

* MEGA Flag Football Rules

Revised FEB 2009



General

- A coin toss determines first possession. Visiting team calls the flip
- The offensive team takes possession of the ball at the 5-yard line and has (4) four plays to cross mid-field. Once the team crosses mid-field, it has four (4) plays to reach the endzone. If the offense fails to score, the new offensive team takes over at their 5-yard line.
- A team has the option on 4th down to go for it or punt
 - punt will place the ball on the other 5 yard line
 - go for it and don't make it then the other team will take over at the spot of the ball
- All possession changes, except interceptions, and failed 4th down conversions start on the offense's 5-yard line.
- All players must have a mouthpiece to compete
- Flags will be provided by SportZone for each team for the games
- Each team should supply their own ball (Peewee size)

Players/Game Schedules

- Teams must field a minimum of 5 players at all times. 5 v 5
- Games are played to 40 minutes running time.
- After 20 minutes there will be a 5 minute halftime. Possession will go to the team that was on defense to start the game, and they will start at their 5-yard line.
- Each time the ball is spotted, a team will have 30 seconds to snap the ball. Teams will receive one warning before a 5-yard delay of game penalty will be assessed.
- Each team has one 60-second and one 30-second timeout per half.
- Officials can stop the clock at their discretion

Scoring

Touchdown: 6 points

Extra Point: 1 point (if played from the 5-yard line) or
2 points (if played from the 12-yard line)

Safety: 2 points

Running

- The quarterback cannot run the ball
- *2/3rd and 4/5th Grade Only- QB can run once a defensive player rushes across the line of scrimmage**
- Only direct handoffs, behind the line of scrimmage are permitted. Multiple handoffs are allowed.
- Absolutely NO laterals or pitches of any kind.
- “No running Zones,” located 5 yards from each end zone and 5 yards on both sides of mid-field, are designed to avoid short-yardage, power-running situations.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.

- Players cannot leave their feet to avoid a defensive player. (No diving)
- The ball is spotted where the ball carriers feet are when the flag is pulled, not where the ball is.
- Center sneaks are not allowed. Center cannot snap back to the quarterback make contact and then run with it.

Pass Rushing-

- K/1- Only 1 player max, may rush the quarterback & must be behind the 7 yd mark**
- 2/3- Only 2 players max, may rush the quarterback & must be behind the 7 yd mark**
- 4/5- Only 2 players max, may rush the quarterback & must be behind the 7 yd mark**

***Once the ball is handed off from the quarterback to a running back/receiver, all defensive players are allowed to cross the line off scrimmage.**

Receiving

- All players are eligible to receive passes.
- Only one player is allowed in motion at a time.
- A player must have at least one foot inbounds when making a reception.

Passing

- Quarterback will receive the ball through a hand-off by the center.
- *-Shotguns will be allowed (be aware if the snap is dropped the play is dead w/ loss of down)
- All passes must be forward and received beyond the line of scrimmage. (Shovel passes are allowed, as long the ball is thrown passed the line of scrimmage)
- All blitzing players must be 7 yds behind the line of scrimmage to rush the passer
- *-Quarterback has 7 secs to pass the ball once it has been hiked.**
- *-2/3 and 4/5 ONLY –QBS are allowed to run once a blitzing player has crossed the line of scrimmage. This includes inside the 5yd No Rush Zone.**

NO BLOCKING IS ALLOWED

Overtime (Tournament Play Only ,Similar to NCAA)

- Coin flip- Choose 1.Offense or Defense or 2. Defend Goal
- Ball starts on 12 yd line
- Offensive team has 4 plays to reach endzone
- Both teams will have opportunity to play offense each round
- This continues until a winner has been determined

Penalties have Changed- Defensive penalties that move the ball across midfield will result in a first down. Penalties will be marked off as half the distance to the goal when necessary. (ie. Ball on the 5yd line with a 5 yd penalty occurred. Ball will be marked off at the 2 ½ yd line)

Penalties

Defense:

Offsides

5 yards and replay the down

Pass Interference

5 yards and automatic first down

Illegal contact

(holding, blocking, etc.)

5 yards and automatic first down

Illegal FLAG pull

(before receiver has ball)

5 yards and replay down

Illegal rushing

(starting rush from inside 7-yard marker)

5 yards and replay down

Offense:

Illegal motion

(more than one person moving, false start, etc.)

Five yards and replay down- Play is dead

Illegal forward pass

(pass thrown from beyond line of scrimmage)

Five yards and loss of down

Offensive pass interference

(illegal pick play, pushing off/away defender)

5 yards and loss of down

FLAG guarding

5 yards (from line of scrimmage) and replay down

Delay of game

Clock stops, 5 yards and replay down

Unsportsmanlike Penalty

10 yds and replay down

Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.*****Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Other Players and Coaches/Parents cannot question judgment calls.**

Games cannot end on a defensive penalty, unless the offense declines it.

