

MCAS Youth Flag Football Rules (Ages 4 and 5)

MCAS Yuma Flag is a six on six game. The offensive team plays for a first down at midfield and a touchdown in the end zone. Running and passing plays are allowed, although there are “no-running zones” at midfield and near each goal line. The defensive team covers receivers, and grabs flags to make “tackles.”

- . Away team will have first possession.
- . The offensive team takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, it has four (4) plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- . If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- . All possession changes, except interceptions, start on the offense’s 5-yard line.
- . Teams change sides after the first 20 minutes, but possession does not change. The clock will stop for 5 minutes.

Players/Game Schedules

- . Teams must field a minimum of five (5) players at all times.
- . Teams consist of 6 or more players (6 on the field with the rest substitutes).
- . All games will be played at field 425.
- . **All games will start on time.**

Timing/Overtime

- . Games are played to 40 minutes running time.
- . Each time the ball is spotted a team has 30 seconds to snap the ball.
- . Each team has one 60-second time out and one 30-second time out per half.

Scoring

Touchdown: 6 points

Extra point: 1 point (played from 5-yard line) 2 points (played from 12-yard line)

Safety: 2 points

Running

- . The quarterback cannot run with the ball.
- . Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.
- . Absolutely NO laterals or pitches of any kind.
- . “No-running zones,” located 5 yards from each end zone and 5 yards on either side of midfield are designed to avoid short-yardage, power-running situations.
- . The player who takes the handoff can throw the ball from behind the line of scrimmage.
- . Once the ball has been handed off, all defensive players are eligible to rush.
- . Spinning is allowed, but 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).
- . As in the NFL, 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

- . All passes must be forward and received beyond the line of scrimmage.
- . Shovel passes are allowed but must be received beyond the line of scrimmage.
- . The quarterback has a Ten-second “pass clock.” If a pass is not thrown within the Ten seconds,, play is dead, loss of down. Once the ball is handed off, the Ten-second rule no longer is in effect.
- . Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5-yard line.

Dead Balls

- . The ball must be snapped either between the legs, or off to one side, to start play.
- . 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.
- . At the point of an interception (interception returns are not allowed).
- . Ball carrier’s knee hits the ground.
- . Ball carrier’s flag falls out.

Note: There are no fumbles. The ball is spotted where the ball hits the ground.

Rushing the Quarterback

At this age level rushing the passer is not allowed, however the quarterback has to pass the ball within ten seconds, or the ball is dead and loss of down. Once the ball is handed off, all defenders may go behind the line of scrimmage. Remember, no blocking or tackling is allowed.

Sportsmanship/Roughing

If the Coaches witness any acts of tackling, elbowing, cheap shots, blocking, or any unsportsman-like act, the game will be stopped and the player will be ejected from the game.

FOUL PLAY WILL NOT BE TOLERATED

Trash talking is illegal. Coaches have the right to determine offensive language. (Trash talk is talk that may be offensive to opposing players, teams, or spectators.) If trash talking occurs, the Coaches will give one warning. If it continues, the player or players will be ejected from the game.

Penalties

The Coaches will call all penalties.

Defense:

Off side's -- 5-yards and automatic first down.

Interference: -- 10 yards and automatic first down.

Illegal contact (holding, blocking, etc.) --- yards and automatic first down.

Illegal flag pull (before receiver has ball) --- 10 yards and automatic first down.

Illegal rushing (All play is stopped and down is replayed).

Offense:

Illegal motion (more than one person moving, false start, etc) --- 5 yards and loss of down.

Illegal forward pass (pass received behind line of scrimmage) --- 5 yards and loss of down.

Offensive pass interference (illegal pick play, pushing off/away defender) --- 10 yards and loss of down.

Flag guarding --- 10 yards (from line of scrimmage) and loss of down.

Delay of game ---clock stops ---10 yards and loss of down.

Coaches determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.

Games cannot end on a defensive penalty, unless the offense declines it.

Attire

No metal Cleats are allowed, Inspections must be made. All players must wear a protective mouthpiece. There are no exceptions.

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

Rule Clarifications

The No Running Zones apply “going in”.

That is, mid-field (25 yard line) to 20 yard line and the 5 yard line to goal.

Running – Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving). Players are allowed to dive as part of an attempt to catch a pass.

Diving - Diving is allowed to make a play on the ball; however, it is **NOT** allowed to make a play on a flag.

ADMINISTRATIVE GUIDELINES

- . **Playtime** – Equal participation is part of MCCS Youth Sports philosophy, so coaches must be able to make each player feel he or she is an important part of the team. Policy requires coaches to play any player that attends at least one practice in a week. Coaches are asked to do their best to balance playtime as much as possible.
- . **Practices** - In keeping with the fun spirit of our program, highly recommend only one practice per week. Coaches may NOT require more than 2 practices per week. Little Pro practices should not be scheduled for more than 60 minute a practice. Junior Pro and Pro practices should not be scheduled for more than 90 minute a practice.

Coaches and Assistants are allowed on the Field

Tobacco Products - Tobacco products are strictly prohibited for use by coaches during practices and games.

Trash Pick- Up – Please ensure that all trash is picked up and disposed of properly.

REMEMBER OUR GOLDEN RULE -- HAVE FUN !!!