



MRC's Adult Flag Football Rules



The rules of this game have been designed for fast play and high scoring games. Please keep in mind the nature of football can lead to some contact between players thus we have set out clear rules on what will be and will not be allowed. We also ask that you practice proper sportsmanship as the officials will have total control of the game and will be asked to make several judgment call through out each game. We will follow all USSSA Flag Football rules (www.ussa.com) except the ones stated differently below.

1. We will play seven on seven. You must have six players to start or continue the game. There is also a limit of fifteen players per roster.
2. Game time will be two 20 minute halves with a 5 minute half time. The 1st half will have a running clock, the 2nd half clock will stop inside the 5 minute mark if the game score is within 16 points (2 scores and extra points).
3. Team jerseys are not required and do not have to be numbered. The MRC will provide colored pennies for each team to wear. If your team chooses to get team jerseys please keep them clean (no profane words or dirty pictures) and they must be the same color. If your team so chooses to make team shirts they must be approved by the MRC Program Director before they are worn on the game field.
4. The field will be 80 yards X 40 yards with 10 yard end zones. The field will be divided into four equal playing zones 20 yards each. To receive a 1st down you must advance the ball with four or fewer plays to the next zone.
5. Kicking: There will be no kick offs. Teams always starts on their own five yard line. If your team chooses, you can punt the ball if your 3rd down attempt for a 1st down is unsuccessful. There are no fair catches.
6. Penalties: We will follow all the penalties listed in the USSSA rule book and enforce them as stated. If someone commits a penalty that involves unnecessary contact between players, the player that initiated the contact will not be allowed to finish the game. If a player retaliates to an unnecessary contact call with more unnecessary contact they to will not be allowed to finish the game. Unnecessary contact will be determined by the officials.
7. Protests are allowed for roster challenges only. If you want to challenge a roster you must present your challenge in writing along with a \$25 fee no later then 24 hours after the game in question. If your protest is up held your money will be returned. You are not allowed to protest once the post season tournament starts.

If you have questions please contact; Gabe Prescott MRC Program Director via email at gabeprescott@ymca-mrc.com or call at (620) 241-0363.

