-yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line.
- Teams change sides after the first half. Possession changes to the team that started the game on defense.
- Player substitution – subs are only permitted during change of possessions (offense to defense, time outs, or dead balls)

Live Ball/ Dead Ball

- The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
- Play is ruled 'dead' when:
 - The ball hits the ground. If the ball hits the ground as a result of a bad snap, the ball is then placed where the ball hit the ground.
 - The ball-carriers flag is pulled.
 - The ball-carrier steps out of bounds.
 - A touchdown, PAT, or safety is scored.
 - The ball-carriers knee or arm hits the ground.
 - The ball-carriers flag falls out.
 - The receiver catches the ball while in possession of one or no flag(s).
 - The 7 second pass clock expires.
- Note- There are no fumbles. The ball becomes a dead ball. (If the ball is fumbled forwards, then it will be spotted where the ball carrier lost possession)

Running

- The ball is spotted where the ball is when the flag is pulled.
- The quarterback cannot directly run with the ball, unless being rushed by a defensive player.
- Only direct handoffs behind the LOS are permitted. Handoffs may be in front, behind, or to the side of the offensive player but must be behind the LOS. The offense can use multiple handoffs.
 - Center sneak play is not allowed. The QB is not allowed to handoff to the center on the first handoff of the play.
 - Any player who receives a handoff can throw the ball from behind the LOS.
 - Once the ball has been handed off, in front, behind, or to the side of the QB, the seven-second passing clock is eliminated, and all defensive players are eligible to rush.
- NO pitches or laterals of any kind beyond the LOS.
- No-run zones are located 5-yards before each end zone and 5-yards on either side of midfield, these are designed to avoid short-yardage power-running situations. Teams are not allowed to run in these zones. (Reminder – each offensive team approaches only two no-run zones in each drive)



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- Runners may not leave their feet to advance the ball. Diving, leaping, or jumping to avoid a flag pull is considered flag guarding. Spinning is allowed.
- No blocking or 'screening' is allowed at any time.
- Offensive players in close proximity of the ball-carrier must stop their motion once the ball has crossed the LOS. No running with the ball-carrier.
- Flag obstruction – All flags must be worn on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

Passing

- All passes must be thrown with one hand from behind the LOS, thrown forward and ball out of hand prior to breaching the LOS.
- Shovel passes are allowed but must be received behind the LOS.
- The QB has a seven-second 'pass clock'. If a pass is not thrown within the seven seconds, the play is dead, the down is consumed, and the ball is returned to the LOS. Once the ball is handed off, the seven-second rule is no longer in effect.
 - If the QB throws the ball and then catches it, the play is dead and treated like an incomplete pass.

Receiving

- All players are eligible to receive passes (including the QB if the ball has been handed off behind the LOS).
- In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

Rushing the Passer

- All players who rush the passer must be a minimum of seven yards from the LOS when the ball is snapped. Players not rushing the QB can defend on the LOS.
- Once the ball is handed off, the seven-yard rule is no longer in effect and all defenders may go behind the LOS.
- The referee will designate a rush line seven yards from the LOS. Defensive players should verify they are in the correct position with the official on every play.
 - A legal rush is:
 - Any rush from a point 7-yards from the defensive LOS.
 - A rush from anywhere on the field after the ball has been handed off by the QB.
 - A penalty may be called if:
 - The rusher leaves the rush line before the snap and crosses the LOS before a handoff or pass – illegal rush.
 - Any defensive player crosses the LOS before the ball is snapped – offsides.
 - Any defensive player not lined up at the rush line cross the LOS before a handoff or pass – illegal rush.



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- Players rushing the QB may attempt to block a pass; however, contact to the QB will result in a roughing the passer penalty.

Flag Pulling

- A legal flag pull takes place when the ball-carrier is in full possession of the ball.
- No diving is allowed to pull flags.
- It is illegal to attempt to pull the ball from the ball-carriers possession at any time.
- If a player's flag inadvertently falls off during play while that player has possession, the player is down immediately and the play ends. The ball is placed where the flag landed.
- A defensive player may not intentionally pull the flags off a player who is not in possession of the ball.
- Flag guarding is an attempt by the ball-carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, ball, arm or shoulder or intentionally covering the flags the uniform.

Exceptions

- PreK/k
 - "No Run" zones are eliminated. Teams may run the ball anywhere on the field
 - Players are not expected to 'snap' the ball, the ball will start with a hand off from one player to another. If the ball falls to, or touches the ground, during the initial center to quarterback exchange (the 'snap'), the play is ruled a 'do over' with no loss of down, once per down. On a second occurrence, the down is considered consumed
 - Defenders may not rush the passer unless there is a legal handoff executed in the backfield
 - Defenders must line up at least five yards from the LOS prior to the first snap
 - One coach is permitted on the field during game play. The coach may not interfere with game play
- 1st/2nd
 - "No Run" zones are eliminated. Teams may run the ball anywhere on the field
 - Players are not expected to 'snap' the ball, the ball will start with a hand off from one player to another. If the ball falls to, or touches the ground, during the initial center to quarterback exchange (the 'snap'), the play is ruled a 'do over' with no loss of down, once per down. On a second occurrence, the down is considered consumed
 - Defenders may not rush the passer unless there is a legal handoff executed in the backfield
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- One coach is permitted on the field during game play. The coach may not interfere with game play
- 3rd/4th
 - “No Run” zones are eliminated. Teams may run anywhere on the field.
 - Defenders may not rush the passer unless there is a legal handoff executed in the backfield.
 - One coach is permitted on the field pre-snap to help their players but must be off the field prior to the snap of the ball.