



McKinney/Melissa Sports Connection FALL FLAG FOOTBALL

(Updated – 8/7/2026)



1. EQUIPMENT

- a. BALL SIZE: K2 (Pee Wee) for K, 1st, 2nd, 3rd Grade, K2 or TDJ for 4th, TDJ for 5th and 6th Grade
- b. Mouth Pieces are required.
- c. UNIFORMS: Jerseys are not included in registration fee. Coaches may use any vendor of their choosing to purchase a jersey. Shorts do not have to be included in the order. Parents are responsible for paying for their jersey with the coach.
- d. Flags should be on players' hips and checked frequently by the coach. Cut the belts so that the extra length is not hanging to the side.
- e. Teams must wear League issued Flags.
- f. Players should bring appropriate size balls to practice.
- g. Soft shell helmets are not required

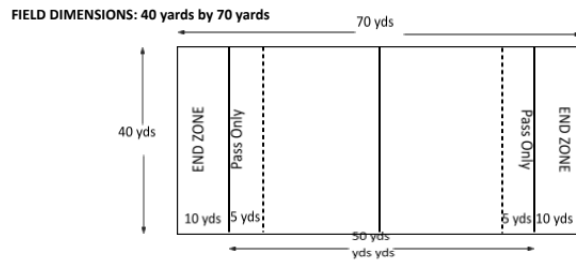
2. Head Coaches/Assistant Coaches

- a. All coaches must complete a background check and register on MSC website.
- b. Head Coach and or an Assistant Coach must attend Coaches meetings before Season Starts.
- c. The winning Head Coach must input game scores to Team Sideline after each game. Emails will be sent after each game. (Not through the App)
- d. Kindergarten and 1st Grade Division may have 2 coaches on the field for offense and defense.
- e. 2nd Grade may have 1 coach on the field for offense and defense.
- f. 3rd through 6th grade may have 1 coach on the field for offense only.
- g. Once the players break from the huddle, coaches must back out of line of the QB on offense or the Secondary on Defense.

3. Practices/Games

- a. Season will include 7 or 8 regular season games (depending on total number of teams) and playoffs for all teams in all divisions.
- b. Games will be played on Saturdays at either Al Ruschhaupt Soccer Complex or Al Ruschhaupt Park in McKinney.
- c. In the event of bad weather, games can be rescheduled as double headers later in the Season or on an alternate day.
- d. Teams can practice at any McKinney Park, except for Bonnie Wenk Park.
- e. We encourage teams to hold at least 1 – 2 practices per week.
- f. Divisions will only be combined if there are not enough teams to create a full season schedule.
- g. Game Times: 8:50, 9:40, 10:30, 11:20, 12:10 (Games can be scheduled up to 3pm, if needed.)

Field Dimensions:



4. Formations (NEW RULE)

This is a safety issue that prevents the opportunity of potential blocking inside the tackle box

KINDER and 1st Grade:

- Teams can run any formation, no penalty enforcement.
- No Tackle Box Rule.

2nd through 6th Grade

- Offensive formations can only have a maximum of 3 players on the LOS. This includes the Center.
- Teams may not have a player within 3 yards each side of the center.
- You must have at least 1 receiver/tight end to the right or left of the center. You may have a motion, but if you motion to overload to one side it will be flagged as an illegal formation.

5. Teams/Players

- Teams may not have more than 14 players on their roster. Coaches who may have more are encouraged to create 2 teams. The minimum number of players on a team is 9. If your roster has less than 9, you will be asked to take on a Free Agent from the pool players.
- Teams are based on what grade they are in that current school year. Also, if a player has participated on a team in consecutive years, then will play in the division that follows. An athlete must participate in only one age division. Athletes must participate either in their age division, or they may participate in an older age division, however, once the athlete has played a full season they cannot play down in the next season.
- Teams with less than 9 players registered may be required to take players from the Free Agent List unless you are a team outside of McKinney.
- Players may play up a grade level, but they cannot play down. Pre K age must get approval from the Commissioner before registering.
- Coaches may be asked to verify the grade of an athlete if needed. In which the parent of the child will have to provide the Commissioner with a dated report card and/or enrollment form from the athlete's current school.
- All players must play at least $\frac{1}{2}$ the game. All players must play either all the defensive plays for their team or all the offensive plays for their team. Players could also play all the offensive plays in the first half and all defensive plays in the second half. Other exceptions include practice participation. Coaches must set clear expectations on practices and keep a log of attendance.
- If players miss practices, it is the discretion of the Head Coach to determine playing time. Just make sure you are communicating with the parents.

GAME PLAY/RULES

1. Coin Toss/Captains Meeting

- a. The winner of the coin toss may choose to go on offense or defense. The loser of the coin toss chooses the direction.
- b. In the second half, the direction will change as well as possession. If a team is leading by more than 21 points, the possession will go to the losing team starting the second half.
- c. It is the expectation of the coach to have printed rules and address any concerns at the captain's meeting to start the game.

2. Timing

- a. Games are played to 40 minutes; (2) twenty-minute halves with a 5-minute half time. (No overtime games will be played in regular season)
- b. Each time the ball is spotted a team has 30 seconds to snap the ball. Teams will receive one warning before a delay of game penalty is enforced. Referees may use discretion for the first 2 games, if needed.
- d. Each team has (2) thirty-second timeouts per game.
- c. Officials can stop the clock at their own discretion.

3. Start of Game/Game Play

- a. The offensive team takes possession of the ball at its 5-yard line and has (4) downs to get to midfield. The offense may elect to change possession on 4th down (Punt). In this scenario the new offensive team takes over on its 5-yard line. If the offensive team elects to go for it on 4th down and does not pass midfield, the new offense will take over from the spot of the down. (There is not an actual punt or kick.)
- b. Once the ball crosses midfield, the offense will have 4 downs to score.
- c. Interceptions are live and will be spotted where the flag is pulled or at the spot at which a player's flag falls off if applicable.
- d. Formations – No more than 3 on the line of scrimmage (includes center.)
- e. Game play will have 7 players on offense and 7 on defense. Teams must field a minimum of 6 players, or it will be a forfeit.

4. Scoring

- a. Touchdown: 6 points
- b. Extra Point: 2 point from 5-yard line PASS ONLY or 1 points from 10-yard line
- c. Safety: 2 points (Defensive team receives ball at own 5-yard line)
- d. An interception returned on a PAT is good for the 1 or 2 points determined after an offensive touchdown.

5. Running

- a. All plays must start with a center snap by means of (a) through the legs, (b) side snap, and/or (c) shotgun. The center cannot be on a knee.
- b. The quarterback cannot run the ball. The QB is considered the first exchange from center to QB.
- c. Hand-offs behind the line of scrimmage are permitted. Offense may use multiple hand-offs.
- d. One (1) lateral or pitch down field will be permitted per play.
- e. The player who takes a hand-off can throw the ball from behind the line of scrimmage.
- f. Once the ball has been handed off, all defensive players are eligible to cross the line of scrimmage.
- g. Once the ball is handed off, offensive players must stop running to avoid any kind of blocking.
- h. An offensive player must avoid contacting a defensive player during route running or double cuts.

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

Flag guarding will be called.

j. A handoff to the center is allowed, but there must be a complete snap exchange before putting the ball back in the hands of the center.

k. Fumbles. The exchange between the Center and Quarterback will not be considered a fumble and play may resume; however, the exchange between Quarterback and a Running Back is a fumble and the ball will be downed where the fumble occurred.

6. Receiving

a. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).

b. Only one player is allowed in motion at a time.

c. Players must have at least one foot inbound when making a catch.

7. PASSING

a. All passes must be beyond the line of scrimmage.

b. A lateral or backwards pass is considered a handoff like a toss and a pass may be attempted afterwards. If the pass hits the ground then it is a fumble and play is dead.

c. Intentional grounding will NOT be called at any point in the game.

d. Pass only rule at the 5 yard line.

8. BLOCKING

a. Blocking is not allowed down field. A penalty of 10 yards will be assessed.

b. Offensive teams may have blockers behind the line of scrimmage and may move from side to side or backwards as long as they DO NOT Contact a defensive player. Their hands must be behind their backs to indicate that they are in the act of blocking to protect the quarterback from a blitz. The blocker cannot for any circumstance move forward and engage contact. A blocking penalty will be enforced. At the same time a defender cannot run through a blocker or a defensive penalty will be enforced.

9. DEAD BALLS: Play is ruled "dead" when:

a. Ball carrier's flag is pulled.

b. Ball carrier steps out of bounds

c. Touchdown or safety is scored

d. Ball carrier's knee hits the ground

e. Ball carrier's flag falls out

f. A dropped snap between the QB and Center is not considered a fumble. Once the ball is handed off or received, then dropped is considered a fumble. The ball is spotted where the ball hits the ground. FUMBLES cannot be returned for a touchdown.

g. Ball is spotted where the feet are and not the ball. If an athlete's flag is pulled with feet at the 1-yard line, but the ball is crossing the plain, then it is not a touchdown.

h. Athletes cannot dive or leave their feet with possession of the ball. Defensive players may dive to retrieve flag but cannot tackle the offensive player.

10. RUSHING THE QUARTERBACK

a. All players who rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped.

b. Any number of players can rush the quarterback.

c. Players not rushing the quarterback may defend on the line of scrimmage.

d. Once the ball is handed off, the 7-yard rule is no longer in effect and all defenders may cross the line of scrimmage.

e. A special marker, or the referee, will designate 7 yards from the line of scrimmage.

11. SPORTSMANSHIP/ROUGHING

- a. If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped, and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED!**
- b. Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators). If trash talking occurs, the referee will give one warning. If it continues, the player will be ejected from the game.

c. **UNSPORTSMANLIKE CONDUCT WILL NOT BE TOLERATED AT ANY TIME!**

Two official options:

REMOVAL: The referee has the right to remove a coach or player from the game for minor infractions

(REFEREE'S DISCRETION), but the coach or player does not have to leave the facility/park. There is no team penalty, and the coach or player is not suspended for a game. However, if the coach or player does not comply with the referee's decision, the action **IS SUBJECT TO EJECTION AND SUSPENSION** (see next option). **EJECTION:** Any player, coach, team manager or fan who displays any unsportsmanlike conduct, such as profane language or abusive language while playing, sitting in the stands, or coaching will be dealt with in the following manner:

- a) Any player, coach, team manager or fan ejected from a regular or post season scheduled game due to verbal abuse toward any assigned game official, player, or fan will draw a minimum of one – (1) game suspension. **PLAYER, COACH, OR FAN MUST LEAVE THE PARK!** A second ejection from a regularly scheduled league game will result in a minimum one – (1) year suspension.

12. PENALTIES: The referee will call all penalties.

a. Defense:

Offsides – 5 yards.

Interference/illegal flag pull – 10 yards and automatic 1st down.

Illegal contact (holding, blocking etc.) – 10 yards.

Illegal rushing (starting rush from inside 7-yard marker) – 10 yards

Mouthpiece – 5 yards.

b. Offense:

Illegal motion (more than 1 person moving, false start, etc.) – 5 yards

Offensive pass interference (illegal pick play, pushing off/away defender) – 10 yds.

Flag guarding- 10 yards (from infraction) and loss of down

Delay of game – clock stops, 10 yards, and loss of down

Mouthpiece – 5 yards

c. Referees determine incidental contact, which may result from normal run of play.

d. Only the team coach may ask the referee questions about rule clarification and interpretations. Players/coaches cannot question judgment calls.

e. Games cannot end with a defensive penalty, unless the offense declines the penalty.

f. **PASS ONLY ZONE PENALTY.** When the offense is in the pass only zone and is penalized and is moved out of the zone, then the pass only rule still take effect.

13. END OF SEASON TOURNAMENT

a. Tournament games may NOT end in a tie. Tie breaking rules are as follows:

Tie Breaker

a. After coin flip to determine first possession, teams will alternate 4 down series from the 20-yard line to get to score.

- b. A winner is determined when one team scores during its possession and the other does not. (Federation rules).
- c. If a second overtime period is necessary, each team must then go for two points on the conversion attempts
- d. If a 3rd attempt is needed, Teams will start on 5 yard line and have 1 play (pass only to score)