



MCR NFL Flag Football Youth League Rules/Guidelines



[NFL Flag Official Playing Rules](#) will govern play with the exception listed below.

The rule contradiction from the NFL Flag Rule Book and page number are listed where applicable.

Game

- The offensive team takes possession of the ball at its 5-yard line and has four (4) downs to cross midfield. Once a team crosses midfield, it has four (4) downs to score a touchdown. (**Exception: Rule I.3, page 1**)
- If the offensive team fails to cross the line-to-gain after 3rd down and elect to "punt" on 4th down, possession of the ball changes and the opposing team will start a new possession from its own 5-yard line. If the offensive team elects to go for it on 4th down and fails to cross the line-to-gain, the opposing team will start a new possession from the spot where 4th down ended. The line to gain is always either midfield or the goal line. (**Exception: Rule I.3, page 1**)
- The defense cannot start with the ball inside their own 5-yard line after a failed 4th down attempt. If 4th down ends inside the 5-yard line, the ball will be placed on the 5-yard line.

Field

- Field dimension will be 25 yards wide by 70 yards with two 10-yard endzones. Midfield will be located at the 25-yard line. (**Clarification: Rule IV.1, page 6**)

Timing and Overtime

- Regular Season Games are played on a 40-minute continuous clock with two 20-minute halves, unless one team gains a 35-point advantage which will end the game. (**Exception: Rule VI, page 6**)
- Halftime is five (5) minutes. (**Exception: Rule VI, page 6**)
- In the event of a tie score at the end of the second half, there will be one overtime period. If teams remain tied after the first overtime, then the game will end in a tie. (**Exception: Rule VI.b-c, page 6**)

Unsportsmanlike Conduct

- Unsportsmanlike conduct and taunting penalties (**Rule XVII.iv-v, page 14**):
 - o Defense +15 yards from line of scrimmage and automatic first down
 - o Offense -15 yards from line of scrimmage and loss of down
- Any Unsportsmanlike Act/Taunting is a decision made at the referee's discretion.

Aged Based Guidelines (**Clarification: Rule XVIII, page 15**)

- 8U & 10U: One Coach for each team is permitted on the field pre- and post-snap to help their players, but post-snap, at a safe distance from play completion. (**Exception: Rule XVIII.a, page 15**)
- 8U *only*: 'No Run Zones' are eliminated. Teams may run anywhere on the field.
- 8U *only*: Defenders may NOT rush the passer unless there is a legal handoff executed in the backfield.
- For all other age groups, the following rules will be used:
 - o Coaches are permitted to coach on the sideline. (**Rule VIII, page 7**)
 - o 'No Run Zones' are located 5 yards prior to midfield and 5 yards prior to the opponent's endzone. (**Rule IV, page 5**)
 - o Players may rush the passer. (**Rule XIII, page 11**)