

Mid Kansas League Flag Football Rules

General Rules

- Games will generally start at sites at 9:00.
- Divisions
 - 1st and 2nd Grades
 - 3rd and 4th Grades
 - 5th and 6th Grades
- Field Dimensions
 - Length - 60 yards (including end zones)
 - Width - 30 yards
 - End Zones - 5 yards in length
 - No running zones - 5 yards in length, located just before end zones and on both sides of midfield
- Game Timing
 - Two 20-minute halves with a running clock
 - Halftime is 2 minutes
- Teams change ends to start the second half.
- Teams have one 60-second time out for each half. Time outs do not carry over to the second half.
- Ball Size
 - 1st and 2nd - Pee Wee Size Ball
 - 3rd and 4th - Junior Size Ball
 - 5th and 6th - Junior Size Ball
- There are 6 players on the field.
- A mouthpiece is required to play.
- All players must wear two flags, located on their sides (hips), with a shirt tucked underneath flags and belt.
- Games may end in a tie.

Possession

- A coin toss determines who has first possession.
- Each new possession begins on a team's 5 yard line except for when an interception occurs. After interceptions, the new offensive team starts wherever the intercepting player was tackled on the previous play.
- The offensive team has 4 downs to make a first down, located at midfield. Once an offensive team crosses midfield, it has 4 downs to score a touchdown.
- If the offensive team fails to score a touchdown, a change of possession occurs and the opposition team takes possession at their own 5 yard line.
- Upon scoring a touchdown, the offensive team can choose to have the ball placed at the 5 yard line for a required pass for an extra point or the ball placed at the 12 yard line for a run or pass for an extra two points.
- Play Clock - time between plays is as follows...
 - 1st/2nd - 1 minute
 - 3rd/4th - 45 seconds
 - 5th/6th - 45 seconds
 - It is considered good practice for officials to warn a team if they have exceeded the allotted play clock before calling an infraction.

Scoring

- Touchdown = 6 points
- Extra Points (Points after touchdown)
 - Completed pass into end zone from the 5 yard line (no running zone) = 1 point
 - A run or completed pass from the 12 yard line = 2 points
- Safety = 2 points
- Interception returned to endzone on a conversion attempt = 2 points

Running

- One lateral or pitch is allowed per play, multiple hand-offs are allowed per play.
- No Running Zones (applied in 3rd/4th and 5th/6th grade divisions, not applied for 1st/2nd grade)
 - There are two No Running Zones for each team (four total on the field). A team's No Running Zones are located for the 5 yards just before midfield and the 5 yards just before the endzone. See the field layout for a visual of this.
 - These zones require teams to pass the ball and are designed to eliminate power running situations when a team has 5 yards or less to gain a first down or score a touchdown.
 - When the offensive team has the ball inside the No Running Zone it must pass the ball to achieve a first down or touchdown.
 - Simply put, an offensive team that has the ball within their No Running Zone has five yards or less to achieve a first down or score a touchdown and must pass the ball to do so.
- The player who receives the handoff/lateral can throw the ball as long as he/she is behind the line of scrimmage.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player. There is no diving or hurdling.
- The ball is spotted where the ball carrier's forward most foot is located when the flag is pulled (not where the ball is located when the flag is pulled).
- The player who receives the snap (quarterback) can only advance the ball past the line of scrimmage in a "no running zone" if a defender has crossed the line of scrimmage with both feet.

Passing

- All passes must be forward and received beyond the line of scrimmage.
- Only one forward pass is allowed per play.
- Any player from the offensive team can throw a pass, as long as the player is behind the line of scrimmage.
- Shovel passes are allowed but must be received beyond the line of scrimmage.
- The quarterback has a 7-second pass clock. If the clock expires and the quarterback has not made a legal play, the referee will throw a penalty flag and blow the play dead for delay of game. The penalty is a loss of down. The ball is placed at the previous spot.
- A player that intercepts a ball may advance the ball until the player's flag is pulled. That player's team then begins on offense at that spot (not its own 5 yard line).
- Interceptions are returnable for touchdowns. Interceptions returned on conversion attempts are worth 2 points.

Receiving

- All players are eligible to receive a pass, including the quarterback if the ball has been handed off behind the line of scrimmage.
- A player must have at least one foot in bounds for a reception to occur.

Blocking

- Players must block with folded arms and closed hands.
- Blocks must be above the waist and facing the opponent.

Dead Balls

- The ball must be snapped between the center's legs, not off to one side, to begin play.
- Substitutions may be made on dead balls.
- Play is ruled "dead" when...
 - Ball carrier's flag is pulled.
 - The ball hits the ground.
 - Ball carrier steps out of bounds.
 - Touchdown or safety is scored.
 - Ball carrier's knee, hip, back, or arm hits the ground.
 - Ball carrier's flag falls out inadvertently and the ball carrier is touched by a defender.

Rushing (blitzing) the quarterback

- **1st/2nd Grade Division**
 - No rushes (blitzes) are allowed. Players may only cross the line of scrimmage after the ball is handed off.
- **3rd/4th and 5th/6th Grade Divisions**
 - One defensive player, starting from the 7-yard blitz marker, can immediately rush (blitz) after the ball is snapped, however, the quarterback may run the ball once this defensive player crosses the line of scrimmage.
 - Defenders not at the 7-yard blitz marker may only defend on their side of the line of scrimmage until the 7-second pass clock expires or the ball is handed off or lateralled.
 - Once the ball is handed off or lateralled, the 7-second rule is no longer in effect and all defenders may cross the line of scrimmage.
 - The referee will designate 7 yards from the line of scrimmage with a designated blitz marker.
 - If the ball is at the 1 yard line, the 7-yard blitz marker is placed 1 yard behind the back of the endzone, allowing for a full 7 yards. The blitzer may start at the marker (out of bounds) and then enter the field of play at the snap.
 - A team who is winning by 17 or more points may not rush the quarterback.

Coaches on the field

- ***1st/2nd Grade Divisions***

- One coach from each team may be on the field to assist with play calling in the huddle and player arrangement. Prior to the snap, these coaches should position themselves well back from the deepest players on their team from the line of scrimmage. Coaches should make every effort to not interfere with any player.

- ***3rd/4th Grade Divisions***

- One coach from only the offensive team may be on the field to assist with play calling in the huddle and player arrangement. Prior to the snap, the coach should position himself well back from the deepest players on their team from the line of scrimmage. The coach should make every effort to not interfere with any player. No coach from the defensive team is allowed on the field.

- ***5th/6th Grade Divisions***

- No coaches are allowed on the field.

Miscellaneous

- Only one player is allowed in motion at a time.
- There are no fumbles. When a ball carrier drops the ball, the play is dead and the ball is spotted at the spot of the fumble.

Penalties			
Defense		Offense	
Action	Penalty	Action	Penalty
Off Sides	5 yards from line of scrimmage	Illegal Motion (more than 1 player moving, false start, etc.)	5 yards AND loss of down
Interference	5 yards from line of scrimmage AND automatic 1st down	Illegal forward pass (pass received behind line of scrimmage)	5 yards AND loss of down
Illegal Contact (holding, illegal blocking, etc.)	5 yards from line of scrimmage AND automatic 1st down	Offensive pass interference (illegal pick play, pushing off/away defender)	5 yards from line of scrimmage AND loss of down
Illegal flag pull (before receiver has ball)	5 yards AND automatic 1st down	Flag guarding (diving or jumping with ball, intentional contact with defender trying to pull flag)	5 yards from infraction AND loss of down
Illegal rushing (start rush or blitz from inside the 7 yard blitz marker or before snap)	5 yards AND automatic 1st down	Delay of game	5 yards from line of scrimmage AND loss of down AND play clock stops
		Illegal blocking	5 yard penalty from line of scrimmage and loss of down
		7-second pass clock violation	5 yards penalty from line of scrimmage AND loss of down

Field Layout



