

McKinney/Melissa Spors Connection

Flag Football

Spring Kinder thru 2nd Grade Rules

1. Equipment

- a. BALL SIZE: K2 (Pee Wee) for K, 1st, 2nd
 - b. Mouth Pieces are required.
 - c. Jerseys must be of the same color for the entire team and shorts must not have pockets. Head Coaches are expected to provide jerseys for your team. Jerseys can be purchased from any vendor the Head Coach chooses. Jerseys must have a number on the back. Parents will be asked to pay for their athlete's uniform.
 - d. Flags should be on players hips and checked frequently by the coach. Cut the belts so that the extra length is not hanging to the side.
 - e. Teams must wear League issued Flags. 1 game set of flags will be issued by the league. It is recommended to not use them for practices so that they will last for the season.

2. Head Coaches/Assistant Coaches

- a. All coaches must complete a background check and register on MSC website.
- b. Head Coach and or an Assistant Coach must attend Coaches meetings before Season Starts.
- c. Winning Head Coach must input game scores to Team Sideline after each game.
- d. Kindergarten and 1st Grade Division may have 2 coaches on the field for offense and defense.
- e. **2nd Grade may have 1 coach on the field for offense and defense.**
- f. **Once the players break from the huddle, coaches must back out of line of the QB on offense or the Secondary on Defense.**

3. Teams

- a. Teams may not have more than 14 players on their roster. Coaches who may have more are encouraged to create 2 teams. The minimum number of players on a team is 9. If your roster has less than 9, you will be asked to take on a Free Agent from the pool players.
- b. Teams are based on what grade they are in that current season.
- c. Teams with less than 9 players registered will be required to take players from the Free Agent List unless you are a team outside of McKinney.
- d. Players may play up a grade level, but they cannot play down.
- e. Coaches may be asked to verify the grade of an athlete if needed. In which the parent of the child will have to provide the Commissioner with a dated report card and/or enrollment form from the athlete's

current school.

f. All players must play at least ½ the game. All players must play either all the defensive plays for their team or all the offensive plays for their team. Players could also play all the offensive plays in the first half and all defensive plays in the second half. Injuries are the only exception for not playing at least half the game.

g. If players miss practices, it is the discretion of the Head Coach to determine playing time. Just make sure you are communicating with the parents.

GAME PLAY/RULES:

1. Coin Toss/Captains Meeting

a. The winner of the coin toss may choose to go on offense or defense. The loser of the coin toss chooses the direction. In the second half, the direction will change as well as possession.

2. Timing

a. Games are 40 minutes; (2) twenty-minute halves with a 5-minute half time. (No overtime games will be played in regular season)

b. Each time the ball is spotted a team has 30 seconds to snap the ball. Teams will receive one warning before a delay of game penalty is enforced. Referees may use discretion for the first 2 games, if needed.

c. Each team has (2) thirty-second timeouts per game.

d. Officials can stop the clock at their own discretion.

3. Start of Game/Game Play

a. The offensive team takes possession of the ball at the 45-yard line and has (3 downs) every 15 yards. Once in the red zone, the offense will have 4 downs to score.

b. Interceptions are live and may be returned for a touchdown. If the flag is pulled. The new offense will start at the 45 yard line.

d. FORMATIONS: There must be at least 3 players on the line of scrimmage.

e. Game will be played with 7 on offense and 7 on defense. A team may play with 6 players to start the game.

4. Scoring

a. Touchdown: 6 points

b. Extra Point: 1 point from 5-yard line or 2 points from 10-yard line

c. Safety: 2 points (A flag pulled by the defense at the 45-yard line will be a safety.)

d. Fumbles: 1. The exchange between Center and QB is not a fumble and play may resume. 2. The exchange between the QB and any other position is a fumble and the ball is dead at the spot. At the start of play at the 45-yard line, it is a loss of down and play continues.

e. An interception returned on a PAT is good for the 1 or 2 points determined after an offensive touchdown.

f. If defense intercepts and returns for a touchdown, then they will also complete a 1- or 2-point conversion.

5. Running

a. All plays must start with a center snap by means of (a) through the legs, (b) side snap, and/or (c) shotgun.

b. The quarterback cannot run the ball. The QB is considered the first exchange from center to QB.

c. Hand-offs behind the line of scrimmage are permitted. Offense may use multiple hand-offs.

d. One (1) lateral or pitch down field will be permitted per play.

e. The player who takes a hand-off can throw the ball from behind the line of scrimmage. f. Once the ball has been handed off, all defensive players are eligible to rush.

g. Once the ball is handed off, offensive players must stop running to avoid any kind of blocking.

h. An offensive player must avoid making contact with a defensive player during route running or double cuts.

i. Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving). Flag guarding will be called.

j. The ball is spotted where the feet are located when the flag is pulled.

k. A handoff to the center is allowed, but there must be a complete snap exchange before putting the ball back in the hands of the center.

l. Fumbles. The exchange between the Center and Quarterback will not be considered a fumble and play may resume; however, the exchange between Quarterback and a Running Back is a fumble and the ball will be downed where the fumble occurred.

6. Receiving

a. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).

b. Only one player is allowed in motion at a time.

c. Player must have at least one foot inbound when making a catch.

7. PASSING

a. All passes must be beyond the line of scrimmage

b. A pass can be made laterally like a toss and then that player can then run or pass. However, a lateral only in the Pass Only Zone is not considered a legal pass.

c. Intentional grounding will NOT be called at any point in the game.

8. BLOCKING

a. Blocking is not allowed down field. A penalty of 10 yards will be assessed.

b. Offensive teams may have blockers behind the line of scrimmage and may move from side to side or backwards as long as they DO NOT Contact a defensive player. Their hands must be behind their backs or to their side to indicate that they are in the act of blocking to protect the quarterback from a blitz. A blocker may move in a way to reestablish blocking as long as there is no contact. The blocker cannot for any circumstance move forward and engage contact. A blocking penalty will be enforced. At the same time a defender cannot run through a blocker or a defensive penalty will be enforced.

9. DEAD BALLS: Play is ruled "dead" when:

a. Ball carrier's flag is pulled.

- b. Ball carrier steps out of bounds
- c. Touchdown or safety is scored
- d. Ball carrier's knee hits the ground
- e. Ball carrier's flag falls out
- f. The ball is spotted where the ball hits the ground.
- g. Ball is spotted where the feet are and not the ball. If an athlete's flag is pulled with feet at the 1yard line, but ball is crossing the plain, then it is not a touchdown.
- h. Athletes cannot dive or leave their feet with possession of the ball. Defensive players may dive to retrieve flag, but cannot tackle the offensive player.

10. RUSHING THE QUARTERBACK

- a. All players who rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped.
- b. Any number of players can rush the quarterback.
- c. Players not rushing the quarterback may defend on the line of scrimmage.
- d. Once the ball is handed off, the 7-yard rule is no longer in effect and all defenders may cross the line of scrimmage.
- e. A special marker, or the referee, will designate 7 yards from the line of scrimmage.

11. SPORTSMANSHIP/ROUGHING

- a. If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped, and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED!**
- b. Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators). If trash talking occurs, the referee will give one warning. If it continues, the player will be ejected from the game.
- c. **UNSPORTSMANLIKE CONDUCT WILL NOT BE TOLERATED AT ANY TIME!**

Two official options:

REMOVAL: The referee has the right to remove a coach or player from the game for minor infractions (REFEREE'S DISCRETION), but the coach or player does not have to leave the facility/park. There is no team penalty, and the coach or player is not suspended for a game. However, if the coach or player does not comply with the referee's decision, the action IS SUBJECT TO EJECTION AND SUSPENSION (see next option). **EJECTION:** Any player, coach, team manager or fan who displays any unsportsmanlike conduct, such as profane language or abusive language while playing, sitting in the stands, or coaching will be dealt with in the following manner:

- a) Any player, coach, team manager or fan ejected from a regular or post season scheduled game due to verbal abuse toward any assigned game official, player, or fan will draw a minimum of one – (1) game suspension. **PLAYER, COACH, OR FAN MUST LEAVE THE PARK!** A second ejection from a regularly scheduled league game will result in a minimum one – (1) year suspension.

12. PENALTIES: The referee will call all penalties.

****Pre game Delay of Game Penalty. Before each game teams must be on appropriate Home (East Side) and Visitor (West Side) sidelines and fans must be outside the Coaches/Players Box. If a team is in violation before the captains meeting, the referees will call a delay of game. After the toss, the team in violation will lose a down on offense or 5 yards assessed to the opponent if team in violation is on defense.**

a. **Defense:** Offsides – 5 yards.

Interference/illegal flag pull – 10 yards and automatic 1st down.

Illegal contact (holding, blocking etc.) – 10 yards.

Illegal rushing (starting rush from inside 7-yard marker) – 10 yards

Mouthpiece – 5 yards.

b. **Offense:**

Illegal motion (more than 1 person moving, false start, etc.) – 5 yards

Offensive pass interference (illegal pick play, pushing off/away defender) – 10 yds.

Flag guarding- 10 yards (from infraction) and loss of down

Delay of game – clock stops, 10 yards, and loss of down

Mouthpiece – 5 yards

c. Referees determine incidental contact, which may result from normal run of play. d. Only the team coach may ask the referee questions about rule clarification and interpretations.

Players/coaches cannot question judgment calls.

e. Games cannot end of a defensive penalty, unless the offense declines the penalty. f. **PASS ONLY ZONE PENALTY.** When the offense is in the pass only zone and is penalized and is moved out of the zone, then pass only rule does NOT take effect.

13. END OF SEASON TOURNAMENT

a. Tournament games may NOT end in a tie. Tie breaking rules are as follows:

Tie Breaker

a. After coin flip to determine first possession, teams will alternate 4 down series from the 20-yard line to get to the 10 yard line. A first down is possible and from there they will have 4 downs to score.

b. A winner is determined when one team scores during its possession and the other does not. (Federation rules). c. If a second overtime period is necessary, each team must then go for two points on the conversion attempts.