



YOUTH FLAG FOOTBALL



Marist Jr. War Eagles

League Rules

Fall 2017



## **Marist Junior War Eagles 5 vs. 5 Flag Football Rules**

The Marist Jr. War Eagles Flag Football program is designed to celebrate the great sport of football in a non-contact environment and to foster the Marist ideals of sportsmanship, teamwork, dedication, responsibility and leadership on the playing field.

The flag football program is a 5-on-5 game format and is comprised of four teams at each grade level from 3rd through 6th grade. Teams practice for one hour and then play for one hour on Sunday afternoons during the flag football season. Games are played on the Marist high school football field (Hughes Spalding Stadium). Two games are usually played at the same time and each game takes place on opposite sides of the 50-yard line (see graphic on last page). The offensive team starts their possession at the 45-yard line and plays for a first down at the 25-yard line. If a first down is accomplished, the offensive team will have 4 more downs to score. Running and passing plays are allowed, however there are certain "no-running zones" on the field at 30-yard line and the 5-yard line. The offensive team cannot call a running play when the line of scrimmage is in a "no-running zone". The defensive team covers the receivers, rushes the passer, and pulls flags to make "tackles."

### **The Basics**

- First possession is determined by a coin toss. The winning team can choose to have the ball first or to wear/not wear the pinnie. One of the teams will always be required to wear a pinnie (supplied by Marist) to differentiate between offense and defense.
- There are no kickoffs. The offensive team takes possession of the ball at the 45-yard line and has four plays to reach the 25-yard line for a first down. Once a team crosses the first down mark, it has four plays to score a touchdown.
- If the offensive team fails to cross the first down mark or score a touchdown, possession of the ball will change and the other team will start at the 45-yard line.
- All possession changes, except for interceptions, start on the offense's 45-yard line. Interceptions can be run back for a touchdown if the interceptor crosses the 50-yard line. If the interceptor is tackled prior to the 50-yard line, they will be marked at the yard line that represents the distance they were to the 50-yard line (interceptor tackled at 30 yard line and had 20 yards to go to score at the 50 yard line; therefore, ball placed at 20 yard line going opposite direction).
- The game consists of two halves, each 20 minutes long. Possession changes in the second half to whichever team started the game on defense.
- Field dimensions are: 50 yards long X 35 yards wide (sideline to outside hash line as indicated by orange cones).

### **Inclusivity:**

The league currently does not mandate equal playing time amongst all players on a team, but heavily encourages the coaches to take the responsibility to exercise leadership, fairness and sportsmanship to level their team's playing time through individual substitutions or team substitutions.

To promote fairness, a single player is not allowed to play the quarterback position for over ½ of the game. It's recommended to use 5 players on offense and 5 different players on defense and then switch that at halftime.

### **Players/Game Schedules**

Teams must have at least four players on the field at all times.

Teams consist of 8 to 10 players - five players on the field at once.

### **Timing/Overtime**

- Games are played in two 20-minute halves with a running clock. Clock will stop in the last minute of each half between plays.
- 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.
- Teams have 2 timeouts per half. One 60-second and one 30-second.
- Officials will stop the clock at their own discretion.
- *There is no over time in the regular season.*

### **Scoring**

- Touchdown: 6 points
- Extra point: 1 point (played from 5-yard line-Pass) or 2 points (played from 12-yard line Run or Pass)
- Extra Point Attempt Return: 2 points
- Safety: 2 points
- Forfeits: Any forfeit will be scored as 7-0 for the non-forfeiting team

*Please remember that scoring is part of the game but not the main focus; always place the kids before the win!*

### **Running**

- The quarterback cannot advance the ball past the line of scrimmage.
- The center is not an eligible running back.
- A player that takes the ball from the original QB can throw the ball as long as he's behind the line of scrimmage.
- Once the QB has given the ball to another offensive player, all defensive players can rush.
- Offensive players cannot leave their feet to avoid a defensive player. (No diving).
- The ball is spotted where the ball carrier's FEET are when the flag is pulled, not where the ball is.

### **Receiving**

- All players are eligible to receive passes (including the quarterback if the ball has

been handed off behind the line of scrimmage).

- No self-passes are allowed.
- Only one player is allowed to be in motion at a time.
- Receivers must have at least one foot in bounds in order to complete a reception.
- If a player has one foot inbounds and one foot out of bounds at the same time, the pass is ruled incomplete.

### **Passing**

- We are allowing passes both across and behind the line of scrimmage. In either situation, if the ball hits the ground, it is ruled incomplete.
- Shovel passes are allowed.
- Interceptions will change possession of the ball at the end of the run back.
- Interceptions are the only changes of possession that do not start on the 45-yard line.

### **Dead Balls**

Substitutions may be made on any dead ball.

Play is ruled "dead" when:

- Ball carrier's flag is pulled
- Ball carrier steps out of bounds
- Touchdown or safety is scored
- Ball carrier's knee hits the ground
- The ball is fumbled and hits the ground (with the only exception being when the quarterback fumbles the snap, he may pick it up and continue the play unless the ball is touched by another offensive or defensive player)
- Ball carrier's flag falls off

\*\*Note: There are no fumbles. The ball is spotted where the ball hits the ground (with the only exception being the center/quarterback exchange)

\*\*Note: There are no kickoffs, and no blocking is allowed.

### **Rushing the Quarterback**

All Players can rush the quarterback. In order to rush the quarterback, players must be seven yards behind the line of scrimmage before the snap. Players not rushing may play on the line of scrimmage.

Once the ball is handed off or thrown, the seven-yard rule is no longer in effect and all players may cross the line of scrimmage. A special marker, or the referee, will

designate seven yards from the line of scrimmage.

No blocking or tackling is allowed.

### **Sportsmanship/Roughing**

If a commissioner or referee witnesses any acts of tackling, elbowing, shoving, blocking, cheap shots, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. FOUL PLAY IS NOT TOLERATED.

There will be no trash talking or taunting. Offensive language will be determined by the officials (trash talk is talk that may be offensive to officials, coaches, other players, teams or spectators). If trash talking occurs, the referee, at his discretion, can eject a player from the game.

### **MERCY RULE:**

If a team is leading by 18pts or more, the following will happen:

1. Leading team must attempt 1pt conversion ONLY after a touchdown (No Run Zone)
2. If the team leading by 18pts or more intercepts the football, then the play is blown dead and the ball goes back to the line of scrimmage.
3. The team that is behind by 18pts or more will start their possessions at the 30-yard line and will have 4 plays to advance the ball to the 25-yard line. (interceptions are still live for this team).
4. Rules above become invalid once the point differential is 17pts or less.
5. Leading team must change quarterback every possession until every player has played the position

### **Defensive Penalties**

- Offside -- 5 yards and replay the down
- Pass Interference -- 10 yards and automatic first down
- Illegal contact (holding, blocking, etc.) -- 5 yards and repeat the down
- Illegal flag pull (before receiver has possession) -- 10 yards and repeat the down if pass is missed. 10 yards added if caught.
- Illegal rushing (starting rush from inside 7-yard marker) -- 5 yards and repeat the down
- Substitution fouls (player enters field after ball is blown ready for play, i.e. to deceive opponents, or 6 players on the field) -- 5 yards and repeat the down
- Interference with opponent or ball at the snap -- 5 yards and repeat the down
- Defensive holding -- 5 yards from the point of the foul, repeat the down. This includes unintentional grabbing of the shirt instead of the flag in a manner that stops or slows down the momentum of the runner.

- Defensive tackling (unintentional)- 10 yards from the point of the foul, repeat the down -player received warning (Official Discretion)
- Defensive tackling (intentional)- 5 yards from the point of the foul, repeat the down -player is removed from the game (Official Discretion for excessive yardage)

### **Offensive Penalties**

- Delay of game -- 5 yards and replay down
- Substitution fouls -- 5 yards and replay of down
- Illegal motion (more than one person moving, etc.) -- 5 yards and replay down
- False Start -- 5 yards and replay down
- Offensive holding -- 5 yards and loss of down
- Illegal touching (if player goes out of bounds, player cannot return to the field and catch ball) – incomplete pass
- Illegal forward pass (pass thrown in front of line of scrimmage) --loss of down
- Offensive pass interference (illegal pick play, pushing off/away defender) -- 5 yards and loss of down
- Flag guarding (carrying ball close to flag in an effort to guard or stiff-arms) -- 5 yards from the point of foul and loss of down
- If offensive team receives an offensive penalty while in "No Run" Zone and the penalty moves the team out of the "No-Run" Zone, the offensive team must PASS the ball until they have moved beyond the "No -Run" Zone.

### **Attire**

- Cleats are allowed, except for metal spikes. Inspections will be made.
- All players MUST wear a protective mouthpiece; there are no exceptions.
- No pockets on shorts. Shorts with pockets are allowed, but pockets must be taped shut. Duct tape should be available at concession stand.
- No hats with brims or bills are allowed.
- The official Marist Junior War Eagles jerseys must be worn during play. Pinnies will be required for one team during each game.

### **Playoffs**

Seeding Playoffs - Teams will be placed in a single elimination format with the highest seeded team playing the lowest seeded team and so on. In a four team league, #1 will play #4 and #2 will play #3. Winners will play in championship.

Tiebreakers for Post Season - Tiebreakers will be in the following order:

1. Head to Head Competition
  2. Records against the common opponent that is the highest seed.\*
  3. Coin Flip
- \* Point differential will not be considered to avoid teams running up scores

Overtime (Playoffs Only) - If the score is tied at the end of 40 minutes, teams move directly into overtime (only in the playoffs).

- Coin flip will determine possession
- Each team will get one possession (4 downs) starting at mid-field
- Team must score and stop opponent in order to win.
- First possession will flip as rounds of overtime continue
- Continue until winner is determined.

### Playing Field

The playing field is 50 yards in length and 35 yards wide with a 10-yard end zone. The 50-yard line acts as the end zone for interception returns only.

