



McKinney Sports Connection

SPRING FLAG FOOTBALL

updated 03.11.10

Team

The teams will be 7 on 7 including a center. All players are eligible to receive a pass including the quarterback. The center will be an eligible receiver.

Player Eligibility

A player is eligible according to the grade he or she is currently enrolled. Beginning with the 3rd grade thru the 6th grade.

Minimum Play Time

All players must start on either offense or defense.

Playing Rules

Home team will be designated first on the schedule.

Coin Toss

At the beginning of the first half a coin toss will be held. The winner of the coin toss will have the following options: (1) offense, (2) defense (3) choice of goal to defend. The loser of the opening toss will have choice of the remaining options for the first half and will have the first choice of all the options at the beginning of the second half. There is NO DEFERRMENT to the second half

2 twenty minute halves with a running clock

2 Time Outs per half.

25 second play clock from the time the ball is spotted.

80 x 50 yard field

The field is divided into 20 yard increments with 20 yards for a first down. First downs are made whenever a team passes the 20 yard lines in both zones. If the offense makes a first down beyond the 20 yard marker, the ball is spotted at the end of the play and the next first down is the remaining distance to the other 20 yard line.

No kicking game. The ball will be placed at the goal line to start, or after a score.

A team may take an automatic punt; the ball will be advanced 20 yards. No punts from inside the opponents 20. The ball cannot be placed inside the opponents 10 yd line. The firsts down is the remaining distance to the next 20 yard line.

After a score, a team has a choice of going for 1 point or 2 points as an extra point. If teams elect 1 point, ball is placed at the 5 yard line. If 2 the ball is placed at the 10 yard line.

Ties:

Each team will receive one opportunity to score from the 20, if the score remains tied after each team has one attempt (4 downs), the ball will be placed at 10 each team will then have one attempt (4 downs) if the score still remains tied the ball will be placed at the 10 yard line until there is a winner

Teams losing by 20 points or more will start an offensive possession on their own 20 rather than the goal line.

A team losing by 20 points or more at half time will automatically start on offense to start the 2nd half.

A team winning by 20 points or more cannot call timeout.

Equipment

Rubber cleats and screw in cleats will be allowed. No metal cleats, open heel/or toe shoes.

A mouthpiece is required in order to play

Footballs used in each league

7 th & 8 th Grade	TDY or equal
4 th -- 6 th Grade	TDJ or equal (4 th Grade- optional K-2)
3 rd & below	K 2 or equal

The League will supply the flags and they are the only authorize flags. All players must wear black or dark blue shorts/pants without pockets. Any player in a different color will not be eligible to play.

There will be a limited selection of team colors. Colors and team assignments are at the discretion of the League Director.

Rules 3rd – 6th Grade

Coaching Position

One offensive coach will be allowed on the field in the offensive huddle.

Offensive Positions

The offense shall have a QB, center and 6 eligible receivers. (The center is eligible) All plays must start with a center snap.

The QB shall have 6 seconds from the snap to throw the ball. The head referee shall use a stopwatch. If the ball is not thrown, it's a sack and marked at the original line of scrimmage.

The use of high motion is not allowed. Motion is allowed as in regular Fall MYFL rules.

There will be no contact, blocking, tackling etc. Illegal contact will result in a 10 yd penalty.

There will be no running plays allowed. No forward passes behind the line of scrimmage are acceptable.

A lateral pass behind the line of scrimmage is acceptable but the **6 Second Rule** applies from the snap. In the case of a fumble or the ball hitting the ground, the ball is dead and placed at the spot of the fumble.

If the ball is fumbled by the QB or if the Center bounces the ball or rolls it to the QB, the ball is dead and placed at the original line of scrimmage.

Spinning is allowed, but the players cannot leave their feet to avoid a defensive player, no diving.

The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

Ball Turns over After Downs or you can Punt at the spot.

Defensive Positions

The defense may line up in any defensive formation they desire.

There is no contact on any receiver allowed.

There is no rush. No defensive player may cross the line of scrimmage. They may not cross the line of scrimmage on a lateral.

An interception can be ran back (includes the extra point attempt). A team will be awarded the extra point according to what the offense elected to run. One point is awarded from the 5-yard-line. Two points are awarded from the 10-yard-line.

Any interpretations, modifications and anything not specified in the above will be at the discretion of the League Director.

Penalties

Defense

Illegal Contact

10 yds and an automatic first down

Illegal Flag Pull (before receiver has the ball)

10 yds and an automatic first down

NO Rushing is Allowed

Offense

Illegal Forward Pass (forward pass caught behind the line of scrimmage)

Ball dead and marked at the line of scrimmage, loss of down.

Offensive Pass Interference

10 yds and loss of down

Flag Guarding

10 yds from the spot of the foul

Illegal Contact

10 yds from the spot of the foul