

2019 Mentor Flag
Football

REFEREE MEETING



League Philosophy

To use flag football as a means to teach valuable sport and life skill lessons to children in a fun, spirited environment.



New this Season

- TD Limits
- 7 aside for Freshman / Junior
- 5 Downs - Freshman
- Feature Games of the Week
- Rivalry Games
- Full League Standings



Age Groups

FRESHMAN 8 to 11 years old

- 4 teams of 13 players

JUNIOR 12 to 13 years old

- 4 teams of 12-13 players

SENIOR 14 to 15 years old

- 4 teams of 8-9 players



Equipment

Player Equipment

Recommended

- Soccer Cleats

Mandatory

- Mouth Guard (without toggle)

Referee Equipment

- Whistle
- Shirt (provided)
- Black Shorts
- Stopwatch (provided)
- Pen
- Downs Counter (provided)



Weather

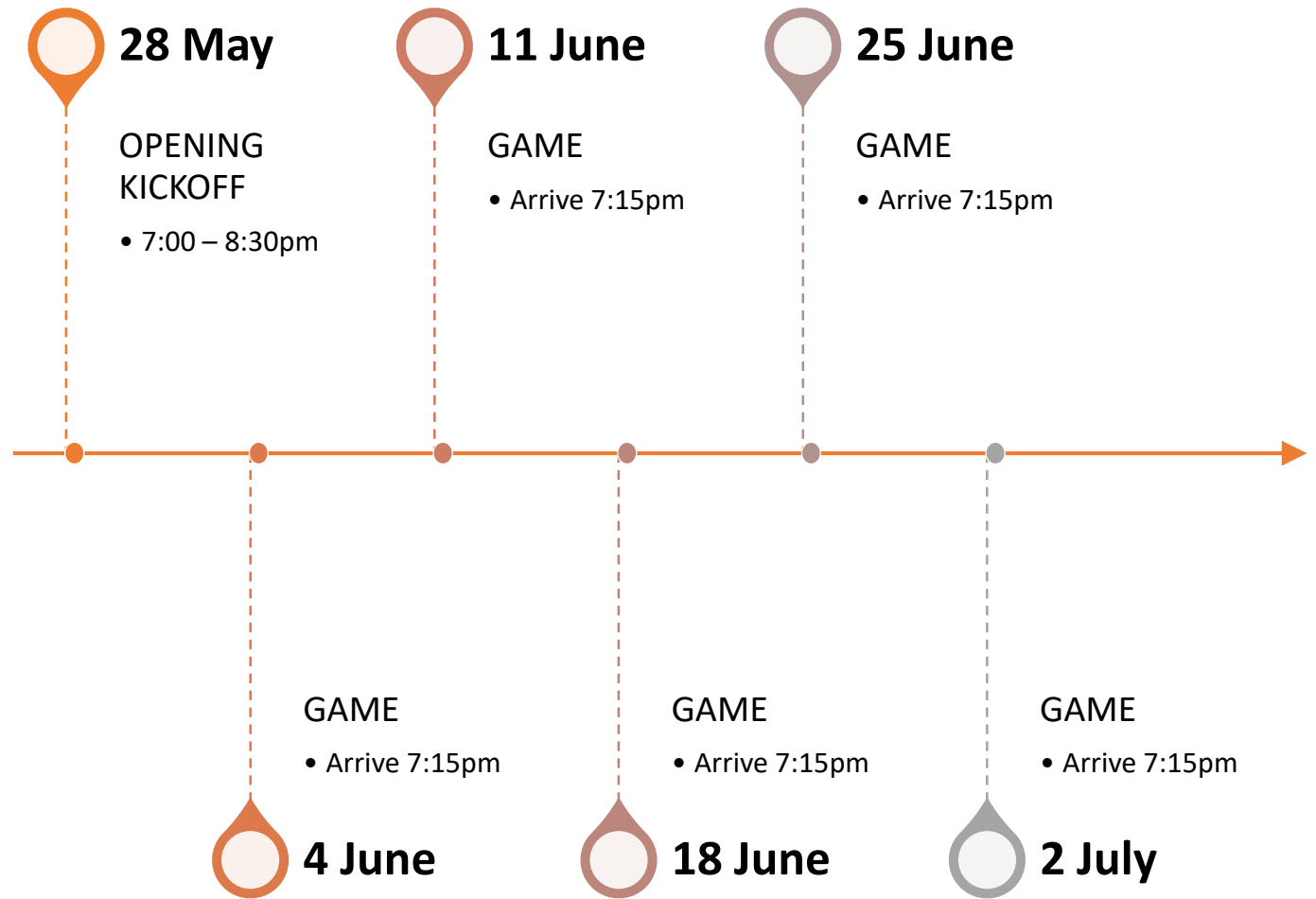
We play rain or shine, so be prepared!

Severe weather

- Prior to Game – check web site, look for email
- During Game – Air Horn will indicate that you need to evacuate the field
- Missed games will be made up with Doubleheader



Key Dates & Times



Key Dates & Times



Game Times

2 x 30 minute halves

Start of Game

- A coin toss will be conducted by the referee with opposing team captains.
- Winning team can decide on choice of kick or receive, or side of field.
- Opposite will occur in second half

7:25 Coin Flip (kick / side)

7:30 – 8:00 – 1st Half

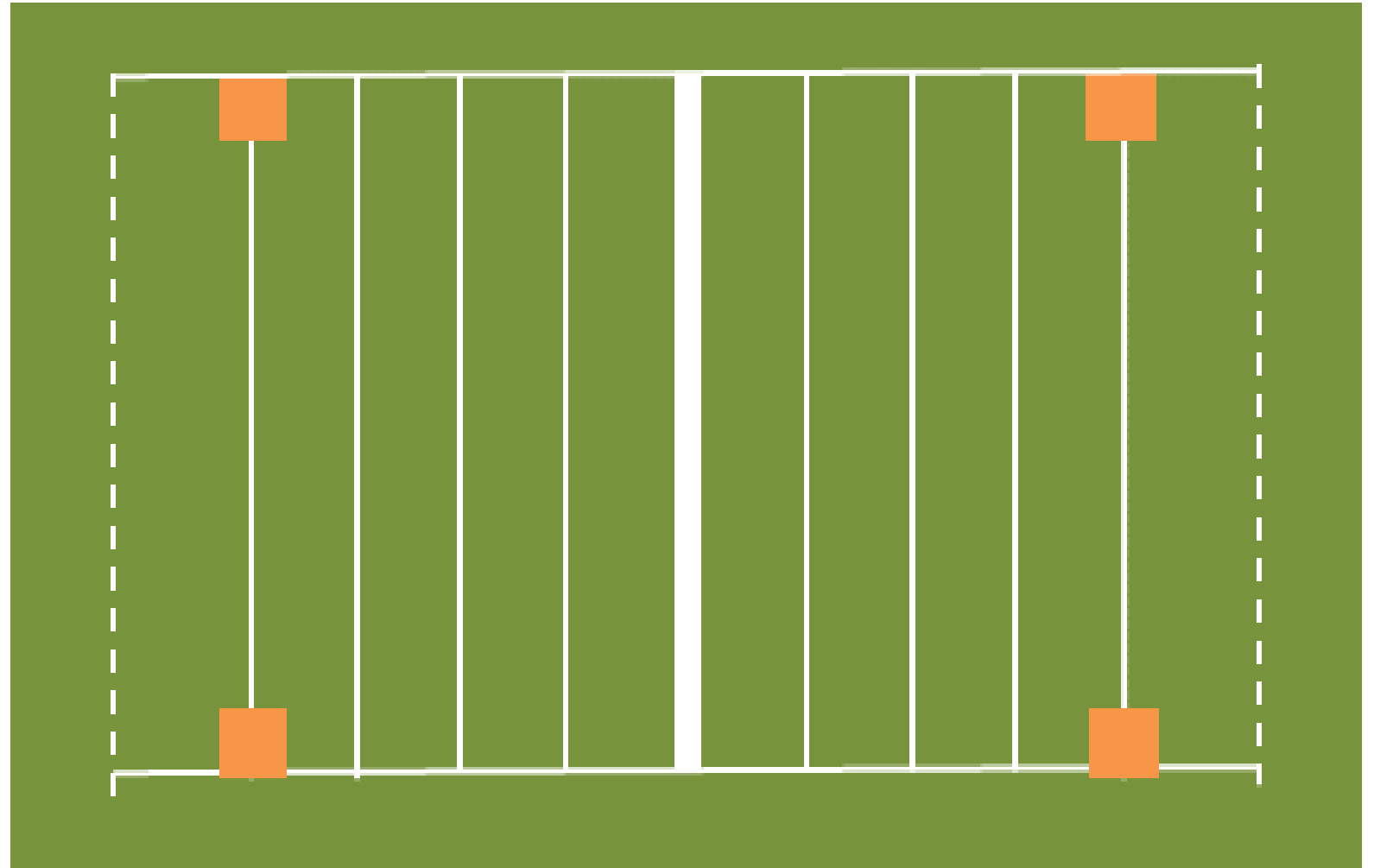
3 minute halftime

8:03 – 8:33 – 2nd Half (add scores)



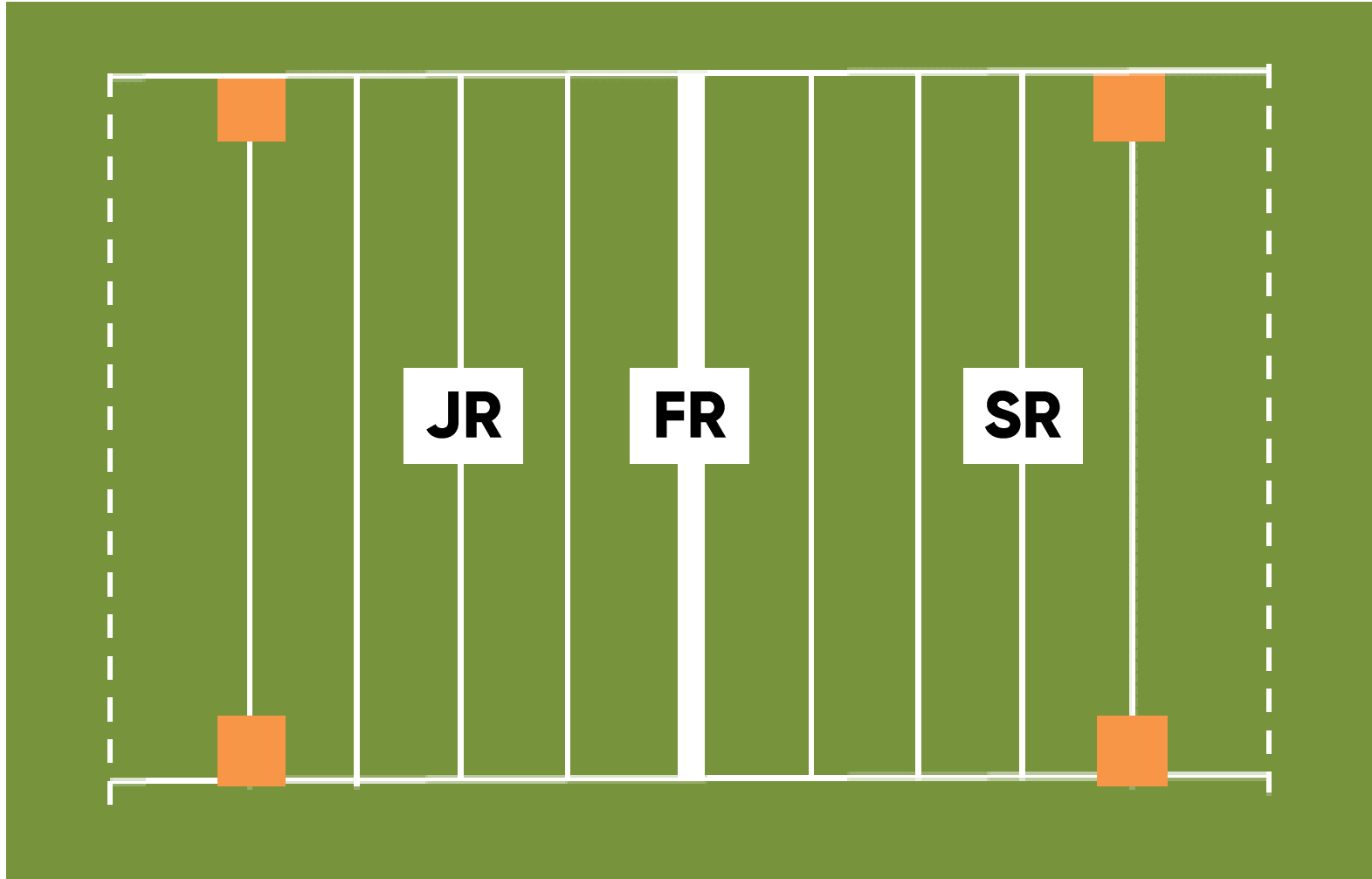
Game Day

FIELD OF
PLAY

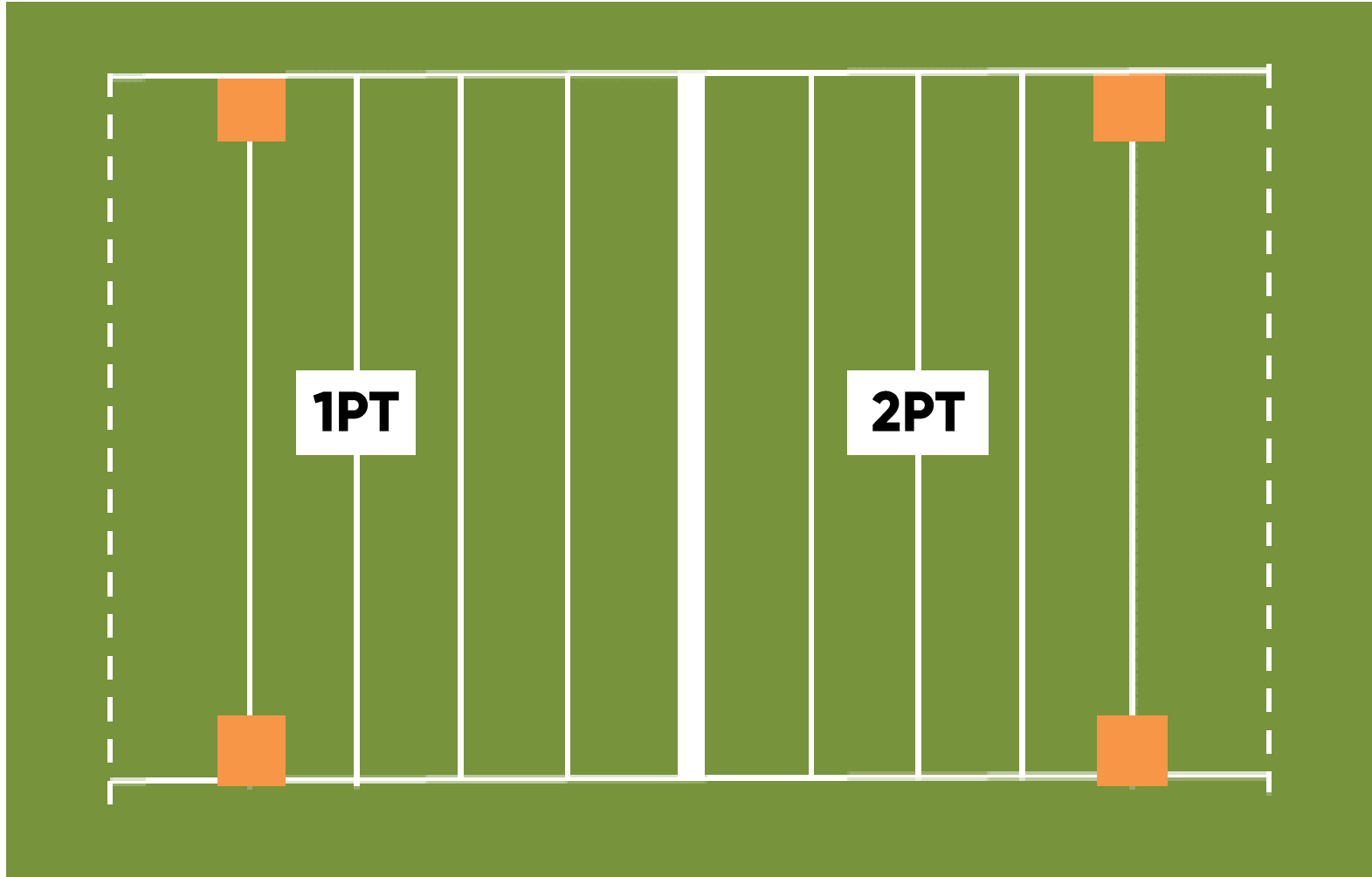


- Field of play does not include the boundary lines
- A player cannot purposely leave the field of play while a play is in progress and then return into the field of play.

Game Day
KICKOFF



Game Day
CONVERSIONS



Players

Need minimum of 3
aside to play game

Wait 10 minutes
before declaring a
forfeit – teams can
play “friendly”

Freshman 7 aside

Junior 7 aside

Senior 5 aside



Downs

FRESHMAN

Team receives 5 downs to reach mid-field (half)

JUNIOR/SENIOR

Team receives 4 downs to reach mid-field (half)

Another 4 downs (5 for Freshman) are provided once mid-field is crossed (foot touches centre line)

NOTE: A team starting a play on the opponent's side of the field, crosses back onto their side of the field and then is flagged within their own half of the field, the team does not get a new set of downs



Time Outs



One 30 second time out per Game. Game time will be stopped.



During Championship Game each team will receive one 30 second timeout/half.



Substitutions & Quarterbacks



Unlimited substitutions are allowed. Substitutions are only allowed after a stoppage in play, including those for injuries.



Each half shall have a new Quarterback
Each game shall have two different Quarterbacks vs the previous game, except in the Championship Game.



Dead Ball

The field of play does not include the boundary lines, therefore a ball carrier touching the boundary line will result in a dead ball

When a ball is dropped (forward pass, lateral, fumble), except in the case of a kick off or punt (see Kicking section).

When the ball carrier's knee hits the ground.



Fumbles & Dropped Balls

Play is considered dead upon a fumble or dropped ball. Except in the case of dropped kick off or punt (see Kicking section).

Freshman – fumbles do not result in a loss of possession.

Junior / Senior – fumbles do not result in a loss of possession in the team's own half of field. This includes plays that start in opposing team's half but are fumbled in their own half – no loss of possession occurs.

Fumbles are spotted at the point where the player loses contact of the ball.

A player cannot punch (or make a punching motion) a ball out of the ball carrier's hands.



Running Plays

Running plays are allowed in all divisions by all players

There shall only be a maximum of two running plays in a row

Quarterbacks cannot run forward beyond the line of scrimmage in ALL divisions.



Quarterbacks

Snapping

- The Quarterback can self snap the ball or a player can snap the ball to him/herself

Rushing the QB

- All Divisions – Defense can rush the Quarterback, the defender starts at the line of scrimmage.
- Rush can begin once the referee completes steamboats count (5 in Senior & Junior Division / 10 in Freshman) or if a lateral occurs behind the line of scrimmage.
- The first person to receive the snap is considered the Quarterback

Running

- QBs cannot run beyond the line of scrimmage



Illegal Defense

In ALL divisions there must be a player covering the QB at the line of scrimmage (this player cannot drop back into coverage).

Zone Defense is illegal. Man-to-Man defense is mandatory



Kickoffs & Punts

Forward motion is NOT allowed during a kick by the kicking team

In the case of a dropped ball on a kick off or punt, stoppage of play is at the discretion of the Referee who may allow the player to pick up the ball if he/she feels that it is safe to do so (ie; there is no opposing player(s) near)

Punters are allowed to self snap from the line of scrimmage

Receiving team is not allowed to block a kick

The kicking team cannot fake a kick or punt

Inside kicks are not allowed



Kickoffs & Punts

Kickoffs

- If a kick off does not cross mid-field it must be re-kicked.
- Kick-Offs that travel out of (side) bounds shall be spotted at the point the ball exited the field or shall be re-kicked if the receiving team asks for it.

Punts

- Punts that travel out of (side) bounds shall be spotted at the point the ball exited the field

Touchback

- A player catches the ball within their end zone and takes a knee
- Allows the ball to travel through the end zone
- After a touchback the ball is spotted at the top of the goal crease.



Flags

Flags must be worn by all players on the field

Best attempts must be made to place the flags on each hip

If a player has the ball and their flag drops on its own during a play then the ball is spotted where the flag fell



Catching

A ball is considered caught when the receiver has full possession of the ball and has their first foot landing inside the playing field (not on the boundary line)

A pass caught simultaneously by the defender and receiver will be awarded to the Offensive team



Laterals

Laterals (including multiple laterals) are only allowed behind the line of scrimmage

Once a lateral occurs, defensive players can cross the line of scrimmage in pursuit of the ball carrier

A pass can be made after a lateral as long as the passing play is behind the line of scrimmage

Intercepted Passes

A pass or lateral may be intercepted and advanced by any player, except in the case of a point after

Laterals are not allowed on intercepted passes



Scoring

Touchdown – when a player's foot touches the goal the line it results in 6 points

Point After

- 1 point conversion from the first line after the goal line (no running play allowed)
- 2 point conversion from the second line after the goal line (no running play allowed)

Safety

- 2 points - a safety occurs when a player is flagged or fumbles a ball within their own end zone

After a safety, the team that committed the safety shall kick off

A player is only allowed a maximum of 3 touchdowns per game



Tie Games & Standings

Tie Games

- Tie games are permitted except in the Championship Game

Tie Standings

- First Tie Breaker – Wins
- Second Tie Breaker – Head-to-Head Results
- Third Tie Breaker – Least Amount of Points Scored Against



MENTOR
FLAG
FOOTBALL
LEAGUE

Penalties Review

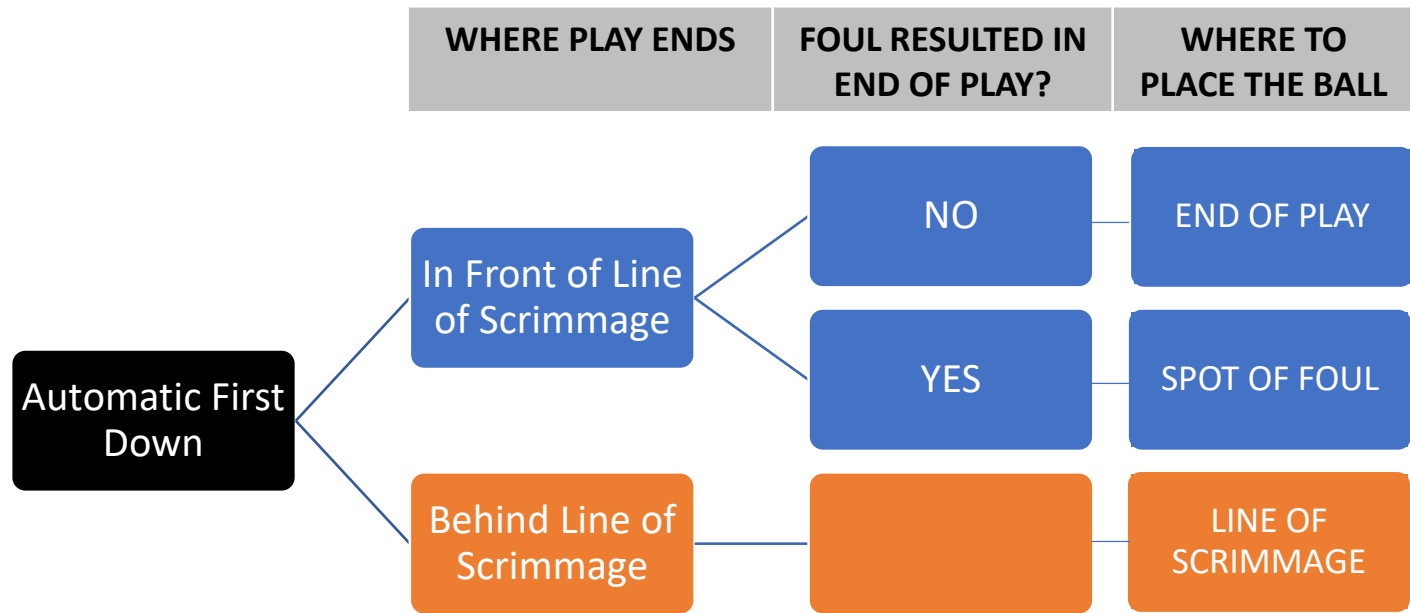


What's New

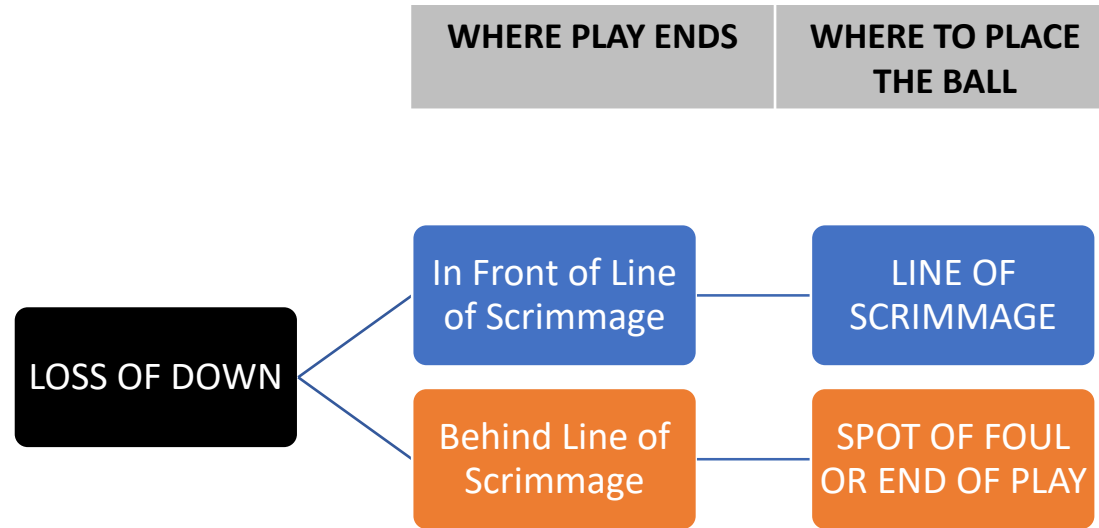
- Simplified Penalties
- Penalizes team each time a foul committed
- Signals for each penalty



Defense Penalties Simplified



Offense Penalties Simplified



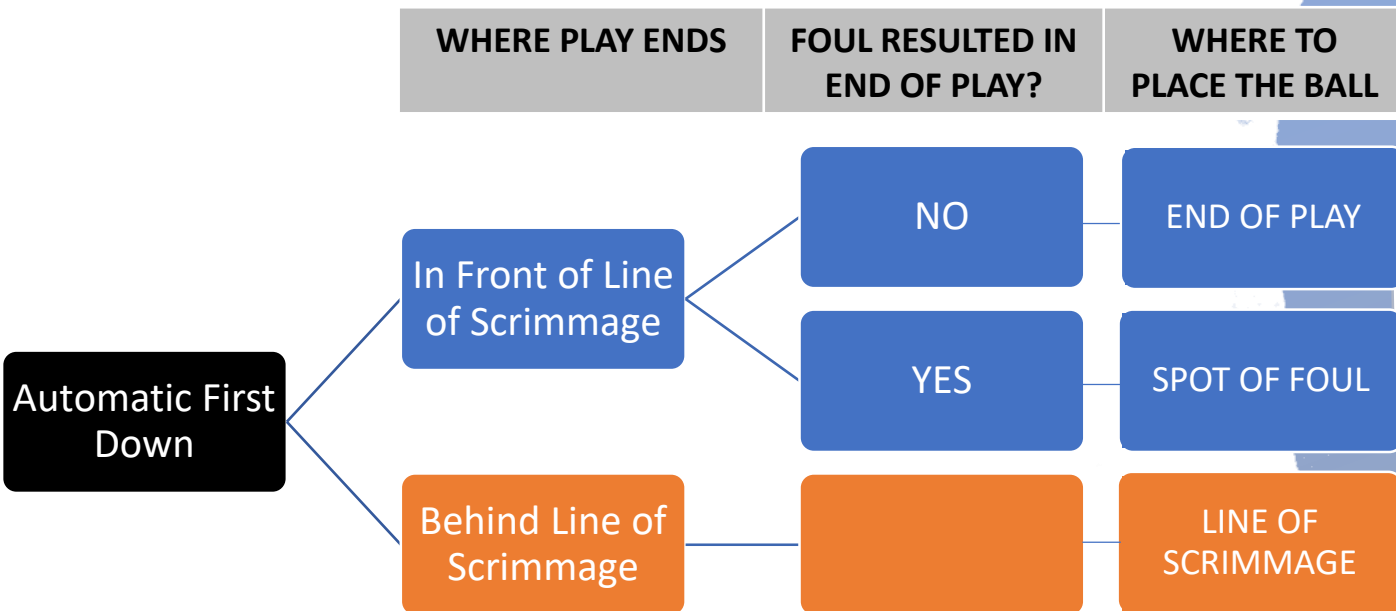
EXAMPLE: Play occurs on 1st Down – next play is 3rd Down

① ② ③ ④



Defense Penalty

PASS INTERFERENCE: Player prevents receiver from catching the ball prior to its arrival by bumping into them, swatting their hands/arms, placing hands in the air without looking at ball



Defense Penalty

OFFSIDE:

Player advances over line of scrimmage prior to snap of ball

WHERE PLAY ENDS	FOUL RESULTED IN END OF PLAY?	WHERE TO PLACE THE BALL
In Front of Line of Scrimmage	NO	END OF PLAY
	YES	SPOT OF FOUL
Behind Line of Scrimmage		LINE OF SCRIMMAGE

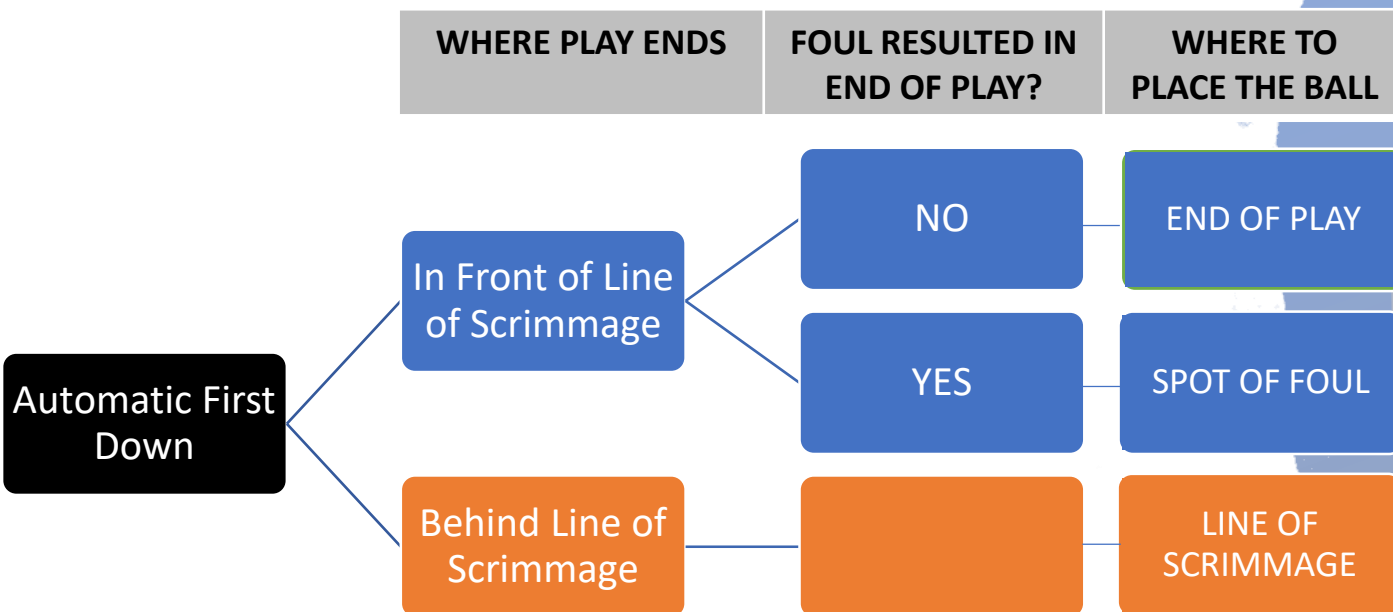
Automatic First Down



Defense Penalty

TACKLING:

Player purposefully or accidentally uses body/arms to stop another player's progress with the ball



Defense Penalty

HOLDING:

Player holds, with their hand, a body part or clothing preventing a player's forward momentum

WHERE PLAY ENDS	FOUL RESULTED IN END OF PLAY?	WHERE TO PLACE THE BALL
In Front of Line of Scrimmage	NO	END OF PLAY
	YES	SPOT OF FOUL
Behind Line of Scrimmage		LINE OF SCRIMMAGE

Automatic First Down



Defense Penalty

OBSTRUCTION: Player prevents another player with the ball from running in order to flag them

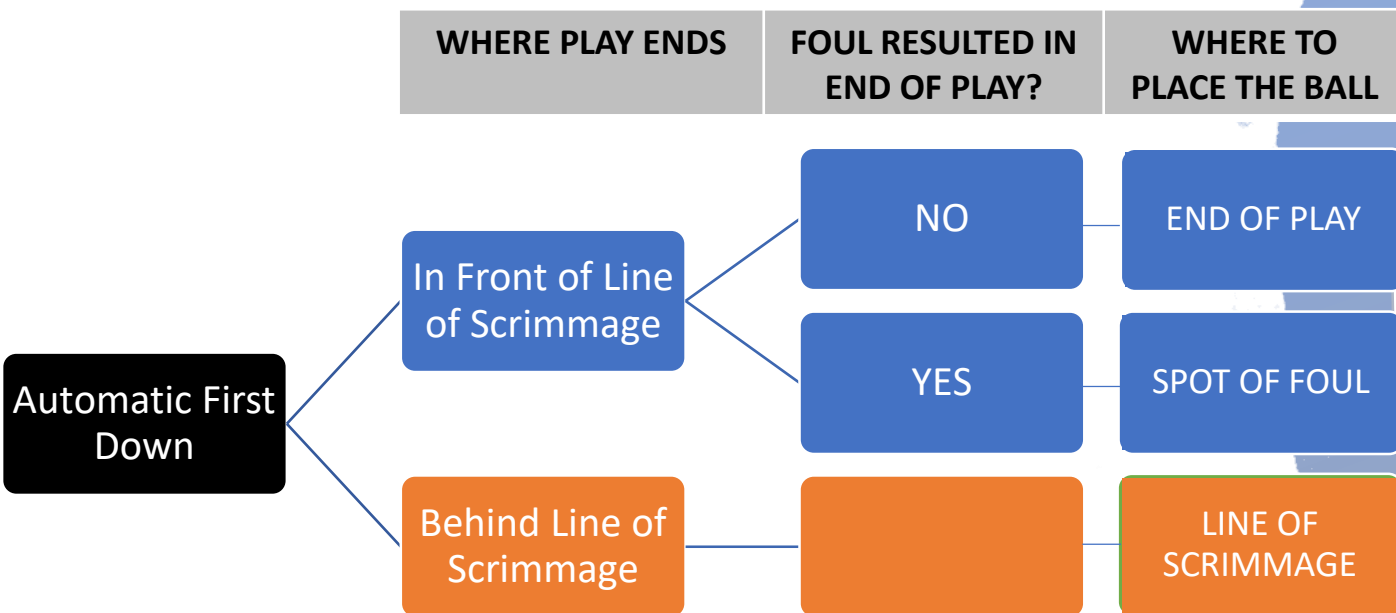
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Automatic First Down



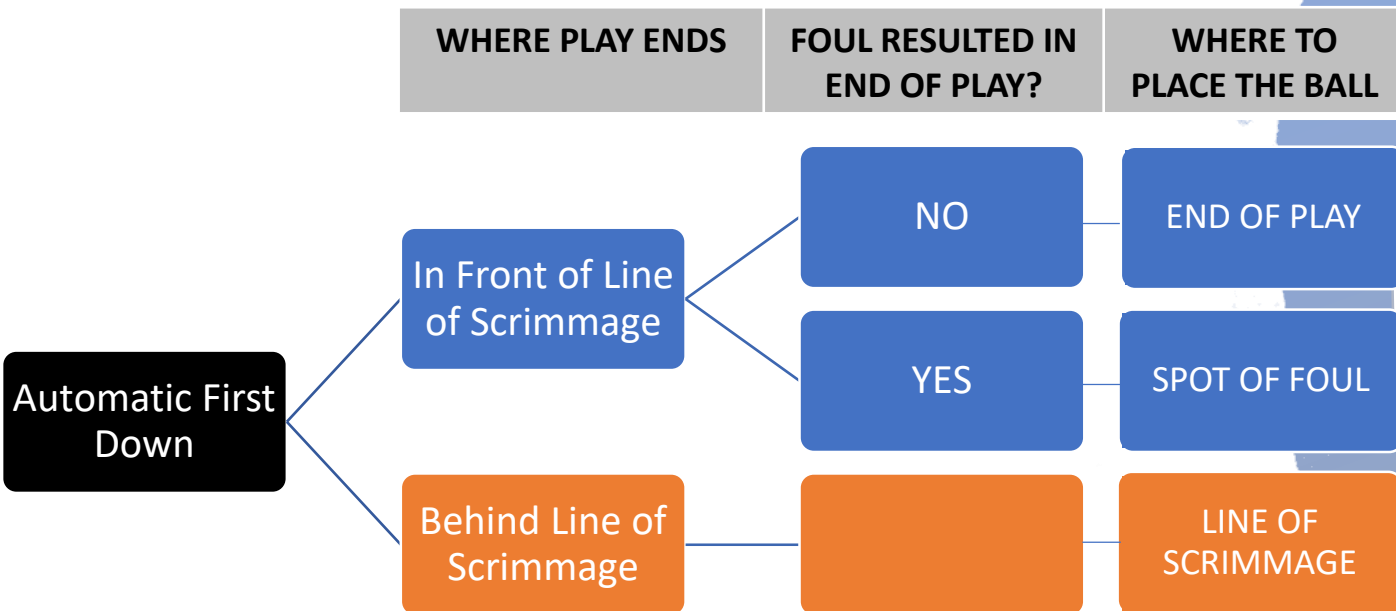
Defense Penalty

ILLEGAL DEFENSE: Using zone coverage or not having a player to cover the QB



Defense Penalty

STRIPPING BALL: Tearing or punching ball out of the ball carrier's hand



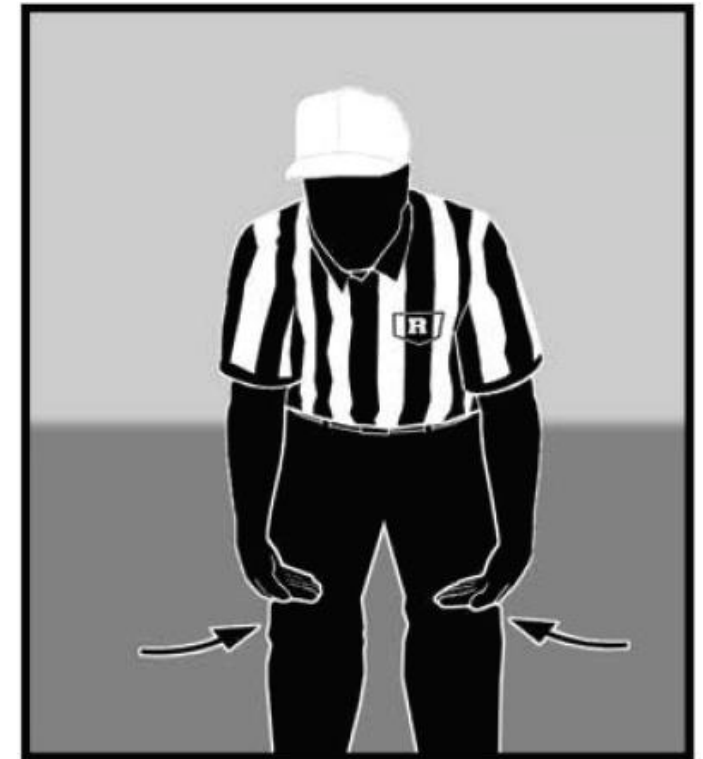
Defense Penalty

DIVING:

Attempting to flag a player by propelling their body towards the ball carrier – identified by both feet leaving the ground

WHERE PLAY ENDS	FOUL RESULTED IN END OF PLAY?	WHERE TO PLACE THE BALL
In Front of Line of Scrimmage	NO	END OF PLAY
	YES	SPOT OF FOUL
Behind Line of Scrimmage		LINE OF SCRIMMAGE

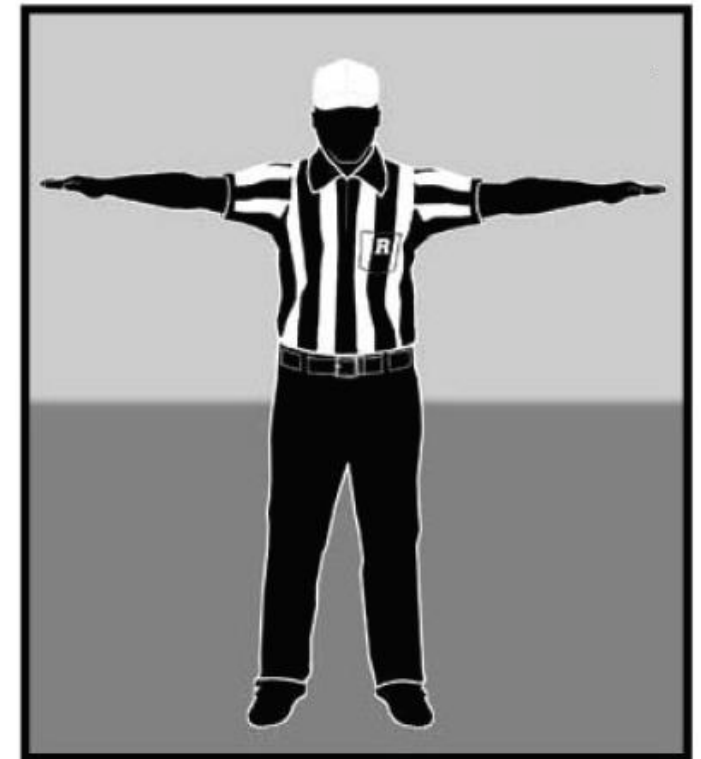
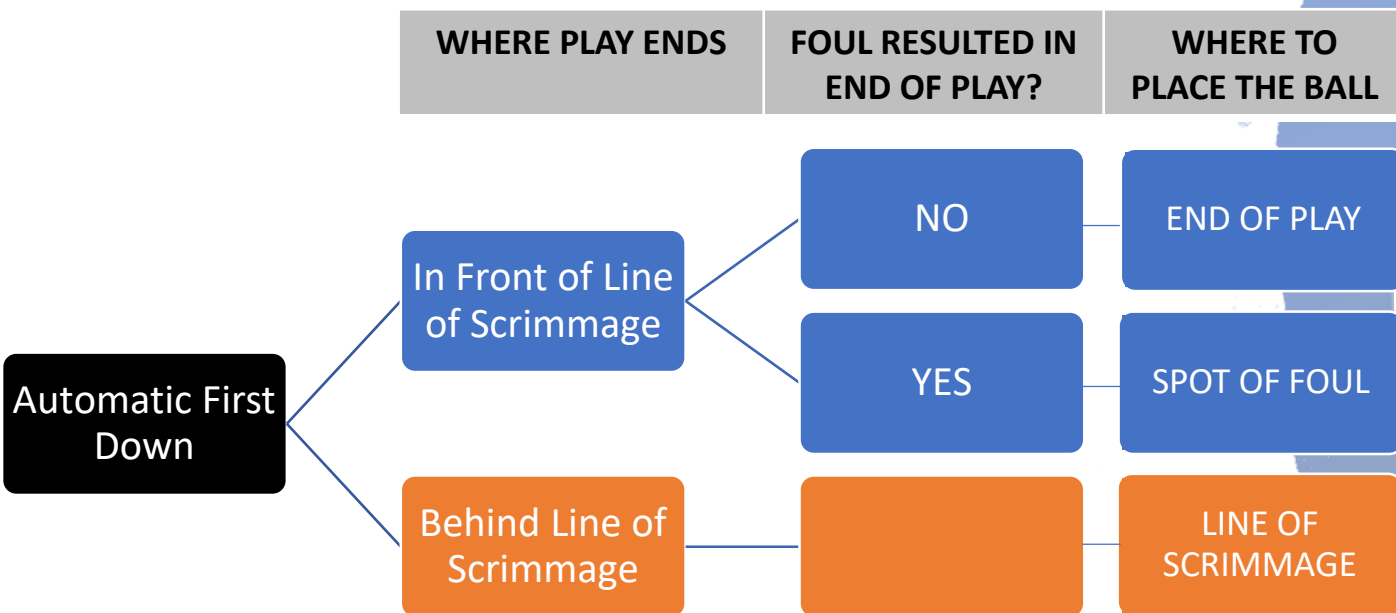
Automatic First Down



Defense Penalty

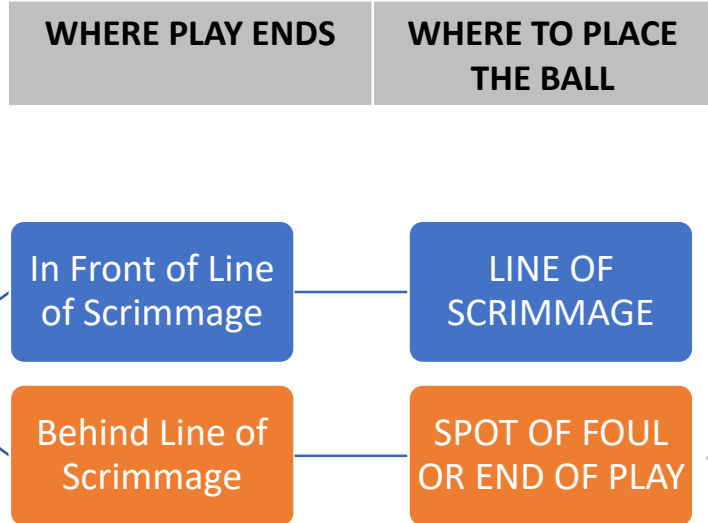
UNSPORTSMANLIKE CONDUCT:

Any action that disrespects a player, referee or coach including aggressive play



Offensive Penalty

PASS INTERFERENCE: Offensive player prevents defender from catching the ball prior to its arrival by bumping into them, swatting their hands/arms, placing hands in the air without looking at ball



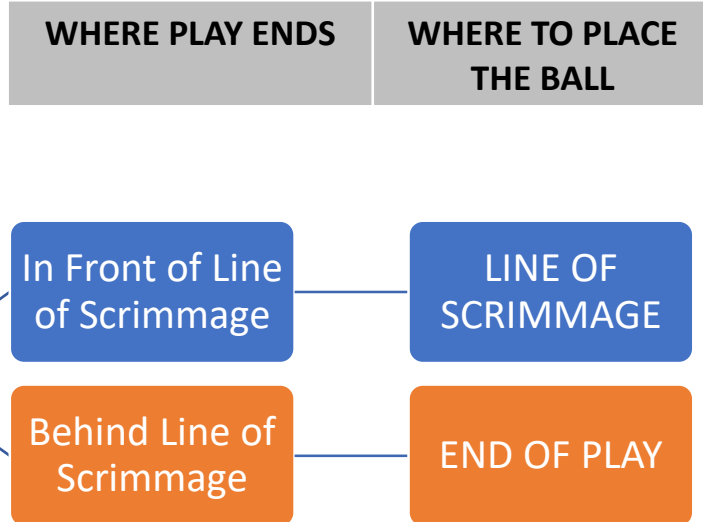
EXAMPLE: Play occurs on 1st Down – next play is 3rd Down

- 1
- 2
- 3
- 4

Offensive Penalty

OFFSIDE:

Player advances over line of scrimmage prior to snap of ball

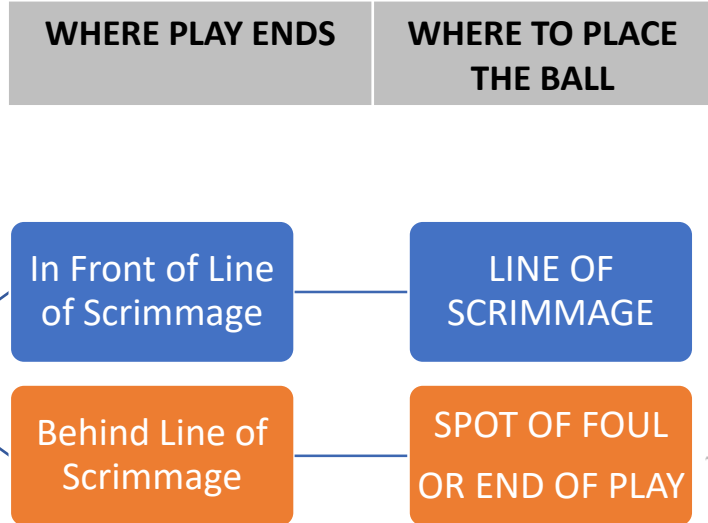


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Offensive Penalty

FLAG GUARDING: Player uses hand or ball to prevent defender from pulling flag



EXAMPLE: Play occurs on 1st Down – next play is 3rd Down

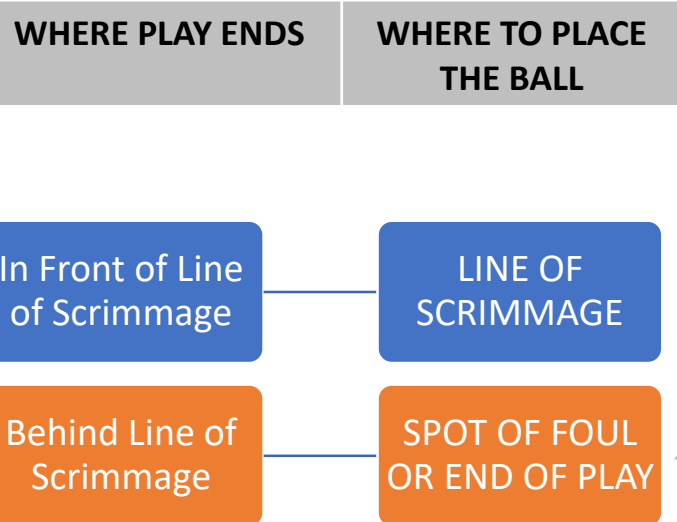
- 1
- 2
- 3
- 4



Offensive Penalty

BLOCKING:

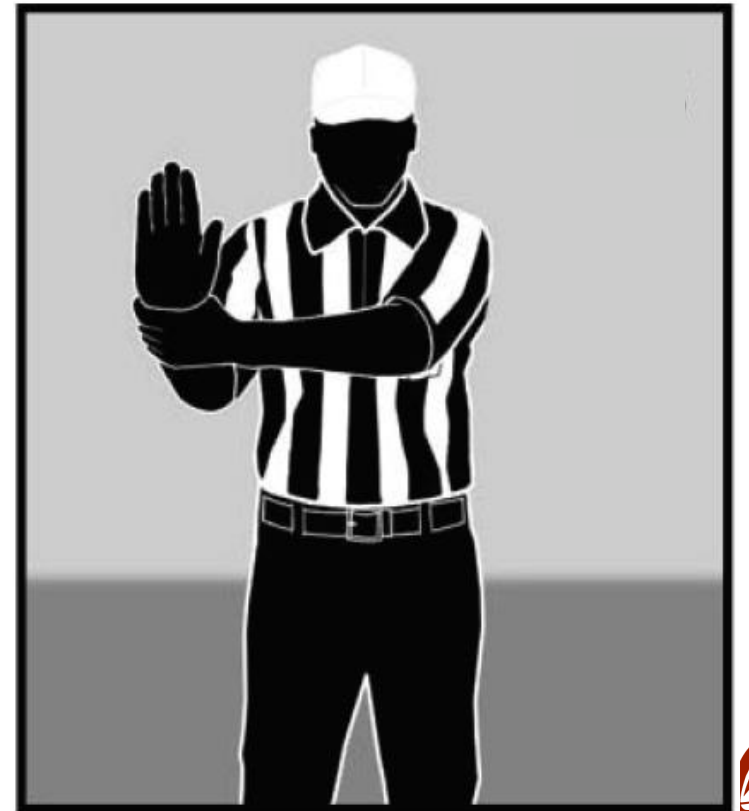
Player uses any part of body to block another player from trying to flag a player



LOSS OF DOWN

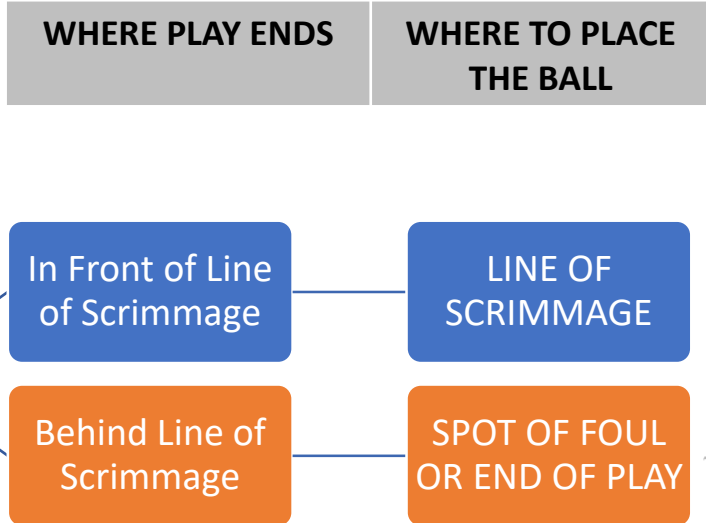
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Offensive Penalty

ILLEGAL MOTION: Forward motion prior to the start of the snap (sideway motion is allowed)



LOSS OF DOWN



EXAMPLE: Play occurs on 1st Down – next play is 3rd Down

① ② ③ ④



Offensive Penalty

ILLEGAL FORWARD PASS: PASS:

Forward pass beyond the line of scrimmage

WHERE PLAY ENDS

WHERE TO PLACE
THE BALL

In Front of Line
of Scrimmage

LINE OF
SCRIMMAGE

Behind Line of
Scrimmage



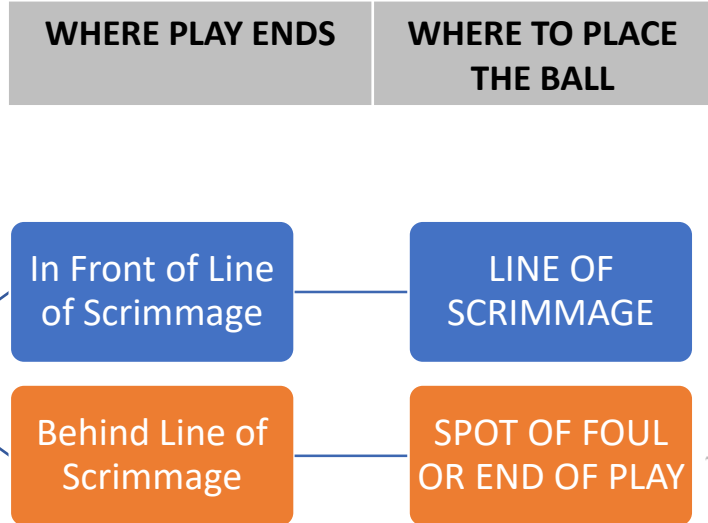
LOSS OF DOWN

EXAMPLE: Play occurs on 1st Down – next play is 3rd Down

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Offensive Penalty

ILLEGAL LATERAL: Lateral beyond the line of scrimmage



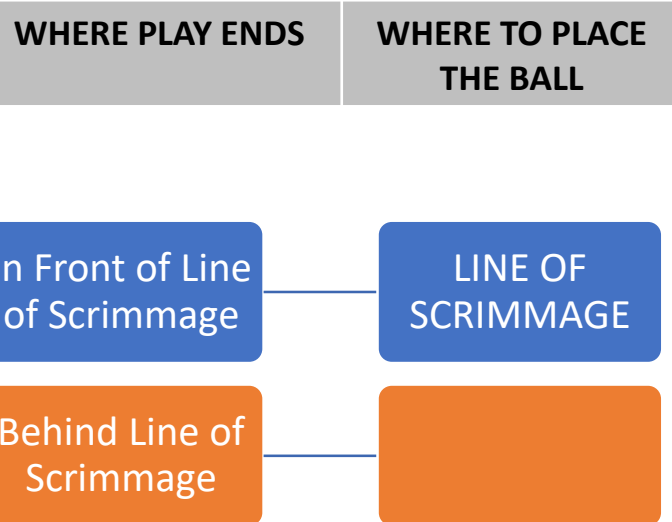
EXAMPLE: Play occurs on 1st Down – next play is 3rd Down

- 1
- 2
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- 4

Offensive Penalty

ILLEGAL QB RUN:

QB running beyond line of scrimmage

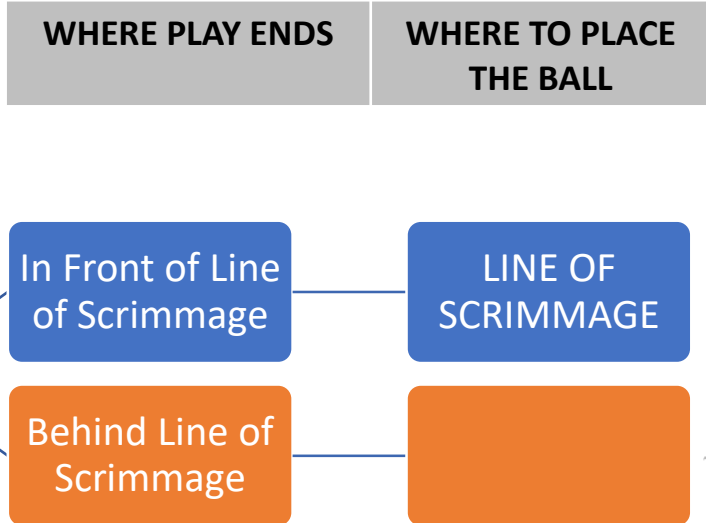


EXAMPLE: Play occurs on 1st Down – next play is 3rd Down

- 1
- 2
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- 4

Offensive Penalty

DELAY OF GAME: Not snapping ball within 30 seconds of "ready for play" whistle (once ball is placed on line of scrimmage)



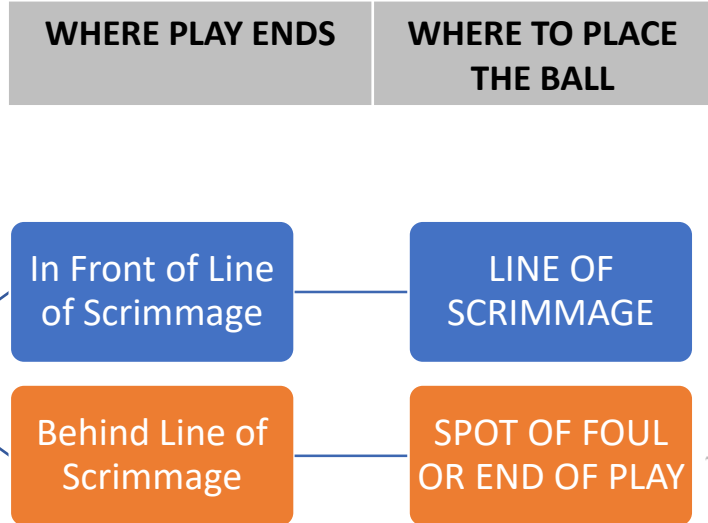
EXAMPLE: Play occurs on 1st Down – next play is 3rd Down

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Offensive Penalty

JUMPING/SPINNING: Spinning or jumping while running with the ball



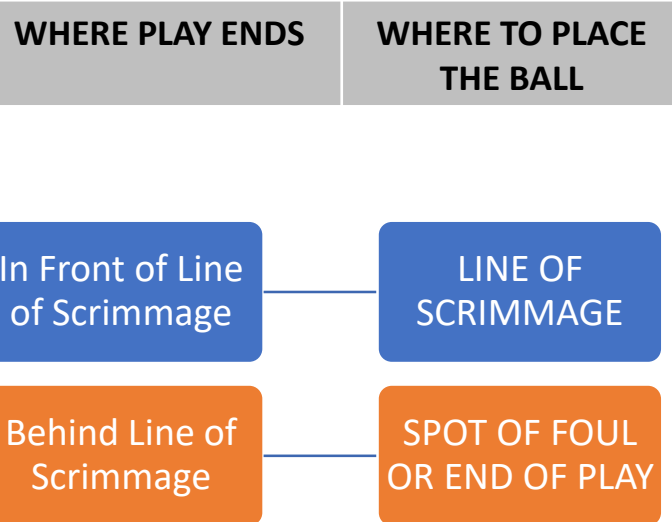
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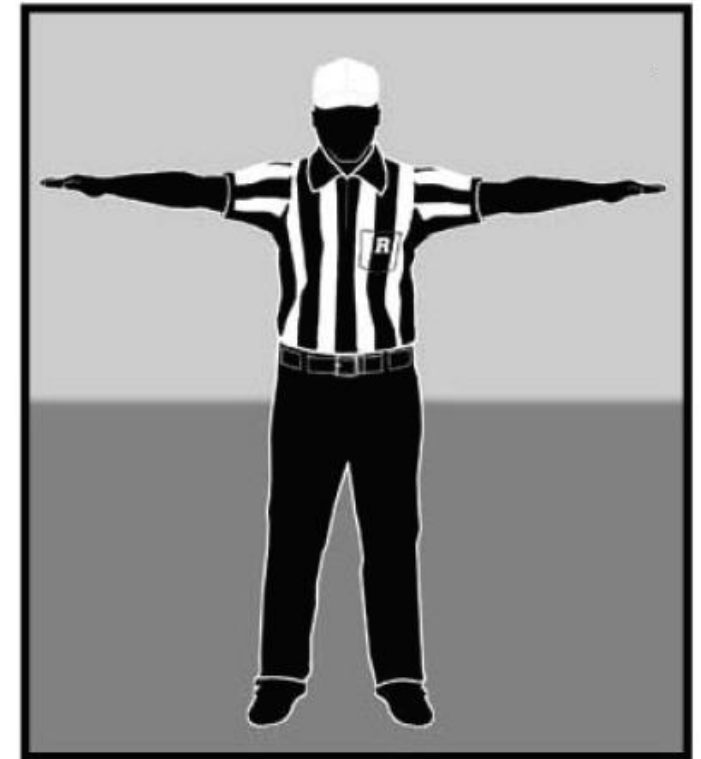
Offensive Penalty

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LOSS OF DOWN



EXAMPLE: Play occurs on 1st Down – next play is 3rd Down

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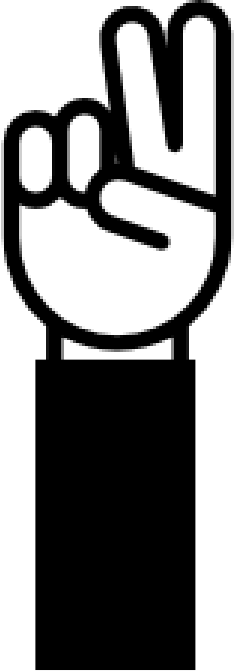


Other Signals - Downs

1ST



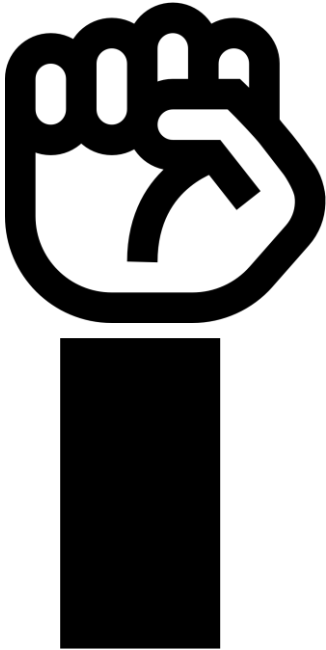
2ND



3RD



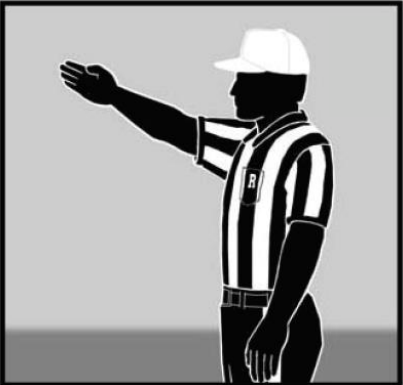
4TH



5TH



FRESHMAN ONLY

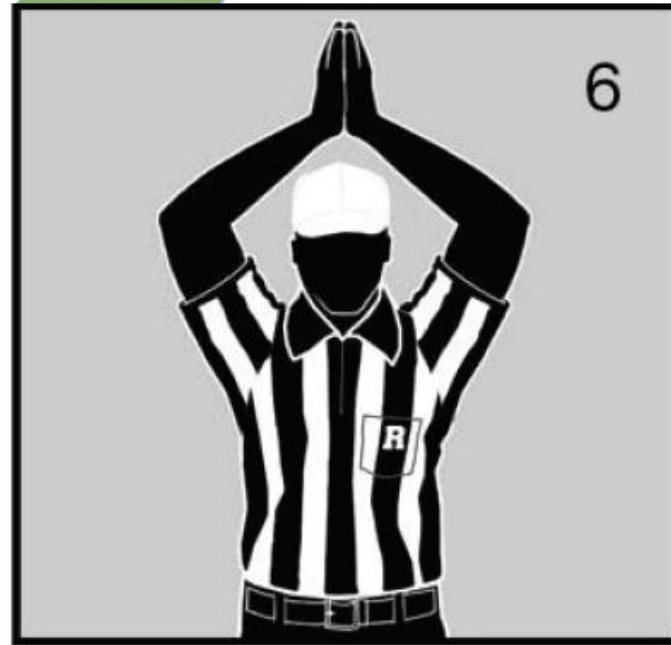


Other Signals



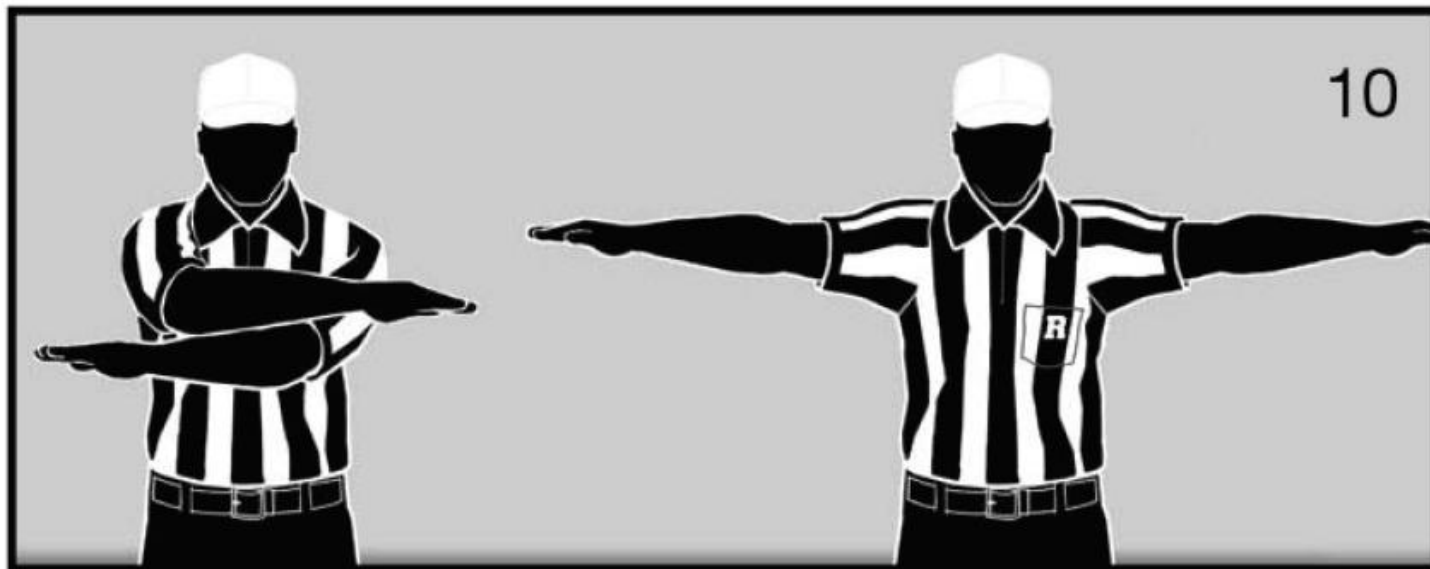
TOUCHDOWN

**POINT AFTER
CONVERSION**

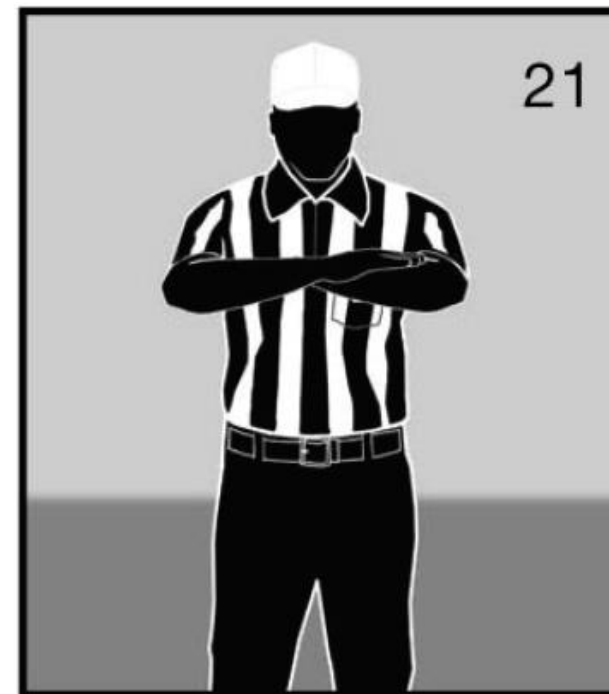


SAFETY

Other Signals

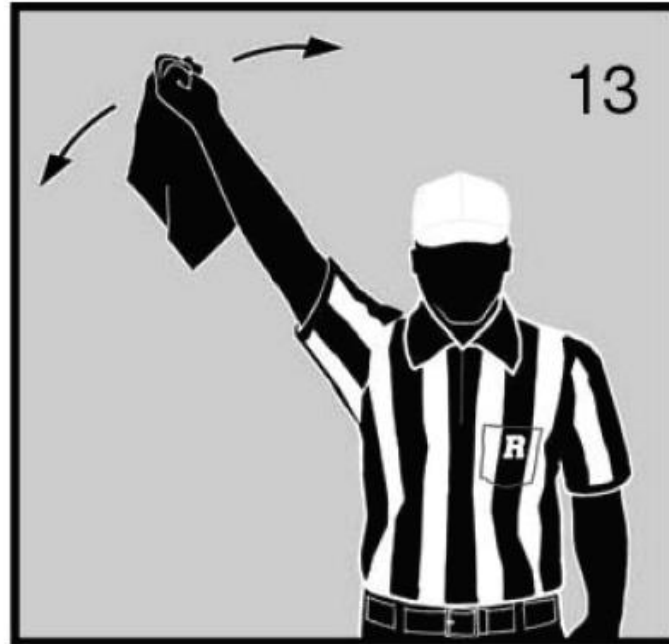


**INCOMPLETE
PASS**



DELAY OF GAME

Other Signals



END OF HALF

END OF GAME