**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 7 on 7
    - **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
    - 1st down parkers will be 15 yards apart. (At 15 Yard Lines & 30 Yard Line which is midfield)
  + **Change of Possession**
    - We will Kick-Off.
    - 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 players 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**