

MEGA Flag Football

Rule Book



Revised 5/21/24

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I. GAME

- a. At the start of each game, captains from both teams shall meet at midfield for the coin toss to determine who shall start with the ball. The visiting team shall call the toss.**
- b. The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Teams may not choose to defer to the second half.**
- c. The offensive team takes possession of the ball at its 5-yard line and has 4 plays to cross midfield. Once a team crosses midfield, they have 4 plays to score a touchdown.**
- d. If the offensive team fails to cross the line-to-gain after 3 plays, it has the option to punt (possession of the ball changes and the opposition starts its drive from its own 5-yard line) or go for it (if offense fails to cross midfield, possession of the ball changes and opposition starts its drive from the spot of the ball).**
- e. All possession changes, except interceptions and failed 4th down conversions, start on the offense's 5-yard line.**
- f. Teams change sides after the first half. Possession changes to the team that started the game on defense.**

II. TERMINOLOGY

Line Of Scrimmage	(LOS) an imaginary line running through the point of the football and across the width of the field.
Line-To-Gain	the line the offense must pass to get a first down or score.
Rush Line	an imaginary line running across the width of the field 7 yards (into the defensive side) from the line of scrimmage.
Passer	the offensive player that throws the ball and may or may not be the quarterback.
Rusher	the defensive player assigned to rush the quarterback to prevent him/her from passing the ball by pulling his/her flags or by blocking the pass.
Live Ball	refers to the period of time that the play is in action. Generally used in regard to penalties, live ball penalties are considered part of the play and must be enforced before the down is considered complete.
Dead Ball	refers to the period of time immediately before or after a play.
Inadvertent Whistle	official's whistle that is performed in error.
Charging	the movement of the ball carrier directly at a defensive player who has established position on the field. This includes lowering the head, making contact with the defender with a shoulder, forearm, or the chest.
Flag Guarding	an act by the ball carrier to prevent a defender from pulling the ball carrier's flags by stiff arm, lowering elbow or head, or by blocking access to the runner's flags with a hand or arm.
Shovel Pass	a pass that must go forward by throwing the ball underhand or pushing it towards a receiver in a shot put type manner.
Lateral	a backwards or sideways toss of the ball by the ball carrier. These are not allowed
Unsportsmanlike Conduct	a rude, confrontational, or offensive behavior or language.

III. ELIGIBILITY

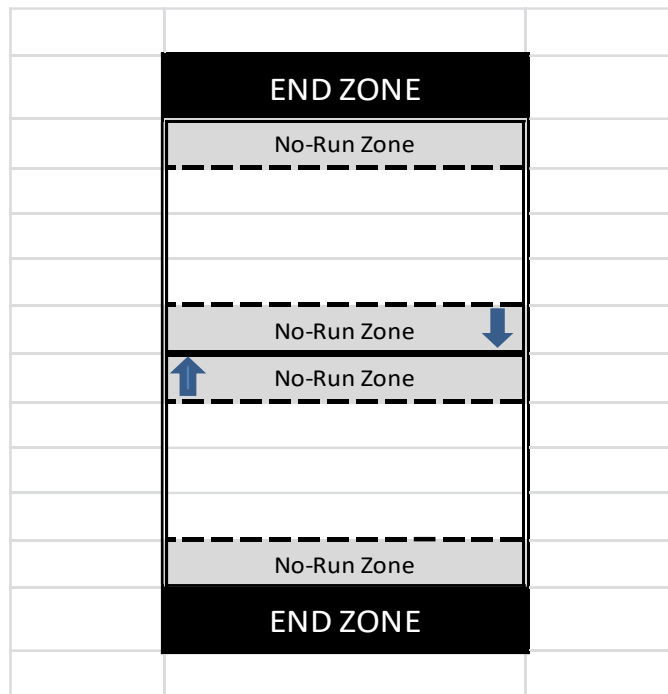
- a. All players must be registered and paid for prior to the first game.**
- b. All players' parent or guardian must have agreed to online waiver or signed waiver on paper form.
- c. All will be allowed to play up in an older grade division. Players WILL NOT be allowed to play down in a younger grade division.

IV. EQUIPMENT

- a. The league provides flags on game days and matching team shirts.
- b. Teams must supply their own football
 - i. K-4th Grade (K2 or Peewee size).
 - ii. 5-8th Grade (Junior Size)**
- c. Players are required to have a mouthpiece.**
- d. Football cleats are encouraged but are not required; however, cleats with exposed metal are not allowed and must be removed.
- e. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads, and kneepads. Braces with exposed metals are not allowed.
- f. Players must remove all watches, earrings and any other jewelry that the officials deem hazardous.
- g. Players' shirts must be tucked into the pants at all times so nothing hangs below the belt line.

V. FIELD

- a. The field dimensions are 25-30 yards by 50 yards (goal line-to-goal line) with two 7-yard end zones, and a midfield line-to-gain. No-Run Zones precede each line-to-gain by 5 yards. However, field size may vary based on field availability.
- b. No-Run Zones are in place to prevent teams from running power run plays in short yardage situations. While in No-Run Zones, teams cannot run the ball. All plays must be passing plays. The player who takes the snap must be the one to throw the ball. NO handoffs will be allowed in the No-Run Zones. This includes extra point conversions (1 pt).



VI. ROSTERS

- a. 5v5- Teams should have 7 -12 players.
- b. 7v7- Teams should have 10-15 players.

VII. TIMING

a. K-2nd Grade-

- i. Games are played on a 40-minute continuous clock with two 20-minute halves. The clock stops only for timeouts.

b. 3-8th Grade-

- i. Games are played on a 48-minute continuous clock with two 24-minute halves. The clock stops only for timeouts.

c. Half Time is five minutes long.

d. Each time the ball is spotted, a team has 45 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.

e. Each team has two **30-second** timeouts per half.

f. Officials can stop the clock at their discretion.

g. In the event of an injury the clock will stop and then restart when the injured player is removed from the field of play.

VIII. COACHES

a. Coaches are typically volunteer parents or family members helping the players learn and enjoy the game. Parents are encouraged to support the coach at all times.

b. Coaches are allowed on the playing field to help direct players. However, only one coach per team will be permitted on the playing field at any time.

c. Coaches on the field must step back away from the players before the ball is snapped and must not touch any players during a live play.

d. Coaches assume the responsibility of assuring that parents and players use proper sportsmanship while on SportZone property. Coaches can be ejected due to poor sportsmanship from parents or players.

IX. LIVE BALL/DEAD BALL

a. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.

b. The official will indicate the neutral zone and line of scrimmage. It is an automatic dead ball foul if any player enters the neutral zone. Officials may give both teams a “courtesy” neutral zone notification to allow their players to move back behind the line of scrimmage.

c. A player who gains possession in the air is considered in bounds as long as one foot comes down in the field of play.

d. Substitutions may be made on any dead ball.

e. Play is ruled “dead” when:

i. The ball hits the ground.

1. Kindergarten division will replay the down on a dropped snap. For all other divisions the down is consumed on a dropped snap.

ii. The ball carrier’s flag is pulled.

iii. The ball carrier steps out of bounds.

iv. A touchdown, PAT or safety is scored.

v. The ball carrier’s knee or arm hits the ground.

vi. The ball carrier’s flag falls out.

1. If ball carrier has broken away from everyone and will clearly score, referees may not blow the play dead and may award the player a TD. This is the referee’s discretion.

vii. The receiver catches the ball while in possession of one or no flag(s).

viii. The 7-second pass clock expires

***There are NO fumbles! The ball will be spotted where the ball carrier's feet are at the time of the fumble.**

- f. In the case of an inadvertent whistle, the offense has two options:
 - i. Take the ball where the whistle was blown and the down is consumed.
 - ii. Replay the down from the original line of scrimmage.

X. RUNNING

- a. The ball is spotted where the runner's feet are when the flag is pulled, not where the ball carrier has the ball. Forward progress will be measured by the player's front foot.
- b. The QB cannot directly run with the ball. The QB does have the ability to scramble in the backfield but cannot advance the ball beyond the line of scrimmage unless a defensive rusher crosses the line of scrimmage.
- c. Only one player may be in possession of the ball when advancing the ball down field**
- d. Absolutely NO laterals or pitches of any kind. Only direct handoffs in the backfield are permitted. Handoffs may occur in front, beside, or behind the offensive player but must occur behind the line of scrimmage. Multiple handoffs are allowed.
- e. 'No-Run Zones' Teams are not allowed to run if the line of scrimmage is in one of these zones.
 - i. QB may run if defensive rusher crosses the line of scrimmage.
- f. The player who takes the handoff can throw the ball from behind the line of scrimmage**
- g. Once the ball has been handed off, all defensive players are eligible to cross the line of scrimmage.
- h. Runners may not leave their feet to advance the ball. Diving, leaping, or jumping to avoid a flag pull is considered flag guarding. Runners may leave their feet if there is a clear indication that he/she did so to avoid collision without a flag guarding penalty being enforced.

- i. Spinning is allowed but players may not leave their feet to avoid a flag pull. Jumping in the air in a forward motion to advance the ball while attempting to avoid a flag pull is not allowed. Lateral moves to the left or the right are.
- j. No blocking or screening is allowed at any time. Offensive players must stop their motion once the ball has crossed the line of scrimmage and cannot run with the ball carrier.
- k. Shirts must be tucked in before the play begins. Flags must be on the player's hips and free from obstructions.

XI. PASSING

- a. All passes must come from behind the line of scrimmage and be thrown forward and completed past the line of scrimmage. This will be called at the discretion of the official.
- b. Shovel passes, underhand or pitches are **NOT** allowed.
- c. The QB has a 7-second clock to throw the ball once the ball is snapped. If the ball is not thrown within the 7-second window, the play is blown dead, the ball is returned to the line of scrimmage and the down is consumed.
 - i. Once the ball is handed off, the 7-sec clock is no longer in effect.

XII. RECEIVING

- a. All players are eligible to receive a pass, including the QB (if the ball has been handed off)
- b. Only one player is allowed in motion at one time and all motion must be parallel to line of scrimmage.
- c. Players must have at least one foot inbounds when making a reception.

- d. Simultaneous possession will be awarded to the offense.
- e. Interceptions are returnable for 2nd – 8th Grade Divisions (except on PAT conversions). For K/1st Grade Divisions the ball is blown dead at the spot of the interception. INT's are the only change of possession that does not start at the opponent's 5-yard line except for failed 4th down conversions.

XIII. RUSHING THE PASSER

- a. All players that are rushing the passer must be a minimum of 7 yards from the line of scrimmage.
 - i. K/1st Grade – NO rushing
 - ii. 2nd thru 4th Grade – Only 2 rushers allowed
 - iii. 5th thru 8th Grade(7v7)- Up to 4 rushers allowed
- b. Players that are not rushing the QB are allowed to defend the line of scrimmage.
- c. Once the ball is handed off, the 7-yard rule is no longer in effect and ALL defensive players are allowed to cross the line of scrimmage.
- d. A Referee will designate the Rush Line 7 yards from the line of scrimmage on every down.
 - i. A legal rush is:
 - 1. Any rush seven yards or more from the line of scrimmage.
 - 2. A rush from anywhere AFTER the ball has been handed off by the QB.
 - 3. Rushers that cross the 7-yd Rush Line early may return to the line, reset, and still rush legally.
 - 4. Rushers that cross the 7-yd Rush Line early and don't reset may still rush the QB so long as the ball is handed off before the rusher crosses the line of scrimmage.
 - ii. A penalty may be called:

1. The rusher leaves the Rush Line before the snap and crosses the line of scrimmage before the ball is thrown or handed off – Illegal Rush (5 yds LOS and 1st down)
2. Any defensive player crosses the line of scrimmage before the ball is snapped – Offside (5 yds LOS and 1st down)
3. Any defensive player not behind the designated Rush Line that crosses the line of scrimmage before the QB throws or hands ball off – Illegal Rush (5 yds LOS and 1st down)

iii. Special Circumstances

1. Teams are not required to rush the passer.
2. Teams are not required to identify their rusher(s) before the play.
3. If a rusher leaves the Rush Line before the snap, they may still drop back to act as a defender without a penalty.

e. Players rushing the QB may attempt to block the pass; however, NO contact can be made with the QB in any way. If contact is made with the QB while blocking or attempting to block the pass, it will result in a roughing the passer penalty.

f. The offense cannot impede the rusher in any way. If the path to the QB is occupied by a moving offensive player, it is the offensive player's responsibility to avoid the rusher or it may result in an impeding the rusher penalty. If the offensive player does not move after the snap, it is the defensive rusher's responsibility to go around the offensive player to avoid contact.

g. A sack occurs if the QB's flag is pulled behind the line of scrimmage. The ball is placed where the QB's feet were when the flag was pulled.

XIV. FLAG PULLING

a. A legal flag pull takes place when the ball carrier is in full possession of the ball.

b. Defenders can dive to pull flags but cannot tackle, hold, or run through the ball carrier.

i. If player in possession of the ball is tackled near the line of gain, referees may award the first down or the score (Referee's discretion).

- c. It is illegal to try and strip the ball from the ball carrier's possession at any time.
- d. If a player's flag inadvertently falls off during a play, the player is down immediately upon his possession of the ball and the play ends.
 - i. If player has broken away and will clearly score, the referees may not blow the play dead and award the score (Referee's discretion).
- e. Flag Guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm, or shoulder or intentionally covering flags with shirt.

XV. FORMATIONS

- a. 5v5- Offense must have a minimum of one player on the line (Center) and may have up to four players on the line. The QB must be behind the line.
- b. 7v7- Offense must have a minimum of three players on the line (Center and 2 receivers) One receiver on each side of the Center and a maximum of six players on the line. QB must be behind the line.
- c. Motion-
 - i. One player at a time may go in motion. NO motion is allowed toward the line of scrimmage.
 - ii. Movement of a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.

XVI. UNSPORTSMANLIKE CONDUCT

- a. If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals will be considered. FOUL PLAY WILL NOT BE TOLERATED!
- b. Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player(s) or coach(s) will be ejected from the game.

- c. Players or coaches may not physically or verbally abuse any player, coach or official.**
- d. Ball carriers MUST make an effort to avoid defenders with an established position.**
- e. Defenders are not allowed to run through the ball carrier when pulling flags.**
- f. Fans must also adhere to good sportsmanship:**
 - i. Yell to cheer on your players, not to harass officials or other team.**
 - ii. Keep comments clean and profanity free.**

PENALTIES

g. GENERAL

- i. Referees determine all incidental contact that may result in normal play.
- ii. All penalties will be assessed from the line of scrimmage (LOS) except where noted (Spot Foul).
- iii. Only team captain or Head Coach may question referee for rule clarifications or interpretations. Players may not question judgment calls.
- iv. Games cannot end on a defensive penalty unless it is declined.

DEFENSIVE PENALTIES	
Offside	+5 yds from LOS & Automatic First Down
Illegal Rush	+5 yds from LOS & Automatic First Down
Illegal Flag Pull	+5 yds from LOS & Automatic First Down
Roughing the Passer	+10 yds from LOS & Automatic First Down
Taunting	+10 yds from LOS & Automatic First Down
Defensive Pass Interference	SPOT FOUL, Automatic First Down
Holding	SPOT FOUL, +5 yds & Auto First Down
Stripping	SPOT FOUL, +10 yds & Auto First Down
Defensive Unnecessary Roughness	SPOT FOUL, +10 yds & Auto First Down
OFFENSIVE PENALTIES	
Offside/False Start	-5 yds from LOS & Loss of Down
Illegal Forward Pass	-5 yds from LOS & Loss of Down
Offensive Pass Interference	-5 yds from LOS & Loss of Down
Illegal Motion	-5 yds from LOS & Loss of Down
Delay of Game	-5 yds from LOS & Loss of Down
Impeding the Rusher	-5 yds from LOS & Loss of Down
Screening, Blocking, or Running with the Ball Carrier	SPOT FOUL, -5 yds and Loss of Down
Charging	SPOT FOUL, -10 yds and Loss of Down
Flag Guarding	SPOT FOUL, -10 yds and Loss of Down
Offensive Unnecessary Roughness	SPOT FOUL, -10 yds and Loss of Down