

## 2023 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.
  - **With 2 minutes to play – there will be a total of 5 plays allowed between the two teams. (KICK OFF IS NOT A PLAY / PUNT IS A PLAY / CONVERSION IS NOT A PLAY)**
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 Playoff & 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 Playoff and 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).
- Fumbles do not result in a loss of possession.
- 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 Offense

- An Offensive formation cannot exceed 3 players in the backfield (backfield is anything before the line of scrimmage)

#### 15. Illegal Defense

- Zone Defense is illegal. Man-to-Man defense is mandatory.
- In ALL divisions EXCEPT for Freshman, the player covering the QB can drop back into a zone, but they cannot double team another player.
- In Freshman the player must stay at the line of scrimmage (this player cannot drop back into coverage).

#### 16. Kicks & Punts

- Kick-Offs will take place at:
  - Senior (first line after the goal line)
  - Junior (second line after the goal line)
  - Freshman (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 kickoff 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.
- 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 first line after the goal line.

#### 17. Snapping

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

#### 18. 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

#### 19. 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.

#### 20. 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.
- No pass can be made after a lateral.

#### 21. 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

#### 22. 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.

#### 23. 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 receive the kickoff
- A player is only allowed a maximum of 3 touchdowns per game
  - If a Player with max TDs takes a knee or runs out of bounds inside the first line – ball will be placed at the first line
    - This will continue to occur if the player attempts not to score
    - If the player with 3 touchdowns scores on 4<sup>th</sup> down the ball is turned over and placed on the first line after the goal line

#### 24. Coaches on Field

- Coaches for Freshman division can stay on the field throughout the season
- Coaches for Junior and Senior division shall never be on the field

#### 25. Tie Games

- Tie games are permitted except in the Playoffs and Championship Games
- Game that is tied will go into unlimited overtime.
  - You can use any 2 QBs for this game.
  - 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 start from the line after centre field, closest to the goal and will be given 4 downs to attempt to score.
  - Each team will have an equal amount of attempts to score.
  - If it is still a tie after two completions, 2 point conversions are mandatory
  - Defensive interceptions are allowed to proceed until the player is flagged or scores a touchdown (does not include conversions). If flagged, the intercepting team will begin their next attempt from the centre line or where they were flagged, whichever is closest to the opposing team's goal line

#### 26. Tie in Standings

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

#### DEFENSE Penalty Assessments

- All penalties against the DEFENSE, unless they are declined by the OFFENSE are:
  - Automatic First Down
  - Ball is placed at the point of infraction or the line of scrimmage (whichever is more favourable for the Offense)
  - If the penalty is declined by the OFFENSE then the ball is placed at the end of the play
- Penalties Include
  - Pass Interference
  - Offside
  - Tackling

- **Holding** (includes holding shirt, shorts)
- **Punching or attempting to punch ball out of player hands**
- **Illegal defense** (ie: zone defense or no QB rusher)
- **Unsportsmanlike conduct**
- **Diving to flag player**
- **Major Foul** - *Aggressive Play, disrespectfully addressing an Official/Player, Fighting or Attempting to Fight Intent to Injure*
  - 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)

### **OFFENSE Penalty Assessments**

**NOTE: LOSS OF DOWN**

**= PENALTY OCCURRED DURING 1<sup>ST</sup> DOWN, THEY LOSE 2<sup>ND</sup> DOWN AND IT IS NOW THIRD DOWN**

**= PENALTY OCCURRED DURING 3<sup>RD</sup> DOWN, THEY LOSE 4<sup>TH</sup> AND BALL IS TURNED OVER ON DOWNS**

- **All penalties against the OFFENSE, unless they are declined by the DEFENSE result in:**
  - **A loss of down**
  - **Ball is placed at the point of infraction or the line of scrimmage (whichever is more favourable for the Defense)**
  - **If the penalty is declined by the OFFENSE then the ball is placed at the end of the play**
- **Penalties Include**
  - **Pass Interference**
  - **Offside**
  - **Flag Guarding / Swiping**
  - **Blocking**
  - **Forward Motion Prior to Snap**
  - **Illegal Forward Motion Prior to Snap**
  - **Illegal Forward Pass (pass attempted after the line of scrimmage)**
  - **Illegal Lateral (lateral done after the line of scrimmage)**
  - **QB Running**
  - **Delay of Game** (not snapping the ball after 30 seconds from one ref places ball on the line of scrimmage)
  - **Jumping or Spinning while running with the ball**
  - **Illegal Offense** (ie: more than 2 people in the back-field)
  - **Major Foul** - *Aggressive Play, disrespectfully addressing an Official/Player, Fighting or Attempting to Fight Intent to Injure*
    - 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)