



## 2025 SPRING FLAG FOOTBALL BULLETIN

DIVISION	AGES	DAYS OF PLAY	NOTES
11U OPEN	9/1/13-9/1/15	SAT & WEDNESDAY	PLUS 5 <sup>TH</sup> GRADERS WITH A BIRTH DATE BETWEEN 6/1/13-8/31/13
13U OPEN	9/1/11-9/1/13	SAT & WEDNESDAY	PLUS 7 <sup>TH</sup> GRADERS WITH A BIRTH DATE BETWEEN 6/1/11-8/31/11
15U OPEN	9/1/09-9/1/11	SAT & WEDNESDAY	PLUS 9 <sup>TH</sup> GRADERS WITH A BIRTH DATE BETWEEN 6/1/09-8/31/09

Unless noted, players are eligible to up waiver one division of their specific age division.

### CALENDAR OF EVENTS:

Date	
<b>April 12<sup>th</sup></b>	Team declaration due
<b>May 12<sup>th</sup></b>	<b>Regular season games begins.</b> <b>(Spring Flag Football Games are on Wednesdays and Saturdays)</b>
<b>May 28<sup>th</sup></b>	Games Start

## Administrative Rules by Division

	<b>11U</b>	<b>13U, 15U &amp; 18U</b>
<b>Field</b>	30 x 70 yards	30 x 70 yards
<b># Players on the Field</b>	5 Players	5 Players
<b>Game Ball</b>	Junior	Junior (13U), Youth (15U), Regulation (18U)
<b>Timing</b>	(2) 20-minute halves Clock stops for timeouts or injuries	(2) 20-minute halves Clock stops for timeouts or injuries
<b>Half Time</b>	3 minutes	3 minutes
<b>Time Outs</b>	1 per half - 30 -seconds <b>1 floating time-out per game to clarify a call</b>	1 per half - 30 -seconds <b>1 floating time-out per game to clarify a call</b>
<b>Mercy Rule</b>	If a team gains a 28-point advantage, the game will end.	If a team gains a 28-point advantage, the game will end.
<b>Tie Games</b>	Regular season games that are tied after regulation will remain a tie – No Overtime	Regular season games that are tied after regulation will remain a tie – No Overtime
<b>Season Length</b>	5 Weeks No Post Season	5 Weeks No Post Season Tournament



## MPRB Flag Football Schedules:

1. Spring Flag Football schedules will be viewable through our online league management software. It is a web-based program and can be viewed from anywhere.
2. Park directors will be notified when they are available for viewing you will then use the following steps to get your team's schedule.
3. Website: [www.teamsideline.com/sites/minneapolisarks](http://www.teamsideline.com/sites/minneapolisarks)
  - a. On the top menu bar, click on **Game Schedules – Choose your Division**
    - o Teams can also use the "Find Team Schedule" search bar
  - b. Teams can view the whole season schedules, or they can click on "teams" and just view the schedule for their team (great tool for parents & coaches)
  - c. Special notes will be displayed above the standings (i.e. tournament information)
  - d. Teams can check scores of other games & view standings once the scores have been reported.

## Administrative Rules:

- **Team Rosters and Coaches**
  - Maximum 10 players per roster – Extensions must be approved by League Director
  - Maximum of 2 non-Minneapolis residents per roster
  - Maximum of 3 MPRB certified coaches per team. This includes all team personnel (photographers, first aid, etc.)
- **Coaches must remain on the sideline the entire game.**
- **Participation Rule**
  - Every player dressed and attending a game **MUST** play a minimum of 4 plays per half. Players must participate in at least 3 regular season games to be eligible for the post season tournament.
  - **Team Forfeit Rule:** Teams must have 5 players ready to play by game time or a forfeit will be declared.
- **Jewelry shall not be worn by players during warm-ups and/or competition.** (Medical alert bracelets are not considered jewelry and must be taped to the body and alert may be visible).
- Ejections: Any ejection (player or coach) will be reviewed by the League Directors and may result in additional suspension of penalty.
- Please see the **Youth Sports Team Policies and Guidelines** for additional MPRB rules & guidelines.

## Playing Rules:

- The MPRB plays by rules published by the NFL Flag Football.
- The NFL Flag Football rulebook can be found at the following link –
  - o Download- <https://www.teamsideline.com/sites/minneapolisarks/downloads>
  - o PDF Version- [Youth NFL Flag Rules](#)



# You are joining the **MPRB Kids Zone**

**By registering your child in MPRB Youth Athletic leagues  
you  
are joining the *MPRB Kids Zone* and agree to the following:**

- Kids are #1
- FUN is more important than winning
- Let the coaches do the coaching
- Fans cheer positively (no public displays of anger)
- Respect the officials
- Inappropriate language will not be tolerated
- Keep the facility & grounds clean
- All parks and schools are tobacco & alcohol free
- Be a positive role model

**Thank you for supporting MPRB athletics!**

**The Minneapolis Park & Recreation Board will provide all participating youth  
with a positive and safe environment. We welcome your ongoing support of our**

**Help keep kids in sports! Support!**

