

FLAG FOOTBALL

GRADES 1 & 2

2022

As with all Village of Mahomet Parks & Recreation programs, our goal is to promote good sportsmanship among participants, coaches and parents and to have fun. Additional aims for this league are to teach skills, game rules and gain a better understanding of the game of flag football. With this in mind, the following rules have been adopted for the Recruits (Grades 1 & 2) League.

I. FIELD

- The playing field shall be 60 yards in length and divided into three equal lengths of 20 yards for the purpose of reaching a first down or touchdown. The field shall have a width of 30 yards. Each end zone shall be 10 yards in length.
- The playing field at Taylor South shall be a shorter length to allow for the field to be located safely within the enclosed area. The width shall still be thirty yards.

II. EQUIPMENT

- The Mahomet Parks and Recreation Department (MPR) shall provide all equipment for this activity. This includes a T-shirt issued each participant, team flags and a game ball.
- The ball used for this division is a #2 size football (Pee Wee size).
- Players may wear rubber cleat shoes or sneakers. No street shoes are permitted.
- In cold weather, sweatshirts or jackets may be worn under the team shirt.
- Mouth pieces are not required but **STRONGLY RECOMMENDED**.
- Knit or stocking caps are permitted, but baseball caps or hats with a hard bill are not allowed.

III. OFFICIALS

- MPR will provide at least one official for each game.
- The official(s) shall have complete jurisdiction in administering the rules of the game.
- Only coaches are permitted to question a misapplication of the rules. Judgment calls shall not be challenged.

IV. PLAYERS/ELIGIBILITY

- All participants must be properly registered in the flag football program sponsored by MPR
- All roster players must be currently enrolled in the 1st or 2nd grade.

V. TEAMS

- Teams are established by MPR. No changes are permitted without the exclusive permission of the Department.

VI. THE GAME

- The game is played 7 on 7. Since this is a developmental program, borrowing any necessary player(s) from the opposing team to ensure everyone is playing an equal amount of time is permitted and encouraged.
- There are two halves in a game.
 1. Each half is 20 minutes in length using a running clock.
 2. There is a 4-minute halftime.
 3. The clock shall stop after a touchdown, when a timeout is called or when an injury occurs.
- When a touchdown is scored, the clock shall restart when the ball is placed ready for play for the offense to begin a new series on the 10-yard line. This means the clock will be stopped for all extra point tries.
- Each team has three one-minute timeouts per half. The clock shall stop for all timeouts. Timeouts may not be carried over from the first half to the second.
- Teams shall have 40 seconds to call a play. Time will start at the whistle of the previous play and the snap of the ball for the next play. Coaches are asked to work to get players lined up properly in order to keep the game moving.
- A first down (line to gain) is the next 20-yard line. The offensive team has 4 downs to move the ball for a first down (or touchdown).
- “No Running Zones” are located five yards from each end zone.
- A coin toss at the beginning of play determines possession and direction of play. The team winning the coin toss may elect to start on offense, defense or choose the goal to defend. The team winning the toss may NOT defer. Possession and direction of play alternates at the start of the second half.
- There are no kickoffs. Play which would usually begin with a returned kickoff (free kick) shall begin from the offensive team’s 10-yard line.
- The ball shall be placed on the offensive team’s 10-yard line following a touchback.
- Punting on 4th down is an option. The punter has 5 seconds to punt the ball. After five seconds, a whistle will be blown and the 4th down will be called at that point if the ball is not punted. The punting team must notify the official and the defensive team of its intention to punt prior to the 4th down. Fake punts are not permitted.
- If the ball is fumbled or muffed when receiving a punt, the ball is dead at that point. There is no “fumble”. The receiving team will gain possession where the ball was first touched by either team.
- Score is not kept in the Recruits division. After each touchdown, a conversion shall be attempted from the 3 yard line. All conversion attempts must be a pass.
- Coaches are permitted to be present on the field to assist in positioning players. However, once the official declares the teams “READY”, the coaches should move toward the sidelines in order to be away from the

(quarterback's) hand, the ball shall be spotted at its point when the whistle was blown.

- If the quarterback fumbles the snap, he/she may pick up the ball and pass or hand it off.
- If any other player fumbles the ball, play is dead and the ball is placed at the point the ball is fumbled. It does not change possession.
- If the ball carrier touches the ground with a knee or any other part of the body, the ball is down at that point.
- The ball shall be spotted at the point where the flag is pulled or the spot where the ball carrier went out of bounds.
- All players are eligible to receive a pass or a handoff for a run. This includes the snapper.
- The offense must wait to begin play until the defense is ready. The official will notify both teams when the ball may be snapped.
- An offensive player cannot slap at or hold the defender's hand/arm in order to prevent the pulling of his/her flag. This is FLAG GUARDING the penalty for the violation is a downed ball where the first hand slapping occurred. Same penalty will be given to "straight arming" another player. If flagrant, both violations shall carry a personal foul penalty and the offending player may be subject to the Rough Play restrictions listed above.
- There is no blocking in flag football. Blocking shall carry a 10 yard penalty and the offending player is subject to the Rough Play restrictions listed earlier in these rules.

VIII. DEFENSIVE RULES

- Defensive players may not rush, blitz or cross the line of scrimmage to get to the quarterback. The defense MAY rush on a running play once the ball has left the quarterback's hands.
- A defensive player shall not interfere with a receiver.
- On an interception, the intercepting player may run.
- On a conversion attempt following a touchdown, if the defense intercepts, the interceptor may attempt to run the ball to the opponent's end zone.
- A defensive player must have at least one foot in contact with the ground when pulling a flag (no diving for flag). This is often a difficult call for the official, but his/her ruling stands. If flagrant, this violation is a personal foul and the offending player may be subject to the Rough Play restrictions listed above.
- No tackling, shoving or pushing in or outside the field of play. This is a personal foul/unsportsmanlike conduct penalty and the Rough Play restrictions shall be applied to the offending player

IX. SCHEDULING

- A league schedule shall be established by MPR. Team schedules are set by computer and all game assignments are final.
- Weather cancellations shall be posted the following ways by 4:30 PM weekdays and 7:30 AM on Saturdays:
 1. Online at www.mahometrecreation.com
 2. Via text alerts (sign-up instructions below)
 3. On our NEW weather line at 586-RAIN (7246)
- If there are no updated announcements, please assume all games will continue as scheduled.
- Any cancellations due to weather conditions which occur after 4:30 PM weekdays and 7:30 AM on Saturdays shall be determined by the onsite staff.
- MPR will do everything possible to make certain that games canceled due to inclement weather are rescheduled.
- Teams are required to play make-up games as rescheduled or accept a forfeit.
- TEXT ALERT SIGN-UP To receive messages via text, text @mprd to 81010. You may opt-out of messages at any time by replying “unsubscribe @mprd”.

X. SPORTSMANSHIP/CONDUCT

- Sportsmanship is an important aspect of all recreation department athletic activities. A sporting behavior is expected from all players, coaches, officials and spectators. Unacceptable actions on the part of anyone at a game shall not be tolerated.
- There shall be no agitation toward the opposing team from any players or coaches at any time. Team members should encourage their own players, but refrain from distracting or belittling opponents.
- In keeping with a sporting attitude, coaches should coach and teach kids to play by the spirit of the rules and NOT necessarily by the letter of the law. If a coach bends a rule to his/her advantage (even if the rule is technically not broken), the wrong message is being sent---that winning is more important than how the athletes play.
- Each team is expected to clean its team area following the game.
- No tobacco or alcohol products of any kind are permitted at any MPR facility and/or activity.

MAHOMET PARKS AND RECREATION
FLAG FOOTBALL
3rd & 4th GRADES
2022

As with all Village of Mahomet Parks and Recreation Programs, our goal is to promote good sportsmanship among participants, coaches and parents and to have fun. Additional aims for this league are to teach skills, game rules and gain a better understanding of the game of flag football. With this in mind, the following rules have been adopted for the Big 10 (Grades 3 & 4) League.

I. FIELD

- The playing field shall be 60 yards in length and divided into three equal lengths of 20 yards for the purpose of reaching a first down or touchdown. The field shall have a width of 30 yards. Each end zone shall be 10 yards in length.
- “No Running Zones” are located five yards from each end zone.
- Taylor Field has a scoreboard for the use of participating teams. To insure its operation, we are asking the coach of the home team to find an adult volunteer to operate the remote box. It is very simple to keep the score and the officials on the field will assist in reporting the proceedings. The remote box may be picked up at the concession stand and returned there at the conclusion of the game. If a volunteer cannot be found, we do not guarantee the board will be operational for your game.

II. EQUIPMENT

- The Mahomet Parks and Recreation Department (MPR) shall provide all equipment for this activity. This includes a T-shirt issued to each participant, team flags and a game ball.
- The ball used for this division is a #2 size football (Pee Wee size)
- Players may wear rubber cleat shoes or sneakers. No street shoes are permitted.
- In cold weather, sweat shirts or jackets may be worn under the team shirt.
- Mouth pieces are not required but **STRONGLY RECOMMENDED**.
- Knit or stocking caps are permitted, but baseball caps or hats with a hard bill are not allowed.

III. OFFICIALS

- MPR shall provide two officials for each game. At times this might not be possible, but at least one official will be present for a game.
- The officials shall have complete jurisdiction in administering the rules of the game.
- Only coaches are permitted to question a misapplication of the rules. Judgment calls shall not be challenged.

IV. PLAYER ELIGIBILITY

- All participants must be properly registered in the flag football program sponsored by MPR.
- All roster players must be currently enrolled in the 3rd or 4th grade.

VII. THE GAME

- The game is played 7 on 7. A team may play with a minimum of six roster players, but if the number falls below six, the game shall be forfeited. If a game is forfeited, it shall still be played, but the team having the required number of players shall be declared the winner. Players may be borrowed from that team in an effort to equalize the teams for said game.
- Game time is forfeit time.
- A coin toss at the beginning of play determines possession and direction of play. The team winning the coin toss can elect to start on offense, defense or choose the goal to defend. The team winning the coin toss may NOT defer to the second half. Possession and direction of play alternates at the start of the 2nd half.
- There are no kickoffs. Play which would usually begin with a returned kickoff (free kick) shall begin from the offensive team's 10 yard line.
- There are two halves in a game: Each half is 20 minutes in length using a running clock.
- There is a 4 minute halftime (maximum).
- The clock shall stop after a team scores, at the end of the half, when a timeout is called or when an injury occurs.
- When a team scores (touchdown, extra point try, or safety), the clock shall start when the ball is placed ready for play for the offense to begin a new offensive series on the 10 yard line.
- Each team shall have three one minute timeouts per half. The clock shall stop for all timeouts and start on the subsequent snap. Timeouts may not be carried over from the first half to the second half.
- The offensive team shall have 30 seconds to call a play. Time shall start at the whistle ending the previous play and end when the offense is lined up over the ball for the next play.
- When the Offense is ready, the Defense has a maximum of 10 seconds to get set. The official will notify both teams when the ball may be snapped.
- A first down is the next 20 yard line. The offensive team has 4 downs to move the ball for a first down or ultimately, a touchdown.
- Punting on 4th down is an option. The punter has 5 seconds to punt the ball. After 5 seconds, a whistle will be blown and the down shall be called at that spot. When the ball is punted, no member of the kicking team may advance downfield until the ball is kicked. The punting team must notify the official and the defensive team prior to 4th down.
- A punt which is fielded cleanly (in the air or on the ground) may be advanced by the receiving team. No laterals or hand offs are permitted on a punt return.

- If the ball is fumbled or muffed when receiving a punt, the ball is dead at that spot. There is no “fumble”. The receiving team shall regain possession where the ball was first touched.
- All players must have shirts tucked inside pants or shorts. Clothing must not interfere with flags. If, in the event, it is difficult to keep team shirts tucked inside pant/shorts, the flag belt MUST be worn outside the team shirt. Flags must be visible with one flag on each side of the player and worn at the hip. Flags may not be worn on the front or back of the player.
- Players may not wear red or yellow color shorts/sweatpants, since this can be confusing, especially if said team is wearing the same color flags.
- Headwear containing any hard, unyielding material, including billed hats or items containing exposed knots is illegal. Knit hats, stocking caps and sweat bands are legal as long as there are no exposed knots.
- Coaches are permitted to be present on the field to assist in positioning players. However, once the official declares the teams “READY”, the coaches should move toward the sideline in order to be away from the action. If a coach interferes with the execution of a play (offensively or defensively), the official may place the ball where he/she feels it would have had the coach not committed the interference. This is not to be mistaken for a pass interference penalty.
- Coaches on the field should wear their team shirts for identification purposes.
Tournament play:
- OVERTIME: If two teams are tied after the final whistle, the teams will play extra periods until there is a winner.
- The order of possession alternates each period, the order of which is decided by a pre-overtime coin toss. The extra period begins at the 20-yard line, and each team is given the opportunity to score a touchdown. After the first team completes its drive with a score or turnover, the opposing team has the same opportunity from the 20-yard line. If the teams are still tied after the second team's possession, they must play another period. So on and so forth.

VIII. SCORING

- Touchdown 6 points
- Try (Extra Point) 1 point if successful try from the 3 yard line
 2 points if successful try from the 5 yard line
- Interception of a try (extra point) attempt may be returned to the opponent's end zone shall result in 2 points awarded to the intercepting team.
- Safety 2 points
- Touchback is NOT a score. If a punt goes into the end zone untouched, or a pass is intercepted in the end zone and not advanced out of such, a touchback is ruled. The ball shall be placed on the offensive team's 10 yard line.
- During the regular season, if a game is tied at the end of the second half, it shall be recorded as such. Playoff games will use a tiebreaker to determine a winner.

IX. PENALTIES

- Offside (offense or defense) 5 yards
- Illegal Procedure (offense) 5 yards
- Delay of Game 5 yards (official may stop clock until next play)

- Holding 10 yards
- Blocking (all blocks are illegal) 10 yards See ROUGH PLAY below
- Pass Interference (Defense) 10 yards + automatic first down
- Pass Interference (Offense) 10 yards + loss of down
- Personal Foul/Unsportsmanlike Conduct 10 yards
- All penalties shall be enforced in accordance with the rules. A measurement cannot take the ball more than half the distance from the enforcement spot to the offending team's goal line. If the penalty is greater than this, the ball is placed midway between the enforcement spot and the goal line (half the distance rule).
- ROUGH PLAY RESTRICTIONS: There is not supposed to be any deliberate contact in flag football. Rough play or deliberate contact shall be interpreted as a personal foul or unsportsmanlike conduct penalty. Players shall be warned and removed from the game if such action continues.
 - 1st incident – player warning (can also carry a penalty)
 - 2nd incident – player must sit out 4 plays (+ mandatory 10 yard penalty)
 - 3rd incident – player is ejected from game (+ mandatory 10 yard penalty)

X. OFFENSIVE RULES

- The offensive positions are quarterback, snapper (center), linemen and backs.
- At least 3 offensive players must be on the line of scrimmage at the time the ball is snapped. All players, including the snapper, are eligible to receive a pass and/or run with the ball.
- The quarterback is defined as the player who receives the snap. The quarterback may not be positioned on the line; he/she must be positioned in the backfield at the time the ball is declared ready for play. The quarterback shall not cross the line of scrimmage at any time. Only the quarterback may pass the ball. Once the quarterback releases the ball (pass or hand off), he/she may not touch the ball again during the play as a member of the offensive team..
- If the quarterback fumbles the snap, he/she may pick up the ball and pass or hand it off. If, however, the quarterback fumbles the ball after securing the snap, it is a fumble and the play shall be blown dead at the spot the ball was fumbled. Again, the quarterback may not advance the ball beyond the line of scrimmage.
- Two running plays are permitted per half. Running plays not used in the first half do not carry over to the second half. A team may not run in the “no running zones”. The no running zones are located five yards from each end zone.

- If a running play is executed illegally (quarterback runs with ball, third or greater running play of the half, or a run in the no run zone), the ball is dead immediately. There is no penalty other than the loss of the down.
- No player is permitted to be in motion prior to or at the snap of the ball.
- All forward passes thrown beyond the line of scrimmage shall be considered a pass. A thrown ball which is complete or incomplete behind the line of scrimmage shall be considered a run. If complete and the team still has running play(s) available, the ball may be advanced. If no running plays are permitted, the ball shall be marked down at the point of completion behind the line of scrimmage. If incomplete, the ball shall be marked at the previous spot of the snap.
- After the quarterback completes a pass or hands the ball to a player for a running play, the ball may be laterally thrown or tossed in a backward manner to another player (not the quarterback) one time only during that play.
- If any player fumbles the ball, the play is dead at that spot. It does not change possession. A ball cannot be fumbled forward into the opponent's end zone.
- If the ball carrier touches the ground with a knee or any other part of the body, the ball is down at that spot.
- The ball is spotted at the point where the flag is pulled or the spot where the ball carrier went out of bounds.
- A receiver must have at least one foot in bounds when catching a forward pass. The other foot may not be touching the ground out of bounds at the time of the catch.
- If the ball carrier loses a flag and the defense cannot pull the flag, the ball is down at the point where the ball carrier's flag landed. If the flag is lost prior to that player becoming a ball carrier, the ball is down at the point said player becomes the ball carrier.
- There is no blocking in flag football. Moving screens are also illegal.
- An offensive player cannot slap at or hold the defender's hand/arm in order to prevent the pulling of his/her flag. This is FLAG GUARDING and the penalty for the violation is a down ball where the first hand/arm slapping occurred. Same penalty will be given to "straight arming" another player. If flagrant, both violations shall carry a personal foul penalty and the offending player may be subject to the ROUGH PLAY restrictions listed above.

XI. DEFENSIVE RULES

- On passing plays, the defensive players cannot rush, blitz or cross the line of scrimmage until a count of 5 has been called by the official.
- Once the quarterback hands the ball off to a runner, laterals the ball to a runner, or throws a forward pass which is caught by a teammate behind the line of scrimmage, defensive players are eligible to rush, even if the 5 count has not been completed.
- The defensive team may play man to man or zone formations.
- A defensive player cannot interfere with a receiver.
- On an interception, the interceptor may run with the ball. However, this player may not lateral or hand the ball to a teammate. If the interceptor

fumbles while running, the ball shall be ruled dead and the intercepting team is now the offensive team.

- A defensive player must have at least one foot in contact with the ground when pulling a flag. Diving tackles are not permitted. This is a personal foul and if flagrant, the offending player shall be subject to the ROUGH PLAY restrictions listed above. This is often a difficult call for the official, but his/her ruling is final.
- No tackling, shoving or pushing in or outside the field of play is permitted. This is a personal foul/unsportsmanlike conduct penalty and the ROUGH PLAY restrictions shall be applied to the offending player(s).

XII. SCHEDULING

- A league schedule shall be established by MPR. Team schedules are set by computer and all game assignments are final.
- Weather cancellations shall be posted the following ways by 4:30 PM weekdays and 7:30 AM on Saturdays:
 - Online at www.mahometrecreation.com
 - Via text alerts (sign-up instructions below)
 - On our NEW weather line at 586-RAIN (7246).
- If there are no updated announcements, please assume all games will continue as scheduled.
- Any cancellations due to weather conditions which occur after 4:30 PM weekdays and 7:30 AM on Saturdays shall be determined by the onsite staff..
- MPR will do everything possible to make certain that games canceled due to inclement weather are rescheduled.
- Teams are required to play make-up games as rescheduled or accept a forfeit.
- TEXT ALERT SIGN-UP To receive messages via text, text @mprd to 8010. You may opt-out of messages at any time by replying “unsubscribe @mprd”.

XIII. SPORTSMANSHIP/CONDUCT

- Sportsmanship is an important aspect of all recreation department athletic activities. A sporting behavior is expected from all players, coaches, officials and spectators. Unacceptable actions on the part of anyone at a game will not be tolerated.
- There shall be no agitation toward the opposing team from any players or coaches at any time. Team members should encourage their own players, but refrain from distracting or belittling anyone.
- In keeping with a sporting attitude, coaches should coach and teach kids to play by the spirit of the rules and NOT necessarily by the letter of the law. If a coach bends a rule to his/her advantage (even if the rule is technically not broken). The wrong message is being sent---that winning is more important than how the athletes play.
- Each team is expected to clean its team area following the game.
- No tobacco or alcohol products of any kind are permitted at any MPR facility and/or activity.

MAHOMET PARKS AND RECREATION
FLAG FOOTBALL
5th & 6th GRADES
2022

As with all Village of Mahomet Parks & Recreation programs, our goal is to promote good sportsmanship among participants, coaches and parents and to have fun. Additional aims for this league are to teach skills, game rules and gain a better understanding of the game of flag football. With this in mind, the following rules have been adopted for the NFL (Grades 5 & 6) division.

I. FIELD

- The playing field shall be 60 yards in length and divided into three equal lengths of 20 yards for the purpose of gaining a first down or touchdown. The field shall have a width of 30 yards. Each end zone shall be 10 yards in length.
- Taylor Field has a scoreboard for the use of participating teams. To insure its operation, we are asking the coach of the home team to find an adult volunteer to operate the remote box. It is very simple to keep the score and the officials on the field will assist in reporting the proceedings. The remote box may be picked up at the concession stand and returned there at the conclusion of the game. If a volunteer cannot be found, we do not guarantee the board will be operational for your game.

II. EQUIPMENT

- The Mahomet Parks and Recreation Department (MPR) shall provide all equipment for this activity. This includes a T-shirt issued to each participant, team flags and a game ball. Practice balls will be provided to each team.
- The ball used for this division is a #3 size football (Junior size).
- Players may wear rubber cleat shoes or sneakers. No street shoes are permitted.
- In cold weather, sweat shirts or jackets may be worn under the team shirt.
- Mouth pieces are not required but **STRONGLY RECOMMENDED**.
- Knit or stocking caps are permitted, but baseball caps or hats with a hard bill are not allowed.

III. OFFICIALS

- MPR shall provide two officials for each game. At times this might not be possible, but at least one official will be present for a game.
- The officials shall have complete jurisdiction in administering the rules of the game.
- Only coaches are permitted to question a misapplication of the rules. Judgment calls shall not be challenged.

IV. PLAYER ELIGIBILITY

- All participants must be properly registered in the flag football program sponsored by MPR.
- All roster players must be currently enrolled in the 5th or 6th grade.

V. THE GAME

- The game is played 6 on 6. A team may play with a minimum of six roster players, but if the number falls below six, the game shall be forfeited.
- Game time is forfeit time.
- A coin toss at the beginning of play determines possession and direction of play. The team winning the coin toss can elect to start on offense, defense or choose the goal to defend. The team winning the coin toss may NOT defer to the second half. Possession and direction of play alternates at the start of the 2nd half.
- There are no kickoffs. Play which would usually begin with a returned kickoff (free kick) shall begin from the offensive team's 10 yard line.
- There are two halves in a game. Each half is 20 minutes in length using a running clock.
- There is a 4 minute halftime (maximum).
- The clock shall stop after a team scores, at the end of the half, when a timeout is called or when an injury occurs.
- When a team scores (touchdown, extra point try or safety), the clock shall start when the ball is placed ready for play by the offense to begin a new offensive series on the 10 yard line.
- Each team shall have three one minute timeouts per half. The clock shall stop for all timeouts and start on the subsequent snap.. Timeouts may not be carried over from the first half to the second half.
- The offensive team shall have 30 seconds to call a play. Time shall start at the whistle ending the previous play and end when the offense is lined up over the ball for the next play.
- When the Offense is ready, the Defense has a maximum of 10 seconds to get set. The official will notify both teams when the ball may be snapped.
- A first down is the next 20 yard line. The offensive team has 4 downs to move the ball for a first down or ultimately, a touchdown.
- Punting on 4th down is an option. The punter has 5 seconds to punt the ball. After 5 seconds, a whistle will be blown and the down shall be called at that spot if the ball is not punted. The punting team's players may not advance downfield until the ball has been punted. The punting team must notify the official and the defensive team of its intention to kick prior to the down.
- A punt which is fielded cleanly (in the air or on the ground) may be advanced by the receiving team. No laterals or hand offs are permitted on a punt return.
- If the ball is fumbled or muffed when receiving a punt, the ball is dead at that spot. There is no "fumble". The receiving team shall regain possession where the ball was first touched.
- All players must have shirts tucked inside pants or shorts. Clothing must not interfere with flags. If, in the event, it is difficult to keep team shirts tucked inside pant/shorts, the flag belt MUST be worn outside the team shirt. Flags must be visible with one flag on each side of the player and worn at the hip. Flags may not be worn on the front or back of the player.

- Players may not wear red or yellow color shorts/sweatpants, since this can be confusing, especially if said team is wearing the same color flags.
- Headwear containing any hard, unyielding material, including billed hats or items containing exposed knots is illegal. Knit hats, stocking caps and sweat bands are legal as long as there are no exposed knots.
- Coaches are permitted to be present on the field to assist in positioning players. However, once the official declares the teams “READY”, the coaches should move toward the sideline in order to be away from the action. At this level, a coach’s time on the field should be minimal. However, if a coach interferes with the execution of a play (offensively or defensively), the official may place the ball where he/she feel it would have been had the coach not committed the interference. This is not to be mistaken for a pass interference penalty.
- Coaches on the field should wear their team shirts for identification purposes.
Tournament play:
- OVERTIME: If two teams are tied after the final whistle, the teams will play extra periods until there is a winner.
- The order of possession alternates each period, the order of which is decided by a pre-overtime coin toss. The extra period begins at the 20-yard line, and each team is given the opportunity to score a touchdown. After the first team completes its drive with a score or turnover, the opposing team has the same opportunity from the 20-yard line. If the teams are still tied after the second team's possession, they must play another period. So on and so forth.

VI. SCORING

- Touchdown 6 points
- Try (Extra Point) 1 point if successful try from the 3 yard line.
2 points if successful try from the 5 yard line.
- Interception of an extra point attempt may be returned to the opponent’s end zone shall result in 2 points awarded to the intercepting team.
- Safety 2 points
- Touchback is NOT a score. If a punt goes into the end zone untouched or a pass is intercepted in the end zone and not advanced out of such, a touchback is ruled. The ball shall be placed on the offensive team’s 10 yard line.
- During the regular season, if a game is tied at the end of the second half, it shall be recorded as such. Playoff games will use a tiebreaker to determine a winner.

VII. PENALTIES

- Offside (offense or defense) 5 yards
- Illegal Procedure (offense) 5 yards
- Delay of Game 5 yards (official may stop clock until next play)
- Holding 10 yards
- Blocking (all blocks are illegal) 10 yards See ROUGH PLAY below
- Pass Interference (Defense) 10 yards + automatic first down

- Pass Interference (Offense) 10 yards + loss of down
- Personal Foul/Unsportsmanlike Conduct 10 yards
- All penalties shall be enforced in accordance with the rules. A measurement cannot take the ball more than half the distance from the enforcement spot to the offending team's goal line. If the penalty is greater than this, the ball is placed midway between the enforcement spot and the goal line (half the distance rule).
- ROUGH PLAY RESTRICTIONS: There is not supposed to be any deliberate contact in flag football. Rough play or deliberate contact shall be interpreted as a personal foul or unsportsmanlike conduct penalty. Players shall be warned and removed from the game if such action continues.
 - 1st incident – player warning (can also carry a penalty)
 - 2nd incident – player must sit out 4 plays (+ mandatory 10 yard penalty)
 - 3rd incident – player is ejected from game (+ mandatory 10 yard penalty)

VIII. OFFENSIVE RULES

- The offensive positions are quarterback, snapper (center), linemen and backs.
- At least 3 offensive players must be on the line of scrimmage at the time the ball is snapped. All players, including the snapper are eligible to receive a pass.
- The quarterback is defined as the player who receives the snap. The quarterback may not be positioned on the line; he/she must be positioned in the backfield at the time the ball is declared ready for play. The quarterback shall not cross the line of scrimmage at any time while an offensive player.. Only the quarterback may pass the ball. Once the quarterback passes the ball, he/she may not touch the ball again during the play.
- No running plays are permitted. All plays are pass plays.
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- A forward pass may not be touched by a receiver until the ball has traveled beyond the line of scrimmage.
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- If the quarterback fumbles the snap, he/she may pick up the ball and pass it. If, however, the quarterback fumbles the ball after securing the snap, it is a fumble and the play shall be blown dead at the spot the ball was fumbled.
- If any player besides the quarterback fumbles at any time, the play is dead and the ball is placed at that point. A fumble is dead at the point of fumble and does not change possession.
- One, and only one, player may legally be in motion prior to, or at the snap.
- If the ball carrier touches the ground with a knee or any other part of the body, the ball is down at that point.
- The ball is spotted at the point where the flag is pulled or the spot where the ball carrier went out of bounds.

- After a forward pass has been completed beyond the line of scrimmage, it may be pitched or handed backwards (lateral) one time during a play. However, the quarterback may not touch the ball once he/she has passed it to a teammate while a member of the offensive team.
- There is no blocking in flag football. Moving screens are also illegal
- If the ball carrier loses a flag, the ball is dead at the point where the ball carrier's flag landed. If the flag is lost prior to that player becoming the ball carrier, the ball is down at the point said player becomes the ball carrier (by receiving a pass, handoff, or lateral).
- After the quarterback releases the ball, he/she may not touch the ball again during that play..
- An offensive player cannot slap at or hold the defender's hand/arm in order to prevent the pulling of his/her flag. This is flag guarding and the penalty for the violation is a dead ball where the first hand/arm slapping occurred. Same penalty will be given to "straight arming" another player. If flagrant, both violations shall carry a personal foul penalty and the offending player may be subject to the ROUGH PLAY restrictions listed above.

IX. DEFENSIVE RULES

- Defensive players shall not rush, blitz or cross the line of scrimmage until a count of 5 has been called by the official.
- The defensive players may play man to man or zone formations.
- A defensive player shall not interfere with a receiver.
- On an interception, the interceptor may run with the ball. However, this player may not lateral or hand the ball to a teammate. If the interceptor fumbles the ball while running, the ball shall be ruled dead and the intercepting team is now the offensive team.
- A defensive player must have at least one foot in contact with the ground when pulling a flag. Diving tackles are not permitted. This is a personal foul and if flagrant, the offending player shall be subject to the ROUGH PLAY restrictions listed above. This is often a difficult call for the official, but his/her ruling is final.
- No tackling, shoving or pushing in or outside the field of play is permitted. This is a personal foul/unsportsmanlike conduct penalty and the ROUGH PLAY restrictions shall be applied to the offending player(s).

X. SCHEDULING

- A league schedule shall be established by MPR. Team schedules are set by computer and all game assignments are final.
- Weather cancellations shall be posted the following ways by 4:30 PM weekdays and 7:30 AM on Saturdays.
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- Teams are required to play make-up games as rescheduled or accept a forfeit.
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XI. SPORTSMANSHIP/CONDUCT

- Sportsmanship is an important aspect of all recreation department athletic activities. A sporting behavior is expected from all players, coaches, officials and spectators. Unacceptable actions on the part of anyone at a game shall not be tolerated.
- There shall be no agitation toward the opposing team from any players or coaches at any time. Team members should encourage their own players, but refrain from distracting or belittling anyone.
- In keeping with a sporting attitude, coaches should coach and teach kids to play by the spirit and NOT necessarily by the letter of the law. If a coach bends a rule to his/her advantage (even if the rule is technically not broken), the wrong message is being sent--that winning is more important than how the athletes play.
- Each team is expected to clean its team area following the game.
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MAHOMET PARKS AND RECREATION
FLAG FOOTBALL
7th & 8th GRADES
2022

As with all Village of Mahomet Parks & Recreation programs, our goal is to promote good sportsmanship among participants, coaches and parents and to have fun. Additional aims for this league are to teach skills, game rules and gain a better understanding of the game of flag football. With this in mind, the following rules have been adopted for the Pro Bowl (Grades 7 & 8) division.

XII. FIELD

- The playing field shall be 60 yards in length and divided into three equal lengths of 20 yards for the purpose of gaining a first down or touchdown. The field shall have a width of 30 yards. Each end zone shall be 10 yards in length.
- Taylor Field has a scoreboard for the use of participating teams. To insure its operation, we are asking the coach of the home team to find an adult volunteer to operate the remote box. It is very simple to keep the score and the officials on the field will assist in reporting the proceedings. The remote box may be picked up at the concession stand and returned there at the conclusion of the game. If a volunteer cannot be found, we do not guarantee the board will be operational for your game.

XIII. EQUIPMENT

- The Mahomet Parks and Recreation Department (MPR) shall provide all equipment for this activity. This includes a T-shirt issued to each participant, team flags and a game ball. Practice balls will be provided to each team.
- The ball used for this division is a #4 size football (“Youth” size).
- Players may wear rubber cleat shoes or sneakers. No street shoes are permitted.
- In cold weather, sweat shirts or jackets may be worn under the team shirt.
- Mouth pieces are not required but **STRONGLY RECOMMENDED**.
- Knit or stocking caps are permitted, but baseball caps or hats with a hard bill are not allowed.

XIV. OFFICIALS

- MPR shall provide two officials for each game. At times this might not be possible, but at least one official shall be present for a game.
- The officials shall have complete jurisdiction in administering the rules of the game.
- Only coaches are permitted to question a misapplication of the rules. Judgment calls shall not be challenged.

XV. PLAYER ELIGIBILITY

- All participants must be properly registered in the flag football program sponsored by MPR.
- All roster players must be currently enrolled in the 7th or 8th grade.

XVI. THE GAME

- The game is played 5 on 5. If the number falls below five, the game shall be forfeited.
- Game time is forfeit time.
- A coin toss at the beginning of play determines possession and direction of play. The team winning the coin toss can elect to start on offense, defense or choose the goal to defend. The team winning the coin toss may NOT defer to the second half. Possession and direction of play alternates at the start of the 2nd half.
- There are no kickoffs. Play which would usually begin with a returned kickoff (free kick) shall begin from the offensive team's 10 yard line.
- There are two halves in a game. Each half is 20 minutes in length using a running clock.
- There is a 4 minute halftime (maximum).
- The clock shall stop after a team scores, at the end of the half, when a timeout is called or when an injury occurs.
- When a team scores (touchdown, extra point try or safety), the clock shall start when the ball is placed ready for play by the offense to begin a new offensive series on the 10 yard line.
- Each team shall have three one minute timeouts per half. The clock shall stop for all timeouts and start on the subsequent snap.. Timeouts may not be carried over from the first half to the second half.
- The offensive team shall have 25 seconds to call a play. Time shall start at the whistle ending the previous play and end when the offense is lined up over the ball for the next play.
- When the Offense is ready, the Defense has a maximum of 10 seconds to get set. The official will notify both teams when the ball may be snapped.
- A first down is the next 20 yard line. The offensive team has 4 downs to move the ball for a first down or ultimately, a touchdown.
- Punting on 4th down is an option. The punter has 5 seconds to punt the ball. After 5 seconds, a whistle will be blown and the down shall be called at that spot if the ball is not punted. The punting team's players may not advance downfield until the ball has been punted. The punting team must notify the official and the defensive team of its intention to kick prior to the down.
- A punt which is fielded cleanly (in the air or on the ground) may be advanced by the receiving team. No laterals or hand offs are permitted on a punt return.
- If the ball is fumbled or muffed when receiving a punt, the ball is dead at that spot. There is no "fumble". The receiving team shall regain possession where the ball was first touched.
- All players must have shirts tucked inside pants or shorts. Clothing must not interfere with flags. If, in the event, it is difficult to keep team shirts tucked inside pant/shorts, the flag belt MUST be worn outside the team shirt. Flags must be visible with one flag on each side of the player and worn at the hip. Flags may not be worn on the front or back of the player.

- Pass Interference (Defense) 10 yards + automatic first down
- Pass Interference (Offense) 10 yards + loss of down
- Personal Foul/Unsportsmanlike Conduct 10 yards
- All penalties shall be enforced in accordance with the rules. A measurement cannot take the ball more than half the distance from the enforcement spot to the offending team's goal line. If the penalty is greater than this, the ball is placed midway between the enforcement spot and the goal line (half the distance rule).
- ROUGH PLAY RESTRICTIONS: There is not supposed to be any deliberate contact in flag football. Rough play or deliberate contact shall be interpreted as a personal foul or unsportsmanlike conduct penalty. Players shall be warned and removed from the game if such action continues.
 - 1st incident – player warning (can also carry a penalty)
 - 2nd incident – player must sit out 4 plays (+ mandatory 10 yard penalty)
 - 3rd incident – player is ejected from game (+ mandatory 10 yard penalty)

XIX. OFFENSIVE RULES

- The offensive positions are quarterback, snapper (center), linemen and backs.
- At least 3 offensive players must be on the line of scrimmage at the time the ball is snapped. All players, including the snapper are eligible to receive a pass.
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- A forward pass may not be touched by a receiver until the ball has traveled beyond the line of scrimmage.
- If a pass is touched (caught or dropped) by the offensive team behind the line of scrimmage, the play is over. The ball is dead and placed at the point where it was touched. A pass caught by a defensive player behind the offensive team's line of scrimmage is a pass interception and may be advanced by the intercepting team's player.
- If the quarterback fumbles the snap, he/she may pick up the ball and pass it. If, however, the quarterback fumbles the ball after securing the snap, it is a fumble and the play shall be blown dead at the spot the ball was fumbled.
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