



2025 MOHAWK VALLEY NFL FOOTBALL FLAG FIELD RULES

Game

- At the start of each game team captains will meet at mid field for a coin toss to determine who starts with the ball. The away team will call the toss.
- Winner of the coin toss picks either offense or defense with the loser of the coin toss picking direction to defend.
- The offensive team takes possession at the 5 yard line and has 4 plays to get to mid field. Once a team crosses mid field they have 4 plays to score a touchdown
- If the offense fails to get to mid field or score a touchdown the ball changes possession, and the new offensive team takes over at their 5 yard line.
- All changes of possession will start from the 5 yard line

Time

- Games are 40 minutes running time (20 minutes each half)
- Halftime is 5 minutes long (teams switch sides)
- Each time the ball is spotted the offense has 30 seconds to snap the ball
- Each team will have (2) 30 second timeouts per half and the **clock will stop**
- Refs can stop the clock at their discretion. In the event of an injury the clock will stop and restart once the ball is snapped
- The clock will stop in the last 2 minutes of each half if the play goes out of bounds

Scoring

- Touchdowns are 6 points
- Safety is 2 points
- Extra points are 1 point from the 5 yard line and 2 points from the 10 yard line
- Mercy rule is when a team is up by 28 points. Teams can elect to finish the rest of the game as a scrimmage with points not counting and NO Referees

Passing

- The quarterback has 7 seconds once the ball is snapped to get the ball across the line of scrimmage. There is NO KILLING the 7 second clock. If the ball is not thrown or ran across the LOS after 7 seconds the play is dead and it's a loss of downs
- The referee will verbally count the 7 seconds out loud for the qb
- If a QB's flag is pulled before the ball leaves his/her hand the ball will be spotted where the QB's feet are
- Interceptions may be returned except on a PAT. If not returned for a td then ball is spotted at the 5 yard line
- The QB CAN RUN WITHOUT being blitzed on one play on each half on the field

Receiving

- All players are eligible to catch a pass including the QB if the ball has been handed off 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 catch
- Once the ball is advanced beyond the LOS, only that player is allowed to possess the ball until the play is over.
- A player may juke/spin to avoid a defender but cannot jump or dive to advance the ball
- All receivers must have a free release from the line of scrimmage

Running

- Teams may perform multiple handoffs behind the line of scrimmage. A player that receives a handoff can throw the ball as long as they are behind the LOS
- The ball is spotted where the player's feet are when their flag is pulled.
- A runner may juke or spin to avoid a defender but cannot dive to advance the ball
- No center sneaks all snaps must be to the QB

Rushing the Passer

- Players must be 7 yards off the LOS to be eligible to blitz. (Ref will be 7 yards off los)
- The blitzer must have a clear path to the QB. You cannot block or Impede a blitzer in anyway
- Defenders can dive to pull a flag but cannot hold, tackle, or run through a ball carrier when attempting to pull their flags
- It is illegal to strip the ball from the ball carrier

Flag Guarding

- Flag guarding is the attempt to block a player from pulling your flag(stiff arm, dropping your hands, or intentionally covering your flags) and is Illegal and will result in a loss of down. The referees will call all penalties

Overtime

- Each team will be given 1 attempt from the 5 yard line to score. If both teams score they retry from the 10 yard line until one team fails to convert.

Equipment

- All players MUST wear a mouth guard or they cannot play the game. Failure to keep mouth guard in during the game will result in a penalty and or ejection if it continues
- Home team wears dark side jersey Away team wears light side jersey
- Players shirts MUST be tucked in the shorts/pants at all times
- All players MUST have sneakers or cleats (NO METAL CLEATS WILL BE ALLOWED)
- All players MUST have flag belts tight around the waist and a flag on each hip. Flag belts MUST NOT have the extra tag end hanging and it should be cut and or taped. Failure to follow this will result in a penalty and loss of down for that team.

Conduct

- Coaches are responsible for the behavior of athletes and parents - If parents/spectators are behaving poorly, the team itself risks being penalized.
- Crowd support is encouraged. However, inappropriate, rude, or confrontational behavior by spectators may lead to disqualification of your team in the game, the league and possibly future events.
- Harassing, bullying or engaging in negative behavior towards other players, coaches, refs,spectators and/or staff/board members WILL NOT BE TOLERATED. ZERO TOLERANCE
- Honor the game by showing good sportsmanship and respecting the rules and officials, staff, teammates and opponents
- FIGHTING WILL NOT BE TOLERATED
- THE USE OF PROFANITY WILL NOT BE TOLERATED
- No possession of alcohol, drugs, or weapons of any kind
- If there are any concerns or issues that arise, please communicate respectfully and calmly with the President or Vice President of the event

Flag Penalty Enforcement

Offensive Penalties

- Loss of down or result of the play

Defensive Penalties

- Replay down or result of the play

Offensive Flagrant Fouls

- Player Ejection and Loss of Offensive Down

DEFENSIVE FLAGRANT FOULS

- Player Ejection 1st Down For The Offense

Offensive Unsportsmanlike Player Or Coach

- 1st time loss of offensive possession, can be an ejection with officials discretion
- 2nd time Loss of possession and an ejection

Defensive Unsportsmanlike Player or Coach

- 1st time 1st down for offense, can be an ejection with officials discretion
- 2nd time 1st down for offense and an ejection

Equipment Violation / Lack Of Equipment

- 1st Violation is a warning and the player goes out of the game until properly equipped
- 2nd Violation the player is ejected from the game
- 3rd Violation the coach is ejected

ALL PENALTIES ARE AT THE OFFICIALS DISCRETION IF THERE IS A QUESTION ABOUT A PENALTY PLEASE REMEMBER TO CALMLY SPEAK WITH A REFEREE OR BOARD MEMBER ABOUT IT .