

GAME CONCEPT:

This program is designed to teach the offensive fundamentals of *Passing & Receiving* and the defensive fundamentals of *Coverage & Pursuit*.

- The offensive team plays for a first down at midfield and a touchdown in the end zone. Passing and running plays are allowed; however, *running plays are limited for Flag 2*.
- There are “Pass-Only” zones at midfield and at each goal line. The offensive team must use a pass play when the line of scrimmage is in a “Pass-Only” zone.
- The defensive team covers receivers, rushes the passer and pulls flags to make “tackles.”

The Basics

- A coin toss determines first possession.
- Teams change field sides after the first 20 minutes. Possession changes to loser of coin toss.
- The offensive team takes possession of the ball at its own 5-yard line, having four downs to cross midfield, and once a team crosses midfield, they have four downs to score a touchdown; *which defines an offensive series*.
- If the offensive team fails to cross midfield within 4 downs, possession of the ball changes and the opposing team starts its drive from their own 5-yard line.
- If the offense fails to score within an offensive series, possession changes and the opposing team starts its drive from their own 5-yard line.
- All possession changes, except interceptions, start on the offense’s own 5-yard line. Interceptions are live and may be run back.
 - The ball will never be placed inside the offensive team’s own 5-yard line, regardless of sacks or penalties.
- Flag 2 dimensions are 50 yards long X 40 yards wide.
- Fields will have 5-10 yard end zones with 5 yard “Pass-Only” zones before mid-field line and goal lines.
- Pass-Only Zones will be clearly marked by sideline markers of a different color from the standard yard markers.

Game Schedules / Players / Team Size

- Game Schedule will be determined by the number of Teams in each division and will be subject to review and adjustment prior to the start of each season.
 - A supplemental document will be issued
- The Team selection / assignment process will be subject to review and adjustment prior to the start of each season.
 - A supplemental document will be issued
- Schedule will allow for a regular season and Playoff format to determine a League Champion and Runner-Up
 - A supplemental document will be issued
- Teams size: Flag 2 is **7ON7**. (Can be altered to 6-on 6, depending on total number of registrants)
- For **7-on-7**, teams must field a minimum of 6 players at all times. If a team only has 5 players, the team will forfeit.
- For **6-on-6**, teams must field a minimum of five players at all times. If a team only has four players, the team will forfeit.
- 50% Playing rule is in effect. Players **must** start on offense or defense and coaches must make a “reasonable effort” to ensure 50% playing time.

Game Clock / Overtime

- Game timing rules are as follows:
 - 4 – 10 minute quarters with a running clock
 - Exceptions as listed below or during time outs
 - 5 minute half-time (can be modified due to weather conditions with all coaches & officials in consensus)
 - Clock will stop at the “One Minute Warning” in the 2nd and 4th quarters.
 - Inside the “One minute Warning” the clock will stop after incomplete passes, plays that end out of bounds, during timeouts, during a change of possession, to set the ball for a first down and during

extra points. Officials can also stop the clock during play at their discretion. The clock will NOT stop during the last minute of the second half if a team is winning by more than 18 points.

- The Play Clock:
 - Flag 2 – 35 seconds
 - Teams will receive a warning before being penalized for delay of game
- Each team has two 60-second time-outs per half.
- Officials can stop the clock at their discretion.
- In the event that a game must be called for any reason, including inclement weather, the game will count as an official game if at least the 1st half was completed. The score when the game is called will be the final score of the game.
- Overtime will be conducted by placing the ball on the opponent's 10 yard line, with each team having an opportunity to have an offensive possession (no extra point attempts) *both* run plays are in effect for this possession.
- Maximum of 2 OT possessions – Will end in a tie after 2 OT Possessions (possession = 1st thru 4th downs)
- All Playoff games will not have a maximum number of overtime periods and the extra point rules will be used starting in the 3rd OT period. Each team will have one (1) running play per possession, and have either the option to Run/Pass for the (PAT).

Scoring

- Touchdown: 6 points
- Extra point: 1 point - Ball is placed on the 5-yard line, must perform pass play
- Extra point: 2 point - Ball is placed on the 10-yard line, can perform pass or run play, assuming it meets the rules of "Running" outlined below.
- Extra Point Attempt Return 2 points
- Safety: 2 points & possession of ball
- Forfeits: Any forfeit will be scored as 7-0 for the non-forfeiting team

Running

- Flag 2 is permitted to use two running plays per offensive series, excluding the extra point attempt.
- The quarterback is eligible to run the ball, provided it is within the rules established above for the number of running plays permitted. (e.g. Flag 2 quarterbacks are permitted to run the ball past the line of scrimmage, as long as it is only twice per offensive series.)
 - The quarterback is defined as the player that receives the snap from the center.
- Handoffs, whether direct, tossed, pitched or otherwise delivered with an underhand motion that are behind the line of scrimmage are permitted, as these are considered running plays. Offenses may use no more than two handoffs per play, not including the snap, behind the line of scrimmage. No double reverses!
- **AT ANYTIME THAT THERE IS A HANDOFF IT IS CONSIDERED A RUN.** A PASS THEN A HANDOFF/PITCH IS STILL A RUN.
- "Pass Only" zones located five yards from each end zone and five yards on either side of midfield are designed to avoid short-yardage, power running situations.
 - The "Pass Only" Zone is only in-effect when there is a first down to be gained. In other words, if the offensive team has already crossed midfield and there is only goal to go but the offensive team losses yardage to a fumble, sack, or penalty, which takes them back to their own half of the field, it is still goal to go and only the "Pass Only" Zone in front of their opponent's goal line is in-effect.
- Once the ball has been handed-off or pitched or tossed, all defensive players are eligible to rush or otherwise run past the line of scrimmage.

Receiving

- All players are eligible to receive passes (including the quarterback if the ball has been handed off backward or laterally behind the line of scrimmage).
- Only one player is allowed in motion at a time.
- A player must have at least one foot in bounds when making a reception.

Passing

- Forward passes shall be the primary pass utilized.
 - A forward pass is defined as a pass thrown from behind the line of scrimmage to a receiver who is closer to the opponent's end line than the passer.
 - This type of pass is executed with a predominately above the shoulder & overhand motion; however, “sidearm” style motions are acceptable.
- Lateral passes, aka screen or flare passes, are permitted provided the quarterback/ passer throws with a predominately above the shoulder & overhand motion or “sidearm” motion. No underhand “Toss” or “Pitch” style motions. A “Toss” or “Pitch” is specifically for running plays.

A lateral pass is defined as a pass that is thrown sideways or somewhat backward with respect to downfield. NO PASS WILL BE ACCEPTED IF A PLAYER IS STANDING RIGHT NEXT TO QB MUST HAVE DISTANCE BETWEEN QB AND RECEIVER NOT NEXT TO EACH OTHER. **OUTSIDE THE IMAGINARY TACKLE SPOTS THE BALL MUST BE THROWN IF IS BEHIND THE LINE OF SCRIMMAGE.**
- Shovel passes are permitted; however, the ball must “take flight” and cannot be a direct hand-to-hand forward transfer.
 - A shovel pass is defined as a quarterback who palms the ball and pushes or “shovels” the pass directly **forward** to the receiver towards the line of scrimmage.
 - An underhand “Toss” or “Pitch” behind the line of scrimmage, whether forward or backward, is considered a running play.
- The quarterback/passer has a seven-second “pass clock.” If a pass is not thrown within the seven seconds then the play is dead and there is a loss of down. Even if the ball “changed hands” or otherwise handed off for a “halfback pass”, the seven-second rule is still in effect.
 - Interceptions change the possession of the ball at the end of the run back. Interceptions are the only change of possession that does not start on the 5-yard line.

Snapping the Ball

- Fumbled snaps are considered “Dead Balls” and result in loss of down.
 - Two fumbled snaps per HALF are allowed without loss of down.
- Direct center to quarterback snaps and shotgun snaps are permitted.
- Pick up snaps as long as it does not go over head and snap is picked straight up.
- If snap goes over head – it counts as 1 of 2 fumbled snaps.
- **A no huddle or “hurry up” offense is prohibited.**

Dead Balls

- Substitutions may be made on any dead ball and the play clock will not be delayed for substitutions.
- Play is ruled “dead” when:
 - Ball carrier’s flag is pulled
 - Ball carrier steps out of bounds
 - Points are scored (e.g. Touchdown, Safety)
 - Ball carrier’s knee hits the ground
 - Ball carrier’s flag falls off
 - Incomplete Pass
 - Penalty is called
 - Fumble or fumbled snap

Rushing the Quarterback

- A team may rush/ blitz *only one* player each play.
- All players who rush/ blitz the quarterback must be a minimum of **7 yards** from the line of scrimmage when the ball is snapped. Players not rushing the quarterback may defend on the line of scrimmage but cannot cross it.
- A 5 yard penalty will be assessed for violating this rule if a rusher/blitzer crosses the 7-yard boundary prior to the snap.

- *Exception - If after the snap occurs, the rushing/blitzing player does not cross the line of scrimmage before the ball is thrown, handed-off, or tossed/pitched then there is no penalty.*
- Once the ball is handed off or thrown, the seven-yard rule no longer is in effect and all defenders may cross the line of scrimmage.
- A special marker, or the official/referee, will designate seven yards from the line of scrimmage.
- Rushers cannot interfere with the quarterback's/ passer's throwing arm. Players MUST go for the flag. A 10 yard penalty and an automatic first down will be assessed if the rushing player or any other defensive player hits the quarterback's/ passer's arm, shoulder, or head. If in the official/referee's judgment, the quarterback/ passer were in imminent danger of being struck by the defensive player, whether or not contact was actually made, then the penalty shall be assessed as if contact were made. (e.g.; If the quarterback/ passer dives or otherwise makes a move to avoid being struck by the defensive player that is imminent danger.) Bottom-line, the rushing/ defensive player needs to go for the flag, unless they are a reasonable distance away from the quarterback/ passer when the ball is thrown to be able to make a play on the "in-flight" ball without any risk of harm to the quarterback/ passer.
 - *This will be a point of emphasis in all games!*

Sportsmanship / Penalties

- If the referee witnesses any *intentional* unsportsmanlike conduct by any Player, the Player will be ejected from the Game.
 - *Examples of unsportsmanlike conduct include, but are not limited to tackling, elbowing, pushing players down, blocking.*

Unsportsmanlike Conduct will not be tolerated.

- Officials have the right to determine offensive language. If offensive language occurs, the referee will give one warning. If it continues, the player, players, coach, coaches, spectator, spectators will be ejected from the game.
- **Disciplinary actions will be governed by MJFA Rules and Policies already established (reference fall 2013). This includes coaches' conduct.**

Defensive Penalties

- **Offside** -- 5 yards and repeat the down
- **Pass Interference** -- 10 yards and automatic first down
- **Illegal contact** (holding, blocking, etc.) -- 5 yards and repeat the down
- **Illegal flag pull** (before receiver has ball) -- 5 yards and repeat the down
 - *Yardage gained will be maintained by the offense + penalty yards*
- **Illegal rushing** (starting rush from inside 7-yard marker) -- 5 yards and repeat the down
 - *Exception - If after the snap occurs, the rushing/blitzing player does not cross the line of scrimmage before the ball is thrown, handed-off, or tossed/pitched then there is no penalty.*
- **Substitution fouls** -- 5 yards and repeat the down (includes too many players on the field)
- **Interference with opponent or ball at the snap** -- 5 yards and repeat the down
- **Defensive holding** -- 5 yards from the point of the foul and repeat the down
- **Roughing the passer** - 10 yards and automatic 1st down

**For all defensive penalties, the offensive coach may accept the penalty with the entire penalty yardage or elect to accept the maximum number of penalty yards that do not force them to enter the Pass Only Zone. This must be declared at the time that the penalty is accepted / Prior to the start of the next play.*

Offensive Penalties

- **Delay of game** -- 5 yards and repeat the down
- **Substitution fouls** -- 5 yards and repeat the down (includes too many players on the field)
- **Illegal motion** -- 5 yards and repeat the down
- **False Start** -- 5 yards and repeat the down
- **Illegal Contact** (holding, blocking, charging a defender) -- 5 yards and loss of down
- **Screening / Shadow blocking** -- 5 yards from the point of foul and loss of down
- **Illegal Touching** (if player voluntarily goes out of bounds, player cannot return to the field and catch ball) -- 5 yards and loss of down
- **Illegal Forward pass** (pass forward of the line of scrimmage) -- 5 yards and loss of down

- **Offensive pass interference** (pushing off/away defender) -- 5 yards and loss of down
- **Flag guarding** (carrying ball close to flag in an effort to guard, stiff-arms, pushing defender's hand away from flag/belt, grabbing flag/ belt to prevent its removal, etc.) -- 5 yards from the point of foul and loss of down

Coaching Penalties

- **Illegal Communication** – 10 yards and repeat the down

Although this penalty applies to both Offensive & Defensive “On-Field” Coaches, this only applies once the offensive players break their huddle. The intent of this communication foul is so that “On-Field” coaches do not instruct offensive players where to throw the ball or where to run, instruct defenders where to go to stop a pass or run, etc. This in no way prevents Flag 1 & 2 coaches from assisting their teams in properly lining up prior to the snap. QB's will even look to their coaches seeking permission to snap the ball, which is fine.

- *This penalty primarily applies to Flag 2 “On-Field” coaches.*
- *This penalty does not apply to coaches on the sidelines.*

***Referees will use their best judgment when making calls and may give warnings at their discretion.**

Officiating

- One League provided official must be present per field of play for all games to be played. (Director or his designee may officiate games if needed.)
 - Final number of officials to be set by the MJFA.

Attire

- **General Attire will be governed by MJFA Rules and Policies already established**
- **All players MUST wear a mouthpiece during practices and games; no exceptions.**
- No pockets, belt loops, or other hoops on shorts (safety concern)
- Shorts cannot be the same color as the flags used by the league for the teams.
 - Players violating this on Game day may be held out of the game. This will be at the discretion of the official(s), Director or his designee.
- Only stocking type hats are permitted, No “baseball” type hats.
- Tackified gloves are permitted (additional substances added to gloves to enhance grip is not permitted).
- Only official game jerseys can be worn during games
- Only official League Provided flags may be used for games
 - Flag belts must be worn on the outside of the clothing and no part of the jersey may cover up the flag belt.

Weather

- **Weather related decisions will be governed by MJFA Rules and Policies already established**
- Cancellations & Notification of cancellation will be issued as soon as a decision is reached.

Practice / Scrimmage

- Allowable number and duration of practices / scrimmages will be subject to review and adjustment prior to the start of each season.
 - A supplemental document will be issued.

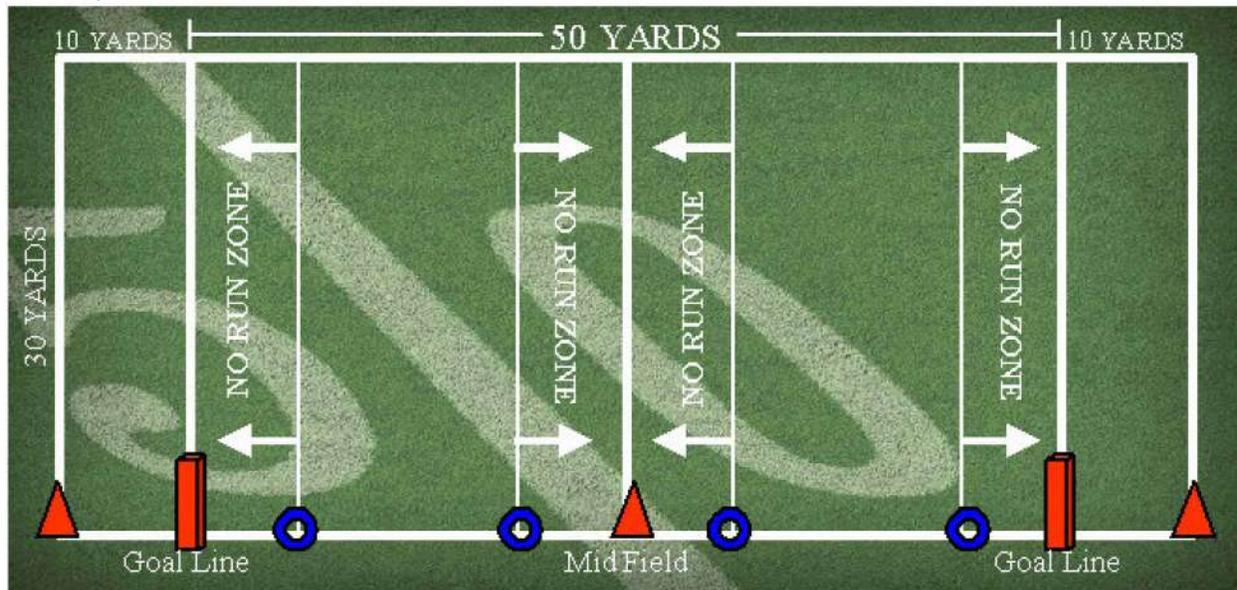
Ball Size

- Pee Wee (K2) Size

Coaches Guidelines

- Two coaches per Team are allowed on the field at all times & must make every reasonable effort to avoid interfering with the game.
- **Coaches should help players with alignment & to keep the pace of the game. Offensive Coach will allow the Defensive Coach/ Team the opportunity to get properly aligned before snapping the ball.**
- All On-Field coaches must remain silent after the offensive huddle is broken. (This includes communication with other coaches. See “Illegal Communication” for further explanation.)
- Sideline Coaches may communicate with Players at any time.

Field Layout



**The field layout shown above may not be exact depending upon field space used or team size.*

For Flag 2, the field is 50 yards long by 40 yards wide.

All "NO RUN ZONES" are only 5 yards long.

End Zones are a minimum of 5 yards to a maximum of 10 yards long, depending on space used.

Practice Guidelines:

2 hours / week maximum for Flag 2

-scrimmages count as a practice

½ hour pre-game warm-up maximum

Must be finished by 8:30pm on weeknights, NO Sundays

Playoff Structure:

To be set and governed by a supplemental document after the final Schedule is set.