



Midwest Athletic Conference Flag Rules

These rules govern all MAC Flag games for Youth Divisions.

MOUTH GUARDS: It is REQUIRED that mouthpieces be worn.

HEAD GEAR: It is REQUIRED that head protection be worn.

BELT: It is REQUIRED that the Westside GOLD Flag Belt be worn by each player/team.

Gate Admission Fee

1. All spectators must pay an admission fee to enter the gate on game day. Players, coaches, and team secretaries must check in when entering the gate on game day. Only individuals listed on the Certified Team Roster may gain free entry.
2. Regular Season:
Spectators \$10.00
Children 12 and under FREE
3. Any person(s) caught in an attempt to gain entry to the facility using a coach or player's name without paying gate admission or caught attempting to sneak in will be ejected and subject to permanent banishment, removal of player/coach/team without refund, and/or a fine up to \$100.00.

Team Responsibilities to the League

1. Arrive to scheduled games **10 minutes** ahead of game time and be ready to play at game time.
 - a. Exception: if a team is playing on another field directly before – time will be allotted to finish the previous game
 - b. Teams who cannot field the minimum required players at game time will forfeit. A forfeit fee will be assessed, to be paid in full, in order to resume games/league play.
2. Adhere to all roster policies. Failure to do so may result in player and/or team removal from the league without refund and coach permanent banishment from the league.
3. Be respectful of all participants, facilities, and equipment at all times.
 - a. Failure to do so may result in individual or team fines or banishment.
4. Assume responsibility for the actions of any spectators who attend events in support of their team, regardless of age or relationship.
 - a. No spectator may gain or attempt to gain access to the playing field during any regular season games.
5. Any coach, player, or spectator ejected from a Midwest Athletic Conference event will be automatically suspended for the next scheduled game.
 - a. Suspended coaches, players, and spectators will not be allowed to attend the suspension game, even as a spectator.
 - b. Any adult (including the coach, parent, friend, guardian, etc.) ejected from a game, event, or contest will have their child/player removed from play for the amount of time congruent to their suspension. The removal of the player (due to the ejection of an adult) will not include the current game and will begin once the current game has concluded.



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Rosters

1. Before the first game, all players, coaches, and team secretaries must have an active ZortsID and listed on the Certified Team Roster (Exposure). Once rosters are locked, roster changes are prohibited.
 - a. All players must be certified by 3/8/2026.
 - b. Rosters are locked after 3/8/2026.
2. Players must play in their current grade or up one grade unless most of the team is one grade below and the player meets the age exception.
 - a. 1st – 2nd grade age exception for the 2026 Spring Season:
 - i. 1st grade - cannot have turned 8 years old before 9/1/2025
 - ii. 2nd grade - cannot have turned 9 years old before 9/1/2025
3. 1st-2nd Grade:
 - a. Teams must contain a minimum of 10 and no more than 15 players, 1-3 coaches and one team secretary, for a total of 4 Coaches.
 - i. A coach or parent may fill the role of team secretary as long as they are on the exposure roster and have an active Zorts ID.
 - ii. Teams not meeting the minimum/maximum number of player requirements must contact the MAC League Organizer for approval.
4. Illegal Player
 - a. Any player found playing on a team who was not listed as a player on a certified roster is an illegal player.
 - b. Team violators shall forfeit ALL games scheduled that day and leave immediately. Upon review from the Board of Directors, the team and/or its Coach may face temporary or permanent disqualification from all future games without refund, face a fee, and possible permanent banishment from the league.
5. Players cannot be rostered on more than one team in the MAC - 7v7 League 2026.

Officials

1. At least 2 officials per game.
 - a. 1st – 2nd Grade officials certified by Midwest Athletic Conference
2. Responsible for keeping up with the time, score, making calls, and enforcing all rules and regulations.
3. Will spot the ball.
4. Call out the updated score after all touchdowns and conversions.
5. Call out 1-minute warning and 10 second play clock warnings.
6. Allow play to continue when in doubt about a call.
7. Inadvertent whistles – it will be up to the officials as to whether the whistle affects play.
 - a. If a play is affected:
 - i. the offense may take the play
 1. down at the spot of the whistle and loss of down
 2. opt to replay the down.
8. Do not hesitate to consult other officials to ensure the call is correct.
9. Keep up the pace of the games.
10. Maintain order at all times.



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11. Blood rule: If and when an official observes that a player is bleeding, has an open wound, or has an excessive amount of blood on his or her uniform, the player will be directed to leave the game. The injured player is not to return until the bleeding has stopped, the open wound is covered, and an excessively bloody uniform is changed.
12. Officials reserve the right to address anything not covered in the rules.

Team Responsibilities to the Officials

6. Be respectful. Use respectful language.
7. Be honest. Lying and cheating will not be tolerated and are grounds for ejection.
8. Keep up the pace of the games.
9. Only Head Coaches are permitted to speak with the referee in the event of a disputed call.

Field

1. Field Dimensions:
 - a. Field length will be 50 yards. 40-yard playing field with a 10-yard end zone.
 - b. Field width will be between 50 and 53.5 yards. This will vary depending on the allotted space at each venue.
2. First down lines will be marked with cones. First downs are made by crossing the 25-yard line and the 10-yard line.

Equipment

4. Each team is responsible for supplying their own ball:
 - a. Teams must start with and use the same size ball throughout the entire game for their appropriate grade level.
 - i. 1st - 2nd – Regulation Pee-wee size
5. Uniforms:
 - a. Players must wear matching team jerseys for gameplay.
 - i. Field Director's discretion may be used if team jerseys are delayed
 - b. Jerseys must include numbers that match the Certified Team Roster (Exposure).
 - c. **All players must wear a mouthguard and wear it properly during games.**
 - d. **Head protection (soft shell helmet or protective headband-Halo) is required and must always be worn correctly and fastened securely.** If officiants must warn players multiple times, they and the field director have the discretion to eject the player.
 - e. Gloves may be worn; however, NO sticky aid is allowed.
 - f. Rubber cleats/athletic shoes are required. NO metal cleats are allowed.
 - g. Jewelry may not be worn during games. If jewelry cannot be removed, it must be covered.
 - h. No hard casts are allowed on the field at any time. The Field Director must approve soft casts of any kind or medical equipment.
 - i. Eyewear may only be worn with athletic eyewear straps unless approved by the Field Director.
6. **Flag Belts:**
 - a. Must be issued by MAC at the coaches meeting prior to the start of the season. Players may **ONLY** wear league-issued flag belts/flags.



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- b. Flag belts must be worn with the clip facing forward so the flags will be positioned on the sides and rear of the player.
 - i. The player's uniform top must be fitted or tucked in so as not to interfere with or block the ability to grasp the flags.
 - ii. Flag belts may not be rolled or tucked in any way.

Clock

1. Each game will consist of 25 minutes of play kept by the official. The clock runs continuously. There is no overtime.
 - a. The game clock is continuous and will only stop for timeouts, injuries, or unforeseen circumstances the official deems hinder the pace of the game.
2. The play clock will be 35 seconds and begin once the ball is spotted.
3. Each team will have one 1-minute timeout per game; timeouts will stop the game clock.
 - a. If a timeout is called after a touchdown, the game clock will not run until the football is snapped on the next possession.
4. In the event that a touchdown is scored with no time left on the game clock, the conversion will be allowed.

Scoring

1. Touchdown – 6 points
2. Interception – 3 points (no points for interception on PAT)
3. Turnover on downs – 2 points
4. PAT – 1 point from 3-yard, 2 points from 10-yard (must be a run or pass, no kicking)

Start of the Game and End of the Game

1. Coin Toss – The coin toss will take place within 2 minutes of the scheduled game start time. The Official will flip a coin and designate a Captain to call heads or tails.
 - a. Winning Captain will begin on offense.
2. The Officials will keep score and time on the field for each game.
 - a. One coach for each team will be responsible for keeping score in case of a dispute.
3. Official whistle will begin and end each game.
4. There will be no kickoffs. The offense will begin with the football placed in the center of the field at the 40-yard line.
 - a. The Line of Scrimmage (LOS) will be set at the 40-yard line.
5. Each team must have at least six players on the field.
 - i. Both offense and defense field 7 players.
 - ii. If, at any point, a team cannot field 6 players, the game is forfeited.
6. Only one coach from each team may be on the field of play. Coach may not interfere or impede game play.
 - a. First offense will result in a warning.
 - b. Second offense will result in a 10 yard penalty.
7. Teams must be set up on opposite sidelines.



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- i. Any player not in play must be on their sideline.
8. A game cannot end on a defensive or accepted offensive penalty. If this occurs, the Offense will have an untimed down if time has expired.

Offense

1. The seven players on offense consist of a center, a quarterback, and five eligible receivers.
 - a. Center: This player is responsible for snapping the ball and can go out for passes once they have snapped the ball.
 - i. The center must snap the ball between the legs. There may be 1 "bad snap" dead ball per possession that does not count as a play or loss of down.
 - b. Quarterback (QB): The quarterback is the offensive player who first gets possession of the ball after the snap. The quarterback cannot directly run with the ball across the line of scrimmage without handing it off to a teammate and then receiving a second handoff or a pass.
 - c. Receiver/back: Any player who does not initiate or receive the snap is considered an eligible receiver/back and can either receive a handoff or catch a pass.
2. No kicking, punting, or spiking at any time. Doing so will result in a delay of the game penalty (loss of down).
3. Field is marked with cones at the 25-yard line and 10-yard line for First Downs.
 - a. Three downs to make a first down, four inside the 10-yard line.
4. Play is dead when the belt flag is removed, or the ball carrier's knee hits the ground.
 - a. Ball is placed where the flag is pulled, not where the ball is when the flag is pulled
 - b. If a belt flag/belt falls off while the player is running, then the ball is dead at the spot of the belt/flag.
5. The offense will have 6.0 seconds to cross the LOS or receive a loss of down penalty.
 - a. If there is a bad snap, the ball is dead and placed at the LOS, causing a loss of down. There is NO loss of yardage.
 - b. Officials will stop play with a whistle if 6.0 seconds is surpassed, which will be deemed a sack.
6. Fumbles are dead balls at the spot, with the last team retaining possession.
 - a. A fumble may not be picked up and played on by the defense.
 - b. There may be 1 "bad snap" dead ball per possession that does not count as a play or loss of down.
7. The offense must have 3 players on the LOS at all times.
 - a. Only one player at a time can be in motion prior to the snap.
 - b. CHARGING – No ball carrier may run through or charge a defensive player. The offensive player must make an evasive move around the defensive player.
8. The offensive backfield may not have more than three (3) players in at any time, and these players must be at least two yards behind the offensive line, except the quarterback when "under center."
9. Only one forward pass per play is allowed.
 - a. That pass must be initiated from behind the line of scrimmage.
 - b. All laterals or backward passes are allowed.
10. NO BLOCKING – Once an offensive player has the ball across the line of scrimmage, there is no downfield blocking.
11. Offensive pass interference will result in a loss of down and return to the previous spot.
12. Offensive team is responsible for retrieving and returning the ball TO THE OFFICIAL.
 - a. The clock does not stop, and any delay by offense in retrieving and returning the ball TO THE OFFICIAL will result in a delay of game.



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13. All offensive formations must be legal sets. Off-sides and illegal formations will result in a loss of down.
14. Point(s) After Touchdown (PAT) snaps are at the 3-yard or 10-yard line, depending on the offensive choice of hash.
15. Possession changes after a PAT attempt, failure to make a first down or a turnover.
16. Offensive personal foul will result in a loss of down and 5 yards from the original line of scrimmage.

Defense

1. The defense must line up no closer than 1 yard from the line of scrimmage to allow for a good snap – NO JAMMING at the line.
2. Defensive players cannot use their hands "downfield" to push, block, grasp, or hold any offensive player.
 - a. Illegal contact – Excessive force by shoving, pushing, or striking a blow will be penalized by automatic first down and 5 yards from the foul.
 - i. A player will be expelled if ruled unsportsmanlike & flagrant.
3. The defense may not Blitz/Rush the Passer. This will result in an encroachment/neutral zone (5-yard penalty, repeat down).
4. Defensive Pass Interference will be an automatic first down and 5 yards from the original line of scrimmage.
5. Defensive holding is 5 yards from the original line of scrimmage and replay down.
 - a. In the event of defensive holding and a sack (exceeding 6.0 sec) on the same play, the defense will be penalized according to the above, and the sack will be ignored.
6. Interceptions may NOT be returned, and the play is whistled dead immediately.
 - a. An interception results in a change of possession and 3-points to the defensive team.
 - i. The ball is placed at the 40-yard line in the middle of the field.
7. Any dead ball foul on a play that results in the defense getting the ball will result in a loss of down penalty, as the team cannot be penalized beyond the 40-yard line starting position. The defense—not the offense—would start the play with 2nd down.
8. Defensive personal foul will result in a first down and 5 yards from the original line of scrimmage.

Unsportsmanlike Conduct

1. Individual – Aggressive behavior, flagrant/intentional fouls, cursing, excessive taunting, and fighting are considered unsportsmanlike and are at the Officials and Field Directors Discretions.
 - a. First Offense – ejection from the game
 - b. Second Offense – ejection from the league
2. Team – Aggressive behavior, cursing, excessive taunting, and fighting are considered unsportsmanlike and are at the discretion of the Officials and Field Directors.
 - a. If a team fight occurs at the game facility, the teams involved will be ejected from the game/league without a refund.
 - b. If ANY player leaves the sideline to participate in an on-field fight, the ENTIRE TEAM WILL BE EJECTED FROM THE LEAGUE without a refund.

Overtime Rules

1. This league will not play overtime.



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Seeding, Records, and Tie-breakers:

1. Teams will be broken into pools with an equal number of teams.
2. Teams will be seeded according to overall records.
 - a. Records which are tied will be broken as follows:
 - i. Head-to-head record.
 - ii. Fewest points allowed.
 - iii. Most points scored.
 - iv. Flip of coin.

League Dates

1. The league will consist of 16 games
2. League Games will be played on Wednesdays
 - a. Each team will play 2 games per week
 - i. Regular season schedule: 3/25/2026, 4/1/2026, 4/8/2026, 4/15/2026, 4/22/2026, 4/29/2026, 5/6/2026, 5/13/2026,
 - ii. Rainouts made up 5/20/2026

Protests

1. To protest an action or game by a coach to the league, the coach or persons involved in the incident must do the following within 36 hours of the incident:
 - a. Coach/Team notify the league of their intent to protest prior to submitting any information
 - b. Submit all evidence, written, video or otherwise, on the incident in protest in an email to macleagueok@gmail.com with a subject of: *Attn: Protest Committee*
 - c. The protest fee of \$100 will be paid via invoice link sent to protestee email.
2. Once the Board of Directors has received all required information and reviewed all evidence submitted, along with all written and verbal statements, they will then, in a timely manner, determine the appropriate ruling and/or actions.
 - a. The protest fee will be refunded to the team or individual protesting only if the Board of Directors rules in favor of the Protest. At the point the commission rules in favor of the protest, the team and/or individual then in violation of the protest, will be assessed the full value of the current protest fee in addition to any subsequent action taken by the league. Despite any additional action taken by the league, the individual and/or team will not be allowed to take the field until the fine has been paid in full and the offending team is in good standing with the league.

MAC 7v7 is a collaborative league.

League Contacts:

Director - Aaron McConnell (405) 229-0930

Organizer - Gabby Shears (405) 535-5710

Email: macleagueok@gmail.com