

MJFA – Flag 1 Football Rules

Fall 2025

GAME CONCEPT:

This program is designed to teach the offensive fundamentals of ***Passing & Receiving*** and the defensive fundamentals of ***Coverage & Pursuit***.

- ✚ The offensive team plays for a first down at midfield and a touchdown in the end zone. Passing and running plays are allowed. No limitations for Flag 1.
- ✚ The defensive team covers receivers and pulls flags to make “tackles.”

The Basics

- A coin toss determines first possession.
- Teams change field sides after the first 20 minutes. Possession changes to loser of coin toss.
- The offensive team takes possession of the ball at its own 5-yard line, having four downs to cross midfield, and once a team crosses midfield, they have four downs to score a touchdown; *which defines an offensive series*.
- If the offensive team fails to cross midfield within 4 downs, possession of the ball changes and the opposing team starts its drive from their own 5-yard line.
- If the offense fails to score within an offensive series, possession changes and the opposing team starts its drive from their own 5-yard line.
- All possession changes, except interceptions, start on the offense’s own 5-yard line. Interceptions are live and may be run back.
 - The ball will never be placed inside the offensive team’s own 5-yard line, regardless of sacks or penalties.
- Flag 1 Field dimensions are 50 yards long X 30 yards wide.
- When going for 2 the ball will be placed on the 5 yard line.

Game Schedules / Players / Team Size

- Game Schedule will be determined by the number of Teams in each division and will be subject to review and adjustment prior to the start of each season.
 - A supplemental document will be issued
- The Team selection / assignment process will be subject to review and adjustment prior to the start of each season.
 - A supplemental document will be issued
- Teams size: Flag 1 is **5-on-5**
- For **5-on-5**, teams must field a minimum of four players at all times. If a team only has three players, the team will forfeit.
- 50% Playing rule is in effect. Players **must** start on offense or defense and coaches must make a “reasonable effort” to ensure 50% playing time.

Game Clock / Overtime

- Game timing rules are as follows:
 - 4 – 10 minute quarters with a running clock
- The Play Clock by age group is:

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- Flag 1 – 45 seconds
 - Teams will receive a warning before being penalized for delay of game
- Each team has two 60-second time-outs per half.
- Coach from each team will be the Official, and can stop the clock at their discretion.
- In the event that a game must be called for any reason, including inclement weather, the game will count as an official game if at least the 1st half was completed.

Scoring

- *This section does not apply to Flag 1, as scores will not be recorded for Flag 1.*

Running

- Flag 1 is not limited to the number of running plays per offensive series; however, passing attempts are encouraged.
- The quarterback is eligible to run the ball.
 - The quarterback is defined as the player that receives the snap from the center.
 - Handoffs, whether direct, tossed, pitched or otherwise delivered with an underhand motion that are behind the line of scrimmage are permitted, as these are considered running plays
- Once the ball has been handed-off or pitched or tossed, all defensive players are eligible to rush or otherwise run past the line of scrimmage.

Receiving

- All players are eligible to receive passes (including the quarterback if the ball has been handed off backward or lateralled behind the line of scrimmage).
- Only one player is allowed in motion at a time.
- A player must have at least one foot in bounds when making a reception.

Passing

- Forward passes shall be the primary pass utilized.
 - A forward pass is defined as a pass thrown from behind the line of scrimmage to a receiver who is closer to the opponent's end line than the passer.
 - This type of pass is executed with a predominately above the shoulder & overhand motion; however, "sidearm" style motions are acceptable.
- Lateral passes, aka screen or flare passes, are permitted provided the quarterback/ passer throws with a predominately above the shoulder & overhand motion or "sidearm" motion.

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- Interceptions change the possession of the ball at the end of the run back. Interceptions are the only change of possession that do not start on the 5-yard line.

Snapping the Ball

- Fumbled snaps are considered “Dead Balls”, you will replay of down.
- Direct center to quarterback snaps and shotgun snaps are permitted.
 - Side-Snaps are permitted in Flag 1.
- A no huddle or “hurry up” offense is prohibited.

Dead Balls

- Substitutions may be made on any dead ball and the play clock will not be delayed for substitutions.
- Play is ruled “dead” when:
 - Ball carrier’s flag is pulled
 - Ball carrier steps out of bounds
 - Points are scored (e.g. Touchdown, Safety)
 - Ball carrier’s knee hits the ground
 - Ball carrier’s flag falls off
 - Incomplete Pass
 - Penalty is called

Rushing the Quarterback

- No rushing/ blitzing of the quarterback in Flag 1.
- Once the ball is handed off, all players can cross the line of scrimmage.

Sportsmanship / Penalties

- If the referee witnesses any ***intentional*** unsportsmanlike conduct by any Player, the Player will be ejected from the Game.
 - *Examples of unsportsmanlike conduct include, but are not limited to tackling, elbowing, pushing players down, blocking.*

Unsportsmanlike Conduct will not be tolerated.

- Officials have the right to determine offensive language. If offensive language occurs, the referee will give one warning. If it continues, the player, players, coach, coaches, spectator, spectators will be ejected from the game.
- **Disciplinary actions will be governed by MJFA Rules and Policies already established. This includes coaches conduct.**

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Officiating

- One coach from each team will act as an official.

Attire

- **General Attire will be governed by MJFA Rules and Policies already established**
- **All players MUST** wear a mouthpiece during practices and games; no exceptions.
- No pockets, belt loops, or other hoops on shorts (safety concern)
- Shorts cannot be the same color as the flags used by the league for the teams.
 - Players violating this on Game day may be held out of the game. This will be at the discretion of the official(s), Director or his designee.
- Only stocking type hats are permitted, No “baseball” type hats.
- Tackified gloves are permitted (additional substances added to gloves to enhance grip is not permitted).
- Only official game jerseys can be worn during games
- Only official League Provided flags may be used for games
 - Flag belts must be worn on the outside of the clothing and no part of the jersey may cover up the flag belt.

Weather

- **Weather related decisions will be governed by MJFA Rules and Policies already established.**
- Cancellations & Notification of cancellation will be issued as soon as a decision is reached.

Practice

- Practices are to be within Marysville city limits, and shall consist of up to 1.5 hours of instruction.

Ball Size

- Flag 1 – Pee Wee (K2) Size

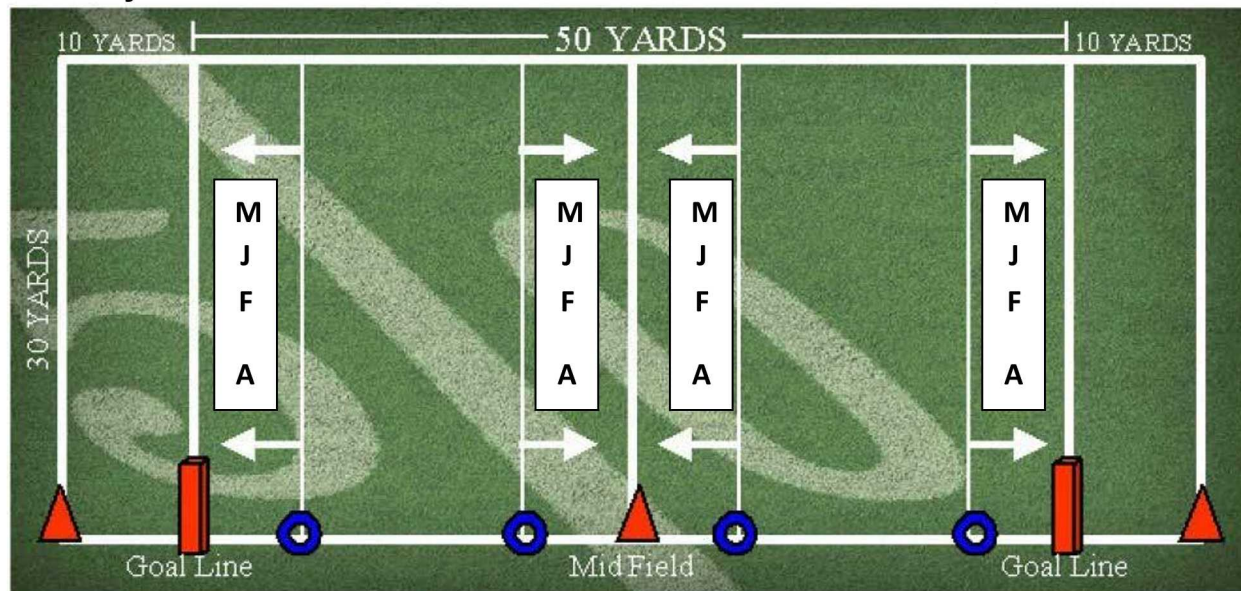
Coaches Guidelines

- Flag 1 - Two coaches per Team are allowed on the field at all times & must make every reasonable effort to avoid interfering with the game.
- Flag 1 Coaches should help players with alignment & to keep the pace of the game. Flag 1 Offensive Coach will allow the Defensive Coach/ Team the opportunity to get properly aligned before snapping the ball.
- Sideline Coaches may communicate with Players at any time.

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Field Layout



****The field layout shown above may not be exact depending upon field space used or team size.***

For Flag 1, the field is 50 yards long by 30 yards wide.

End Zones are a minimum of 5 yards to a maximum of 10 yards long, depending on space used.