

MCS FLAG FOOTBALL

The Field: 1. A soccer field with end zones at each end from the 18 yard box extended to the sidelines and the goal line. 2. A soccer field with end zones at each sideline extended from the midline to the 18 yard box extended. Cones mark the back of the end zone (10yds). MCS Flag Football has 5-11 players per team depending on the class and field.

Scoring: Touch down = 6 points + conversion starting 10 yards from the end zone

Conversion by running = 1 point * Conversion by passing = 2 points * Safety = 2 points

Game play: There will be no kickoff. Play will start 10 yards from the offensive team's goal line.

Four downs (or tries) are allowed to score a touchdown, or cross the centerline. On the fourth down if the offensive team does not score or reach the centerline they should punt the ball or risk turning over the ball at the line of scrimmage. Only **one** handoff or running play is allowed during a series of downs. Following the ready for play whistle, the snap must occur within one minute. *Penalty - Dead Ball foul, delay-of-game, 5 yards from succeeding spot and repeat down.*

The defense may pass rush after an 8 Mississippi count (8 second). The defense may immediately rush on a handoff or after a fumbled ball. The defense may blitz only once during a series of 4 downs and must **shout blitz** only when doing so.

The Flag Belt: All shirts must be tucked in, and are not permitted to hang over the flag belt. Should a player loose their flag belt legally or illegally during a down and should that player gain possession of a live ball, that player will be considered down when a legal tag (one hand touched by the defense between the shoulders and knees, including the hand and arm) is made. If a flag belt has been illegally secured the player will be ejected from the game and receive a 0 grade for the day. Players must have possession of the ball before they can legally be de-flagged.

Guarding the Flag Belt: Runners shall not flag guard by using any part of the body or ball to deny the opportunity for an opponent to pull or remove the flag belt. Flag guarding includes but is not limited to:

- Swinging the hand or arm over the flag belt to prevent an opponent from de-flagging.
- Placing the ball in possession over the flag belt to prevent an opponent from de-flagging.
- Lowering the shoulders in such a manner that flag guards.

Obstructing the Runner: A defensive player shall not hold, grasp, or obstruct the forward progress of the runner when attempting to remove the flag belt.

Line of Scrimmage: The offensive team must have at least ½ of their players set at the line of scrimmage at the snap, including the quarterback. Following the ready for play whistle and until a legal snap, no offensive player may enter the neutral zone (false start). Once the center places their hand on the ball, no defensive player may encroach, cause an offensive player to move, touch the ball, stand in, or in any other way interfere with the offensive team. *Penalty - Dead Ball foul, encroachment or false start - 5 yards from succeeding spot and repeat down.*

PERSONAL FOULS: Any act listed below or any other act of unnecessary roughness is a personal foul punishable by 10 yards and replay of that down if accepted. Players shall not:

- Punch, strike, strip, steal, or attempt to steal the ball from a player in possession.
- Contact an opponent either before or after the ball is declared dead.
- Make any contact with an opponent that is deemed unnecessary.
- Deliberately drive or run into a defensive player.
- Tackling the runner or stiff arm while running (warrants ejection)

Terms:

Blitz- When one or more linebackers or defensive backs, which normally remain on the defensive team's side of the line during a play, are instead sent across the line to the offensive side to disrupt the play

Dead ball- The ball becomes dead when:

- a. the ball carrier's flag becomes detached
- b. when any part of the ball carrier's body other than the hands and feet touch the ground
- c. an incomplete pass
- d. when the ball goes out of bounds

Center- The offensive lineman who snaps the football to the quarterback

Defense- The team that does not have possession of the ball

End zone- The area between the goal line and the end line where touchdowns occur

Fake- A move made by a player for the purpose of deceiving an opponent

First down- The first of 4 attempts to move the ball forward into the end zone or the center line

Fumble- The ball carrier drops the ball while in their possession

Handoff- An exchange of the football from the quarterback to a teammate

Interception- When the defense catches a ball that was meant to be caught by the offensive

Line of Scrimmage- Imaginary line drawn from the forward tip of the football to the sideline

Offense- The team that has possession of the football

Offside- Movement across the line of scrimmage before the football is snapped

Pass Rush- An attempt by the defensive players to tackle the quarterback before they can complete a pass

Safety- Removing the flag of the other team behind their own goal line with the ball

Touchdown- An offensive player having possession of the football in the opponent's end zone

NOTICE - Forced runs from defensive rushes exclude that play from being considered a run

NOTICE - The defense may not blitz conversions

NOTICE – The offensive line may only use one player to catch passes; this is the tight end, who lines up on one end of the offensive line. *Penalty – incomplete pass and loss of down.*