



2025 (Spring) Flag Football Bulletin

Division	Birth Dates	Notes
11U	9/1/2013 through 9/1/2015	Wednesday & Saturday Games
13U	9/1/2011 through 9/1/2013	Wednesday & Saturday Games
15U	9/1/2009 through 9/1/2011	Wednesday & Saturday Games
18U	9/1/2006 through 9/1/2009	Wednesday & Saturday Games

CALENDAR OF EVENTS

April 15th: Pre-Season Rosters Due
 Week of May 5th: Regular season games begin
May 15th: Final Rosters Due
 TBD: *Post-Season Tournament*

Administrative Rules by Division:

	11U	13U, 15U, & 18U
Field	30 x 70 yards	30 x 70 yards
# Players on the field	5 players	5 players
Game Ball	Junior	Junior
Timing	(2) 20-minute halves Clock stops for timeouts and/or injuries	(2) 20-minute halves Clock stops for timeouts and/or injuries
Halftime	3 minutes	3 minutes
Time Outs	1 per half (30 seconds) 1 floating timeout per game to clarify call	1 per half (30 seconds) 1 floating timeout per game to clarify call
Mercy Rule	If a team gains a 28-point advantage, the game will end.	If a team gains a 28-point advantage, the game will end.
Tie Games	Regular season games that are tied after regulation will remain in a tie – No overtime	Regular season games that are tied after regulation will remain in a tie – No overtime
Season Length	7 regular season games (TBD Postseason)	7 regular season games (TBD Postseason)



1. Spring Flag Football schedules will be viewable through our online league management software (Team Sideline). 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: <https://www.teamsideline.com/sites/minneapolisparks>
 - a. On the top menu bar, click on Game Schedules – Choose your Division
 - i. 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 Roster 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 games.
- 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 and/or penalty.
- Please see the Youth Sports Team Policies and Guidelines for additional MPRB rules and 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 –
 - Download: <https://www.teamsideline.com/sites/minneapolisparks/downloads>
 - PDF Version: [2025 NFL Flag Football Rulebook](#)



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 and the Refs do the referring
- Fans cheer positively (no public displays of anger or violence)
- Respect the officials
- Keep the facility & grounds clean
- All parks and schools are tobacco & alcohol free
- Be positive role model

Thank you for supporting MPRB athletics!

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

Help keep kids in sports! Support!

