

2019 Mentor Flag Football League Rules

1. Player Equipment

- Mandatory
 - Jersey (jerseys must be tucked in)
 - Flag Belt (worn on defence and offense at sides of hip)
 - Mouth Guard
- Recommended
 - Soccer Cleats
- Not Allowed
 - Hats
 - Jewellery
 - Metal Cleats

2. # of Players

- 5 aside games (senior) / 6 aside games (freshman and junior)
- Minimum of 3 players required to play a game, must be matched by opposing team
- Team that cannot field a minimum # of players will forfeit the game (score will be 6-0)...refs will wait 10 minutes before making the call
- A game will be played by equally distributing players
- If both teams cannot field a minimum # of players, both teams will forfeit the game (no points awarded)

3. Playing Time

- Two 30 minute halves – continual running time
- 3 minute intermission
- Extension of Time
 - if half ends on a Defensive team penalty and Offensive team accepts the penalty
 - Touchdown scored, point after is attempted
- Offensive teams have 30 seconds in the huddle. Huddle must end after 30 seconds.

4. Field of Play

- The 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.

5. Downs

- Team receives 4 downs to reach mid-field (half)
- Another 4 downs are provided once mid-field is crossed – foot touches centre line
- 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

6. 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.

7. Substitutions

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

8. Quarterbacks

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

9. 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

10. 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.

11. Fumbles and 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).
- In the Freshman Division fumbles do not result in a loss of possession.
- In the Junior and Senior Divisions 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.

12. 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.

13. Rushing the Quarterback

- All Divisions – Defence 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

14. 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.

15. Kicks & Punts

- Kick-Offs will take place at:
 - Senior (first line after the goal line)
 - Junior (second line after the goal line)
 - Freshman (line adjacent to centre line)
- 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

- Onside kicks are not allowed.
- Kick Offs
 - 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 occurs when:
 - 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.

16. Snapping

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

17. 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

18. Catching the Ball

- 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.

19. 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.

20. 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

21. Jumping/Spinning

- While running with the ball you are not allowed to run or leap in the air to try and “hurdle” a player.
- While running with the ball you are not allowed to spin to avoid getting flagged.
- While trying to flag someone you are not allowed to jump or leap at the player with the ball. This occurs when both feet are deemed to have left the ground to propel themselves towards the opposing player.

22. 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

23. Tie Games

- Tie games are permitted except in the Championship Game
- Championship Game that is tied will go into unlimited overtime.
- A new coin toss will occur. The winning team will decide whether to defend or not.
 - Play will occur at one end of the field as selected by the Referee.
 - Each team will have an equal amount of attempts to score.
 - Each team will start from the line after centre field, closest to the goal and will be given 4 downs to attempt to score.
 - Defensive interceptions are allowed to proceed until the player is flagged or scores a touchdown. If flagged, the intercepting team will begin their next attempt from the bottom half of the centre circle (in accordance with Overtime series rules).

24. Tie in Standings

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

SEE NEXT PAGE

DEFENSE Penalty Assessments

DEFENSIVE SPOT FOULS

Defense Commits Penalty	OFFENSE Accept/Decline	Down	Ball Spotted...
Pass Interference	Accept	Automatic First Down	Point of Infraction or Line of Scrimmage (LOS)
	Decline	Next Down	End of Play
Offside	Accept	Automatic First Down	Point of Infraction or LOS
	Decline	Next Down	End of Play
Tackling	Accept	Automatic First Down	Point of Infraction or LOS
	Decline	Next Down	End of Play
Holding (shirt, shorts or body part)	Accept	Automatic First Down	Point of Infraction or LOS
	Decline	Next Down	End of Play
Obstructing the Runner	Accept	Automatic First Down	Point of Infraction or LOS
	Decline	Next Down	End of Play
Illegal Defense	Accept	Automatic First Down	Point of Infraction or LOS
	Decline	Next Down	End of Play
Unsportsmanlike Conduct	Accept	Automatic First Down	Point of Infraction or LOS
	Decline	Next Down	End of Play
Punching the Ball from Player's Hand	Accept	Automatic First Down	Point of Infraction or LOS
	Decline	Next Down	End of Play
Illegal Defense	Accept	Automatic First Down	LOS
	Decline	Next Down	End of Play
Diving (to flag a player)	Accept	Automatic First Down	Point of Infraction or LOS
	Decline	Next Down	End of Play
Personal Foul <i>Aggressive Play, disrespectfully addressing an Official/Player, Fighting or Attempting to Fight Intent to Injure</i>	Accept	Automatic First Down	Point of Infraction or LOS
	Decline	Next Down	End of Play

Major Foul

- At the discretion of the Referee, a major foul can result in ejection of the game or player(s) can be asked to miss three downs (may require further league action)

***LOS - Ball is placed on the LOS (Line of Scrimmage) or where the play ended, whatever is more advantageous to the OFFENSE.**

OFFENSE Penalty Assessments

NB: LOSS OF DOWN

= PENALTY OCCURRED DURING 1ST DOWN, THEY LOSE 2ND DOWN AND IT IS NOW THIRD DOWN

= PENALTY OCCURRED DURING 3RD DOWN, THEY LOSE 4TH AND BALL IS TURNED OVER ON DOWNS

Offense Commits Penalty	DEFENCE Accept/Decline	Down	Ball Spotted...
Pass Interference	Accept	LOSS OF DOWN	LOS
	Decline	Next Down	End of Play
Offside	Accept	LOSS OF DOWN	LOS
	Decline	Next Down	End of Play
Flag Guarding	Accept	LOSS OF DOWN	LOS
	Decline	Next Down	End of Play
Blocking	Accept	LOSS OF DOWN	LOS
	Decline	Next Down	End of Play
Forward Motion Prior to Snap	Accept	LOSS OF DOWN	LOS
	Decline	Next Down	End of Play
Illegal Forward Pass (pass line of scrimmage)	Accept	LOSS OF DOWN	LOS
	Decline	Next Down	End of Play
Illegal Lateral (pass line of scrimmage)	Accept	LOSS OF DOWN	LOS
	Decline	Next Down	End of Play
QB Illegal Run	Accept	LOSS OF DOWN	LOS
	Decline	Next Down	End of Play
Delay of Game	Accept	LOSS OF DOWN	LOS
	Decline	Next Down	End of Play
Unsportsmanlike Conduct	Accept	LOSS OF DOWN	LOS
	Decline	Next Down	End of Play
Delay of Game	Accept	LOSS OF DOWN	LOS
	Decline	Next Down	End of Play
Jumping or Spinning (while running with the ball)	Accept	LOSS OF DOWN	LOS
	Decline	Next Down	End of Play
Personal Foul <i>Aggressive Play, disrespectfully addressing an Official/Player, Fighting or Attempting to Fight Intent to Injure</i>	Accept	LOSS OF DOWN	Point of Infraction or LOS
	Decline	Next Down	End of Play

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