

2024 Fall Adult Flag Football (6v6 league)

- Please follow the link to register & check standings: [Adult Flag Football Registration](#)
- **Registration begins June 18, 2024 for all teams.**
- **League Fees:** \$450.00 - 8 games (including tournament) w/ MPRB certified officials
- For general MPRB adult sports league information, please view the MPRB Adult Sports League Guidelines on our website.
- **Divisions:** Women's, Men's & Co-Ed 6 person flag leagues.

League Info:

- **League Games:** League fees are based on a 8 game schedule (including tournament).
- **League Times:** Game times for the evening leagues may begin between 6:00pm to 9:00pm.
- **League Location:** [Parade Park / Field](#) – 400 Kenwood Pkwy, Mpls 55403
- **Field Size:** 70 yrds x 30 yrds
- **Game Ball:** Each team uses their own ball while on offense.
 - **Women:** Intermediate, Youth or Junior ball
 - **Co-Ed:** Intermediate, Youth or Junior ball
 - **Men:** Collegiate or Official ball
- **Uniform:** Shirts and jerseys MUST be tucked in, so they do not interfere with the flag. Shorts MUST be a different color as the flag (flags provided are red and yellow).
- **Game Time:** Game consists of two 25-minute halves (running time) w/ 5 minute halftime.
 - If a score is tied at the end of regulation, the game will remain a tie.
 - In the **2nd half only**, if a team is trailing by 1 score or less and time runs out & offensive team has begun at least one play, they are allowed to complete their series of downs. The defensive team can run back an interception, but will not get any offensive plays. **Roster:** Maximum of 12 players per team roster. Roster must be completed by the 3rd game.

League Standings & Points:

- A win will count for two points, a tie one point and a loss will receive zero points.
- If the score is tied after regulation playing time, the score will be recorded as a tie.
- Touchdown: 6 points
- Extra Point: Run or Pass the extra point into the end zone
 - 1 point: Successfully try from 5 yrds
 - 2 points: Successfully try from 15 yrds
- Safety: 2 points (offensive team punts from own 15 yrd line)

Forfeits:

- Two forfeits and you can be removed from the league.

PLAYING RULES:

Women's & Men's Play:

- Must have 4 players to start (maximum 6 on the field).

Co-Ed Play:

- Both genders must be involved in each possession (every 4 downs). Being "involved" means each gender must either throw the ball, run the ball or receive the ball for positive yardage.
 - a. **Penalty Enforcement** – If the attempt does not involve a female:
 - i. Loss of down and the next play is still a female play.
 - ii. If an offensive penalty occurs, then the next play is still a female play.
 - iii. If a defensive penalty occurs the next play will be open.
- Each team will play with (6) players of offense and defense. Ideally teams would have 3 males and 3 females on the field. Teams may play with less than 6 players but must have a least 5 players on the field at all times. They can play with any ratio of males to females if there is at least 1 female or 1 male on the field at all times.
- Other ratios that would be acceptable are: 3M/3F, 4M/2F, 4F/2M, 2F/4M, 5F/1M, or in the event of absence or injury, a team may play with only one women but cannot have more than 4 men on the field.

Starting the Game & Half

- Teams start play from the 15 yard line. There are no kickoffs.

Dead ball

- A dead ball is any pass, lateral, handoff or punt return that touches the ground. The play is always dead in every case.
- On any lateral or handoff the new line of scrimmage becomes the point where the fumble occurred.
- If the quarterback drops the centering pass, the play is dead, and the line of scrimmage remains the same.
- **Bump-n-run defense is not allowed by any member of the defense. Penalty = 10 yards**
- No player except the offensive center may go into a 3 or 4 point stance.
- **Once a player is down, they are down. The flag does not need to be pulled. This helps to avoid rough play.**
- Any pass intercepted in the defending team's end zone is an automatic touchback & may not be returned.

Penalties

- If the defensive team commits a penalty, the offensive team can take the result of the play (completed pass), or re-do the play and take the appropriate penalty yardage.
- If the offensive team commits a penalty, the defensive team can take the result of the play or take the penalty yardage.
- If there is an argument concerning a play and an agreement cannot be reached, the play will be re-played using the following rules. No other recourse.
- If the disagreement is that the defensive team possibly committed the penalty, then the offensive team will take 5 yards and re-do the down.
- If the disagreement involves the offensive team possibly committing the penalty, they will lose 5 yards and re-do the down.

Downs-

- A centerline (marked by cones) at the halfway point of the field will be the 1st down marker.
- The offensive team has 4 attempts to gain a 1st down.
- If the offensive team reaches the first down, the team will have 4 attempts to travel 30 yards to reach the end zone.
- If the offensive team fails to reach the line-to-gain in four downs, the defensive team becomes the offensive team at the ending spot of the last play.

4th Down Kick

- Teams may punt the ball on 4th down. The punting team must declare if they are going to punt.
- ***The punter must punt the ball and may not throw it.***
- The defensive team cannot rush the punting team. The punting team can't cross the line of scrimmage until the ball is punted.
- The receiving team may send all of its players back to receive a punt. No blocking after the punt. Laterals are permitted.
- Punts downed in the end zone will be put in play at the 15 yard line.

Pulling the flag

- The play is dead when the player with the ball flag-belt has been pulled.
- **The defensive player may not hold the offensive player to help pull the flag.**
- The defensive player may leave his feet to dive for the flag.
- The quarterback must release the ball before his flag is pulled.
- **The defensive player may pull the flag of a receiver who is in the act of bobbling the ball= Ball is down at the spot if it is subsequently caught.**
- Pulling the flag before the receiver touches the ball= interference.
- ***Continuous Spins – The ball carrier may not continuously spin (more than one spin per run) as he runs down the field. (This helps to alleviate frustrated defenders from grabbing the runner, to pull his flag). Any player that attempts a second spin is down at the place where the 2nd spin occurred.***
- ***Any player carrying the ball that doesn't have his shirt tucked in is down on contact!***

Backfield Play

- The initial quarterback may be involved in receiving a multiple pass.
- Handoff/running plays are allowed behind the line of scrimmage. Backwards pitches are allowed in the field of play.
- All centering passes must be made to the person directly behind the center.
- No-run zones (a 5-yard imaginary zone before midfield and before the end zone) teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff.
- Once the center pass has been released, defense will have a “5 Mississippi” count prior to crossing the line of scrimmage.
- When the ball is snapped, one offensive player may be in motion backwards or laterally.

- Offense:
 - 25 seconds to put the ball in play
 - At least 4 players must be on the line of scrimmage
 - All players are eligible for a pass
 - Only 1 forward pass per play
- Defense:
 - No requirement for number of players at the line of scrimmage
 - No players can line up directly over the center
 - Players can advance toward but not pass the line of scrimmage
 -

Multiple Pass Plays

- Forward passes are permitted behind the line of scrimmage.
- The receiver must be behind the line of scrimmage if he wishes to throw another forward pass.
- The ball can never cross the line of scrimmage and be thrown again in a multiple pass play.
- There is no limit to the number of passes behind the line of scrimmage, but once the ball crosses the line of scrimmage there can be no further forward passes.
- A player may go over the line of scrimmage and then return to be eligible for multiple pass plays.
- Laterals are legal both behind and beyond the line of scrimmage. Laterals can be either overhand or underhand.

Faircatch

- A player signaling for a fair catch shall be given an unimpeded opportunity to catch the ball. **Penalty = 10 yards Passing**
- All players are eligible receivers
- Any player that leaves the field of play may not return and catch the ball unless it is first deflected by another player.
- A receiver must have one foot in bounds for a legal reception; however the inbounds foot must come down prior to the other foot.

Punt returns

- Any muffed/dropped punt return is dead at the spot.
- The defensive team may only down a dropped punt.
- Screening is not allowed. Player may stand still, but can't run interference for the man with the ball. **Penalty= 10 yards**

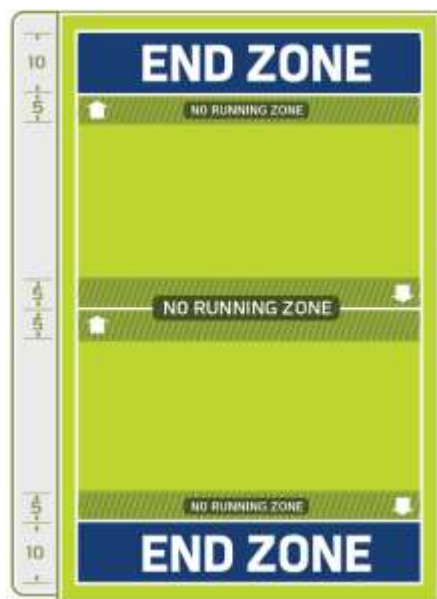
Offensive/Defensive line play

- Other than the quarterback, all offensive players must start along the line of scrimmage.
- Offensive receivers (within 5 yards of the center) may not move positions once the team is at the line of scrimmage prior to a play. This rule does not apply to a receiver starting more than 5 yards from the center.
- Any of the defenders may rush the quarterback, provided that they complete the "5 Mississippi" count prior to crossing the line of scrimmage
- **Defenders may not bump/touch any offensive receiver. Penalty= 10 yards**
- **Offensive receiver may not push off/touch any defender. Penalty= 10 yards**

Timeouts

- Each team is entitled to three (3) time-outs per game.
- All time-outs are one (1) minute in length. Officials will give a warning at forty-five (45) seconds.
- Teams are allowed twenty-five (25) seconds between plays. The official will announce the ten (10) second mark.

MPRB League Directors reserve the right to make additions and/or changes for the betterment of the program.



| Penalties | 5-Yard Penalties | 10-Yard Penalties | 15-Yard Penalties |
|--|--|---|--|
| <p>All penalties will be enforced in 5, 10, or 15-yard increments, except for taunting / profanity. If a 10 or 15-yard penalty occurs within 20 yards of the goal line it will be marked off as half the distance (A 5-yard penalty within 10 yards of the goal line will also be marked off as half the distance). Some penalties may be marked with a loss of down or automatic first down.</p> <p>Ejected Player: An ejected player will be suspended from that game plus the next game.</p> <p>Taunting / Profanity: Defined as:</p> <ul style="list-style-type: none"> • Direct cussing to the referee or opposing player • Any conversation to the referee other than questions made by the captain. • Taunting the opposing team • Penalty: (see 15-yard penalties) <p>Any penalties not listed will be at the sole discretion of the referees.</p> | <p>Illegal Procedure: Either team moving into the neutral zone before the ball has been snapped, lining up in the neutral zone, multiple players in motion or the quarterback in motion before the ball is snapped. Enforcement: 5 yards from the line of scrimmage – replay the down</p> <p>Delay of Game: Not snapping the ball within the allotted 25 seconds, taking too long to return the ball to line of scrimmage. Enforcement: 5 yards from the line of scrimmage – replay the down</p> <p>Illegal Equipment: An offensive player starting play without having two/three flags. Enforcement: 5 yards from the line of scrimmage – replay the down</p> <p>Batting or stripping the ball: Any attempt to strike to grab the ball away from the ball carrier. Enforcement: 5 yards from the spot foul</p> <p>Illegal Forward Pass: Throwing from in front of the line of scrimmage. Enforcement: 5 yards from the line of scrimmage and loss of down</p> <p>Illegal Forward Lateral Handing or pitching the ball forward down field: Enforcement: 5 yards from the spot of the foul</p> <p>Defensive Flag Guarding: Pulling the offense’s flags before the player receives the ball. Complete Pass: 5 yards from the spot of the foul or the result of the play Incomplete Pass – replay the down</p> | <p>Flag guarding: Preventing a defensive player from grabbing a flag by swatting the player’s arm or keeping the defender at a distance with an extended arm (“stiff arming”) Enforcement: 10 yards from the spot of the foul, loss of down</p> <p>Blocking: Making physical contact with a defensive player downfield or interfering with a defensive player’s path of travel to down the ball carrier Enforcement: 10 yards from the spot of the foul, loss of down</p> <p>Pass interference (Offense): Pushing a defensive player away to make a catch, going through a defensive player to make a catch Enforcement: 10 yards from spot of foul, loss of down</p> <p>Pass interference (Defense): Preventing the offensive receiver from completing a catch by swatting or holding the receiver’s arms, going through the receiver to play the ball, or face guarding Enforcement: 10 yards from spot of foul</p> <p>Bull Rush (Defense): running directly at a player protecting the quarterback and initiating contact Enforcement: 10 yards from the line of scrimmage, replay down</p> <p>Intentional grounding: Enforcement: 10 yards from the line of scrimmage and loss of down</p> <p>Hurdling: Enforcement: 10 yards from the line of scrimmage and loss of down</p> | <p>Enforcement: 15-yards from line of scrimmage</p> <p>Taunting / Profanity:</p> <ul style="list-style-type: none"> • First violation: A team warning • Second violation: Individual(s) involved must sit out for the duration of the current offensive or defensive series. The team may NOT substitute a player in for the one removed. When a change of possession or a touchdown occurs, that player may enter back into the game. • Third Offense: Individual will be removed from the game & suspended for the next game. <p>Ejections – loss of down Tackles – Spot of foul Roughing the Passer</p> |