**MYSA 2020 8 on 8 Flag Football Rules**

**Field Dimensions:**

Field Length will be 50 yards. 40 yard playing field with a 10 yard end zone.

**Starting Each Game:**

1. A coin toss will determine which team gets the ball first. That team will begin possession of the ball on the 40 yard line with their choice of harsh mark.
2. A whistle will begin each game.
3. 10-12 year old’s game will be 50 minutes (25 minutes per half) with running clock with a 5 minute half time.
4. 7-9 year old’s game will be 40 minutes (20 minutes per half) with running clock with a 5 minute half time.
5. 4-6 year old’s game will be 30 minutes (15 minutes per half) with running clock with a 5 minute half time.
6. Official will declare when the clock is under 2 minutes.
7. The clock will never stops, with the exception of an injury or referee timeout.
8. A whistle will end each game.
9. Helmets must be worn at all times by all players.

 **Moving the Ball:**

1. Offense always starts on the 40 yard line with their choice of the hash after a change of possession.
2. All Snaps must be in shotgun form.
3. Offense has four (4) downs to gain a first down. First down markers will be at the 30, 20 and 10 yard lines. Each time you reach the marker it you will be awarded a first down. \*\*Example it could be 1st and 2 yards to go\*\*
4. Once inside the 10 yard line, the offense has 4 downs to score a touchdown.
5. The first person to control the football is considered the QB and is never eligible to run the ball.
6. The offense may run the ball as many times as they want on any down during the game. The QB is allowed to make one exchange (ex. Pass, handoff or toss). No toss passes, reverses or hook and ladder.
7. Defensive players cannot cross the line on a run play until the quarterback hands the ball off to the RB.
8. The QB can NEVER run the ball. The quarterback <UST release the ball from behind the line of scrimmage or it will be call an illegal forward pass.

 **Coaching your Team:**

1. Only 1 coach on the field at a time.
2. The coach must be behind all active players.

 **Special Rules:**

1. **No Blitzing Allowed**- If a team blitz’s, they will be penalized 15 yards, un-sportsman like plenty.
2. No Blocking.
3. Face guarding is allowed
4. Blocking will result in a loss of down, return to the previous spot.
5. Ball carrier is legally down when the flag is pulled, knee/elbow touches or the football touches the ground.
6. A defender **CAN** leave his feet to grab a flag except in the 4-6 age group.
7. The offensive player can leave his feet to advance the ball or to avoid getting his flag pulled except in the 4-6 age group.
8. Fumbles (Including snap) are dead balls at the spot with the last team in control retaining possession at the spot.
9. The offensive team will have 20 seconds to put the ball into play. Delay of game is a loss of down.
10. 4-6 age group will get 25 seconds to get the ball in play.
11. Defensive pass interference will result in a 15 yard plenty and an automatic first down.
12. Defensive holding will result in a 10 yard penalty and repeat the down.
13. Offensive pass interference will result in a return to the previous spot plus a loss of down.
14. The QB is allowed 5.0 seconds to throw the ball. Referees will stop the play if the 5.0 is surpassed.
15. An interception will result in an immediate stoppage of play and a change of possession that will start at the 40 yard line.
16. A game cannot end on a defensive penalty. If this occurs, the offense will have a untimed down if time has expired.
17. The offensive (wide receivers) has to line up outside of the tackle box, and one receiver has to be on the line on each side.

 **Point Values:**

1. Offensive touchdown = 6 points. After the touchdown, the team **MUST** elect to go for 1 point from the 5 yard line or 2 points from the 10 yard line.

 **Penalties:**

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| **Offensive Penalties** | **Assessed** | **Result** |
| False Start/ Illegal Motion | Line of Scrimmage | Loss of Down |
| Delay of Game | Line of Scrimmage | Loss of Down |
| Illegal Forward Pass | Line of Scrimmage | Loss of Down |
| Blocking | Line of Scrimmage | Loss of Down |
| Pass Interference | Line of Scrimmage | Loss of Down |
| Unnecessary Roughness | 15 Yards- LOS | Loss of Down |
| Un-Sportsman Like | 15 Yards | Loss of Down |

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| **Defensive Penalties** | **Assessed** | **Result** |
| Encroachment/Neutral Zone | 5 Yards | Repeat Down |
| Holding | 10 Yards | Repeat Down |
| Pass Interference | 15 Yards | First Down |
| Unnecessary Roughness | 15 Yards | Line of Scrimmage |
| Illegal Participation | 5 Yards | Repeat Down |
| Un-Sportsman Like | 15 Yards | First Down |

**PLEASE HELP US KEEP THE FIELD CLEAN; EACH TEAM IS RESPONSIBLE FOR CLEANUP OF WATER BOTTLES AND TRASH ON THEIR OWN SIDELINES. THANK YOU!**