

MYSA Flag Football Rules

1. Teams will play 11 players (minimum 9). Seven offensive players must be on the line of scrimmage. (No limit to amount of defensive players on the line)
2. Fumbles:
If football is fumbled in offensive backfield, offense retains it. If football is fumbled on defensive side, defense gets it.
3. Interceptions are allowed and can be returned.
4. The defense will line up 3 yds off the line of scrimmage with the exception of the ball being inside the 3 yard line, then the defense lines up on the goal line.
5. Flag guarding is illegal. The penalty is 5 yards from the line of scrimmage.
6. Spinning to avoid having the flag pulled is illegal. 5 yard penalty.
7. All players must wear a mouth piece. Mouth pieces cannot be clear.
8. No player, offensive or defensive, may leave their feet to dive for a flag or dive toward the goal line, first down, etc. However, receivers may dive to catch a pass. Penalty: Offensive driving – ball down at point of infraction. Defensive – IF FLAG IS PULLED, 5 yards from point of infraction.
9. All offensive players are eligible to receive a pass or run with the ball.
10. Point after touchdown – Extra pt the ball will be placed on the 3 yd line, run it in is worth 1 pt and a pass is worth 2.
11. First downs are obtained by passing over yard to gain lines which are 10, 20, 30, & 40.
12. Time of Play –The game will consist of four (4) eight (8) minute Quarters. The clock will run continuously during this time with the following exception: The last two minutes of each half will be played by Junior High clock rules.
13. When ball is put in play offense will have 35 seconds to start play.
14. If a tie, each team will have a maximum of 2 possessions to score from the 10 yard line.
15. Blocking – Defense will not break down in front of a ball carrier to attempt to get a flag. Offensive players can not initiate contact. Defensive players may not grab, pull, etc. to get around blockers, **only screen blocking will be allowed. Palms may be open, but arms may not be extended.**
16. To start each half and after touchdowns, the offense will get ball on the 40 yard line. Coin toss will determine first possession.

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17. No CENTER SNEAK are allowed.
18. When a team goes ahead in the score by 24 or more points, the team that is behind will keep possession of the football until they reduce the score below 20 points. At that time the other team will get possession again. This is to stop teams from running up a score on another team. REMEMBER THIS IS A RECREATIONAL LEAGUE.
19. Both offenses will face the same direction during the game. Tables will be provided indicating where the ball will be placed when a change of possession occurs. There will be a table for use when punting and a separate table to use for all other changes of possession.

NOTE: YOU MUST PLAY EVERY CHILD DURING THE GAME. EVERY CHILD WILL PLAY AT LEAST ONE POSSESSION PER HALF, EITHER DEFENSIVE OR OFFENSIVE.

THE ONLY EXCEPTION WILL BE IF A CHILD BECOMES SICK OR REFUSES TO GO INTO THE GAME.

This rule will be watched very closely. If parents start complaining, we will take different steps to make sure that every child plays equal.

Holding.....	10 yards
Clipping.....	10 yards
Rough Play.....	10 yards
Fighting or Unsportsmanlike conduct.....	10 yards & ejection
Flag Guarded.....	5 yards from line of scrimmage
Off sides.....	5 yards
Spinning.....	5 yards from line of scrimmage
Diving.....	5 yards from point of foul
Delay of Game.....	5 yards
Illegal Formation.....	5 yards

The following will determine playoffs:

- Win/Loss Record
- Head to Head
- Least amount of points allowed (Defense)
- Coin Toss