



**Millard United Sports
PreK/K and 1st Grade Flag Football
2019 Rule Book**



MILLARD UNITED SPORTS FLAG FOOTBALL

K-1st grade DIVISION RULES (7 v 7)

FIELD DIMENSIONS

Players will play on a field which is 30 yards (5 yards per endzone) in length and 21 yards in width.

NUMBER OF PLAYERS

Each team should start the game with seven players; a minimum of six is needed to avoid a forfeit.

NUMBER OF COACHES

Each team is only allowed three coaches on the sideline. First offense is warning. Second offense is automatic 10 yard penalty.

MANDATORY PLAY

Coaches will adhere to Mandatory Play Rules as established by the organization.

LENGTH OF GAME

Playing time shall be 40 minutes, consisting of four quarters of 10 minutes. During the 1st and 3rd Quarters, the home team will be on offense. During the 2nd and 4th Quarters, the visiting team will be on offense. There will be a 3-minute break between quarters. The offensive team will start each possession at their 10-yard line. When the offensive team scores, fails to make a first down, or turns the ball over, they will start a new possession at their 10-yard line.

LINE OF SCRIMMAGE

The offensive team must have a minimum of four players (two Guards and one Center are required) on the line of scrimmage. Once the center has placed his hands on the ball, no offensive player may be in motion. The defensive team must place at least two linemen over the offense's Guard/Center/Guard (but not head-up on Center)

OFFENSE

The center and guards cannot advance the ball. The snap must go through the center's legs.

FORWARD PASSES AND INTERCEPTIONS

If a player is in the air attempting to catch a ball, the player must contact the ground with at least one foot in-bounds with the ball in their possession prior to going out of bounds, unless contact by an opponent causes the player to first touch out-of-bounds. If possession of the ball is lost simultaneously when they hit the ground, it is not a catch. If a forward pass is caught simultaneously by members of opposing team, the ball is dead at that spot and belongs to the team that snapped the ball. Clean interceptions may be advanced by the defense. At the completion of the play, the offensive team will start a new possession at their 10yd line.

BLOCKING

Blocking shall take place **with a reasonable amount of engagement**, but no displacement of the defensive player. No grabbing, No pulling, No contact above the shoulders, No hands to face, No unnecessary roughness (as determined by refs).

PASS INTERFERENCE

It is pass interference if an eligible receiver is deflagged or touched prior to touching the ball on a pass thrown beyond the offense's line of scrimmage. Pass interference on the defense is a 10-yard penalty and first down. Pass interference on the offense is a 10-yard penalty and loss of down.

STIFF ARMING

Stiff arming is not allowed.

OFFSIDES

A 5-yard penalty will result if any player lines up in the neutral zone or crosses the line of scrimmage prior to snap of ball.

GUARDING THE FLAG BELT

Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. Flag guarding will result in a 5-yard penalty. Flag guarding includes:

1. Swinging the hand or arm over the flag belt to prevent an opponent from deflagging.
2. Placing the ball in possession over the flag belt to prevent an opponent from deflagging.
3. Lowering the shoulders in such a manner which guards the flag.

DEFENSIVE RUSHING/BLITZING

No Blitzing is allowed. Defensive players are not to cross the LOS until 1) the QB has handed the ball off or 2) the QB has become the ball carrier by crossing the LOS or running outside of the tackle box. The offensive team has seven seconds to complete a handoff, pass, or QB run across the LOS. The on-field coach for the defensive team shall give a verbal "Red Light" and "Green Light" call to aid players in knowing when they can cross the LOS.

OBSTRUCTING THE RUNNER

A defensive player shall not hold, grasp, or obstruct the forward progress of the runner when attempting to remove the flag belt. The defense will be penalized 5 yards.

THE FLAG BELT

All shirts must be tucked in and are not permitted to hang over the flag belt. Players must have possession of the ball before they can legally be deflagged. It is illegal for a defensive player to intentionally pull a flag from an offensive player who is not in possession of the ball. In cases where a flag belt is removed illegally, play will continue until a legal flag pull is made. A 10-yard penalty will be added to the end of the play.

SAFETY

If an offensive player carries the ball across their own goal line and the ball becomes dead while in their possession, it is a safety. If a team commits a foul in the end zone where the spot of enforcement is designated as the spot of the foul, it will be declared a safety. A team recording a safety will receive the ball at their own 10-yard line.

PERSONAL FOULS

A personal foul will result in a 10-yard penalty: Officials have the discretion to remove a player or coach from the game. Any act listed below, or any other act of unnecessary roughness, is a personal foul.

1. Tripping an opponent
2. Throwing the runner to the ground
3. Making any contact with an opponent deemed unnecessary
4. Clipping
5. Taunting
6. Throwing equipment at opposing players
7. Tackling the runner or opposing players
8. Unsportsmanlike conduct, such as foul language, gestures, spitting, etc.

ZERO TOLERANCE WILL BE ENFORCED

All parents are required to remain on the opposite side of the players and coaches' sideline with the exceptions of:

1. Attending an injury if directed by the coach; or
2. If the field layout prevents this from occurring (a boundary, in the form of a red line will be provided).

At no point before, during, or after the game are any parents allowed on the playing field or players and coaches' sideline. If violated, the team and all players will be in jeopardy of being removed from the league. This must be addressed at your parent meeting because there will be no warnings.

PENALTIES

Spot Fouls

1. Stripping: 5 Yards from the Spot of the Foul
2. Flag Guarding: 5 Yards from the Spot of the Foul
3. Charging: 10 Yards from the Spot of the Foul
4. Def. Unnecessary Roughness: 10 Yards from the Spot of the Foul
5. Off. Unnecessary Roughness: 10 Yards from the Spot of the Foul

Offensive Penalties

1. Offside / False Start: 5 Yards from the Line of Scrimmage
2. Illegal Forward Pass: 5 Yards from the Line of Scrimmage
3. Holding: 5 Yards from the Spot of the Foul
4. Offensive Pass Interference: 10 Yards from the Line of Scrimmage
5. Illegal Motion: 5 Yards from the Line of Scrimmage
6. Delay of Game: 5 Yards from the Line of Scrimmage

Defensive Penalties

1. Roughing the Passer: 10 Yards from the Line of Scrimmage & Automatic First Down
2. Illegal Flag Pull: 5 Yards from the End of the Play
3. Illegal Rush: 5 Yards from the Line of Scrimmage – choice of taking result of play or replay down.
4. Encroachment: 5 Yards from the Line of Scrimmage & Replay Down
5. Defensive Pass Interference: 10 Yards from the Line of Scrimmage
6. Defensive Holding: 5 Yards from the Line of Scrimmage – choice of taking result of play or replay down.

POINTS OF EMPHASIS

1. MUS has a **ZERO TOLERANCE POLICY** with all coaches and parents.
2. Offense possession will start at the 10-yard line at the start of the game as well as halftime and after every touchdown.
3. A first down is at 10 yard increment, **NO CHAINS NEEDED!**
4. Only one coach on the field at one time per team. Parents must remain off the field.
5. Mouthpieces are mandatory. A player without a mouthpiece will not be allowed to participate. Soft-shell helmets, consisting of only padding and without any rigid elements will be allowed.
6. No jewelry or bracelets, etc . . . allowed.
7. Coaches (on or off the field) will receive one warning from the referees regarding conduct. The second warning will result in an ejection from current game and subsequent game. Multiple first warnings in multiple games constitute a trend which will result in additional action on behalf of the organization.
8. In the event of a call or ruling that is being questioned, the coach on the field can ask for a one-on-one with the head referee away from the players. Clock does stop when discussing calls.
9. The ball will be put into play when indicated by the referee.
10. Parents will not approach ref(s) at any time regarding any rules potential conduct violations or complaints.
11. Parents should funnel all rules, conduct violations and complaints to the head coach who will forward to appropriate MUS Representative.
12. In the event a parent has issues with own team, coach or parents, please refer to code of conduct procedures.

*Yellow Highlight denotes 2019 Rule Change