

MSSL FLAG FOOTBALL RULES

2016

1. Field
 - 7/8 grade 80 (long) X 40 (wide) yards, with two 10 yard end zones (100 yards total)
 - 5/6 grade 60 (long) X 40 (wide) yards, with two 10 yard end zones (80 yards total)
2. Equipment
 - Each offensive team may use a ball of its choice.
 - 5/6 grades are to use a Junior size ball
 - 7/8 grades are to use a regulation size ball.
 - If cleats are used they must be only rubber molded type.
3. Scoring
 - 6 points touchdown
 - 1 point conversion
 - 2 points safety
4. 8 players on a side
 - Defense - any formation
 - Offense - 5 on the line, 3 inside lineman not eligible to catch passes
5. Kicking - Kick offs
 - In order to prevent collision problems there is NO kickoff, the team receiving the ball will start on the twenty (20) yard line with a first (1) and ten (10). To begin the game a coin flip will determine which team receives the ball first.
6. Punts
 - Punts must be declared and completed.
 - Both offense and defense must have 5 men on the line
 - All offensive players need to hold their position until ball is in the air
 - Lineman may not go over the line of scrimmage to try and block the punt.
 - Punt return, ball must be caught or picked up cleanly off the ground; a muffed or fumbled ball is dead at that point.
7. Blocking
 - Offense: hands, arms, against body
 - Defense: may use hands
 - Neither may leave their feet
8. Passing
 - Ball may be thrown or handed forward from behind the line of scrimmage only; ball may be thrown laterally or backward from any point on the field.
9. Time
 - Two (2) twenty (20) minute halves.
 - Clock stops only for called timeouts and touchdown – doesn't run during conversions tries.
 - Two (2) timeouts per half. Time outs cannot be carried over to the next half.
10. Flags
 - "Sonic Boom" flags must be used.
 - No cross pulling
 - If a player drops their own flag in the open field, a hand tag stops play
 - There must be 3 flags per belt

- Flags must be in a contrasting color of player pants
 - Shirts must be tucked in at all times
 - A runner may NOT do a 360 spin to avoid a flag pull
11. Safety
- May be scored only when the offense has complete control of the ball beyond the goal line. End Zone flag pull of a punt return is a touch-back - ball comes out to the twenty (20)
- 12 Coaches
- 5/6 grades coaches may be on the field to help call plays but care must be taken that they do not interfere/obstruct the play.
 - 7/8 grade coaches must remain on the sidelines unless there is a time out when they are permitted on the field to talk to their players.
14. Penalties
- 5 yards -
 - Motion - one man OK laterally
 - Forward lateral beyond scrimmage (also loss of down)
 - Defensive holding (repeat down for offensive holding)
 - Off sides
 - Excessive time used to call plays (1 minute from the time the referee sets the ball)
 - 10 yards
 - Holding - offense, defense
 - Cross pulling flags
 - Unnecessary roughness
 - :Flag must be pulled from the side, defensive player may not block ball carrier to slow him down - if defensive player is well, set offensive player must go around him
 - Defense pass interference
 - :1st down at previous spot
 - Clipping
 - 15 yards -
 - Unsportsmanlike conduct
 - If a player pulls on any part of the offensive player clothing, and it is unintentional, it could be a 5 yard penalty. If the defensive player hold on, it will be a 10 yard penalty. If the referee feels it is deliberate to stop or slow a play, the referee can call it unsportsmanlike conduct and assess a 15 yard penalty
 - When a penalty occurs, the referee will let the play run, offensive team will have the choice of down or penalty.