



MUDSOCK YOUTH FOOTBALL LEAGUE

Modifications for Flag Football

Revised July 2023



Proud partner of:

Code of Conduct:

All non-tackle



league rules apply

to the Flag divisions including the Coaches Code of Conduct. Coaches and parents should review the league rules and the Code of Conduct – see <https://football.myathletics.com/>

A. Equipment:

1. Mouthpieces Required. All players will wear mouthpieces while the game is in play.
2. Only molded plastic cleats are. No screw in cleats or baseball spikes are allowed.
3. All players must wear league issued flags while they are participating on the field. The flags must be on the players' hips. All shirts/jerseys must be tucked in the players' pants.
4. Gym shorts are the expected attire.
5. A Mini Sized football will be used for this league.

B. Practice:

1. Coaches will be given a list of approved fields for practice, only these fields can be used.
2. Each team is permitted five (5) practices before the first game. Once the season begins two (2) practices per week are permitted. No exceptions.
3. There will be no Sunday practices.
4. There will be a 90-minute time limit for practices; most should be about 60 minutes.

C. School Facilities:

Each head coach and all parents are responsible to have their team clean up the game field and practice area after each practice and game. We are guests at all school facilities – please respect all school property

D. Playing Time:

1. Each player must start one side of the ball and play the entire game (e.g. if a player does not start and play on offense, he must start on defense).
2. Substitutions are encouraged so players get experience on both sides of the ball, but the coaches are required to ensure all players have equal playing time.
3. Each player should get a chance to run the ball every game.
4. A carries sheet will be collected by the league to ensure that all players have a chance to carry the ball during a game. (It is a goal of the league to try and get every player a touchdown.)

E. Game Length:

The game will consist of two 25-minute halves with a continuous running clock. Half time will be five (5) minutes. An airhorn will sound for the start of play, at half time, resumption of play after half time and at the end of the game.

F. Game Rules

a. Starting the Game:

A coin toss will determine who starts on offense. The other team will start the second half on offense.

The game and the second half will begin with the ball at the 40-yard line.

a. Coaching:

Two coaches will be allowed on the field with their team during play, one for the offense and one for the defense. These two coaches will also act as referees. Penalty yardage will not be marked off against the offending team. An offensive penalty will result in a loss of down and a defensive penalty will result in a re-playing of the down. It is the coach's/referee's responsibility to explain to the players the rules infraction that occurred.

b. Contact:

Understanding that there will be some level of contact in flag football, intentional contact is prohibited. Players may run a route or run downfield but are not allowed to initiate any sort of contact with defenders. Players on offense cannot interlock hands or arms nor create a moving circle around the ball carrier.

c. Tackling:

Tackling is prohibited. The player is considered "tackled" or down when the flag is detached from the belt, the flag falls off or the players' knee touches the ground.

G. Offensive Rules:

At least 3 offensive players are required to be lined up on the line of scrimmage.

All players are eligible to receive a pass, whether or not lined up on the line of scrimmage. Inside receivers who are lined up on the line of scrimmage are not deemed ineligible even if covered up by an outside receiver who is also lined up on the line of scrimmage.

Players are not required to be in a 3-point stance. The QB will snap the ball by placing the ball on the center's back and calling the cadence. When the ball is removed, the play is live.

- The QB may not run the ball, but may either hand off or pass the ball after receiving the snap.
- Lateral passing and toss hand-offs are permitted, but only one forward pass is allowed per play
- The QB has 7 seconds to pass the ball. If ball is not released in 7 seconds, the play is blown dead.
- Every active player must be given the opportunity to run the ball at least once per half.
- No player may run the ball on consecutive carries.
- Players without the ball may not make physical contact with an opposing player.
- A player may not use hands to block on offense.
- Ball carriers may spin but must maintain one foot on the ground; no jumping, diving, or lunging with both feet off the ground is permitted.
- Ball carriers may not flag guard, stiff arm, or intentionally run into a defender.
- When modified fields are used, markers are placed in 10-yard increments:

Regardless of where the ball is stopped on first down, the next marker is the first down marker. So a first and less than 1 yard can exist if after achieving a first down, the ball is stopped one yard short.

- Play is blown dead if a ball carrier fumbles the ball. Offense will retain possession at the point where the ball was dropped.

H. Defensive Rules:

- There is a natural 5-yard neutral zone between the football and the defensive line of scrimmage. At least 3 defensive players are required to be lined up on the defensive line of scrimmage.
- A defensive player may not cross the line of scrimmage until:
 - (1) the QB hands off or laterals the ball to a ball carrier; and/or
 - (2) the QB releases a pass.
- A defensive player cannot hold or push a ball carrier. No defensive player can initiate contact or run into a player.
- A defender who has de-flagged a ball carrier will stand in place where he/she pulled the flag and, with good sportsmanship, return the flag to the ball carrier.
- A defender may intercept a pass and return the ball. The intercepting team will begin a new offensive possession at the 40 yard line.
- A defender may not strip the ball away from a ball carrier.
- A defender may not leave his feet to dive for a flag pull. A defender may naturally fall down during the flag pulling attempt.
- If defender rushes QB or breaks the line of scrimmage prior to:
 - 1) the handoff being complete; or
 - 2) a pass attempt is made;

the play will be blown dead, and the down should be repeated from the original line of scrimmage.

I. Scoring:

There will be no score kept for the flag games. While no scoring is kept, after a touchdown, a team may choose to attempt a “two-point conversion” with the intended purpose of attempting to allow a player who has struggled to score an opportunity to do so.