



Field Length- 60yds Width- 30yds End Zone- 5yds

Time 20 minutes running halves with teams changing sides after first 20 minutes; possession does not change and clock does not stop; 5 minute half time

Timeouts Each team has one 60-second and one 30-second time out per half

Players/Ball Both 2nd/3rd and 4th-6th Leagues plays 6-man football and will use the Jr. size ball

Uniform NFL Flag Jersey or MRC Reversible Jersey, Flags
No spikes or steel cleats
MOUTH PIECE IS REQUIRED

Possession Coin toss determines first possession, taken on 5yd. line.

- The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross the midfield. Once a team crosses midfield, it has three (3) plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line.

SCORING

- Touchdown: 6 points
- Safety: 2 points
- Extra points: 1 point (pass made from the 5-yard line)
2 points (pass or run made from the 12-yard line)
- Games may end in a tie.

RUNNING

- The quarterback may not run the ball.
- One lateral or pitch is allowed, multiple hand-offs are allowed.
- "No-running zones," located 5 yards from each end zone and 5 yards on either side of midfield, are designed to avoid short-yardage, power-running situations. Must pass across these areas.
- The players who takes the handoff can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, the defense can rush.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving or hurdling).
- The ball is spotted where the ball carrier's **feet** are when the flag is pulled, not where the ball is.

PASSING

- All passes must be forward and received beyond the line of scrimmage. Only one forward pass is allowed per play. Anyone can throw the ball from behind the line of scrimmage.
- Shovel passes are allowed but must be received beyond the line of scrimmage.
- The QB has 7 seconds to throw the ball; the play will be ruled dead and there will be loss of down if time expires. Once the ball is handed off, the seven-second rule no longer is in effect.
- Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5-yard line.

RECEIVING

- All players are eligible to receive a pass, including the quarterback if the ball has been handed off behind the line of scrimmage.
- Only one player is allowed in motion at a time.
- A player must have at least one foot in bounds when making a reception.

Dead Balls

- Ball must be snapped between legs, not off to one side, to begin play.
- Substitutions may be made on dead balls.
- Play is ruled “dead” when:
 - Ball carrier’s flag is pulled.
 - Ball carrier steps out of bounds.
 - Touchdown or safety is scored.
 - At the point of an interception (interception returns are not allowed).
 - Ball carrier’s knee hits the ground.
 - Ball carrier’s flag falls out.

Note: There are no fumbles. The ball is spotted where the ball hits the ground.

Blocking

Folded arm with closed hands technique will be allowed; blocks MUST be above the waist and facing the opponent.

Rushing the Quarterback

- All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.
- Once the ball is handed off, the seven-yard rule no longer is in effect, and all defenders may go behind the line of scrimmage. The referee will designate seven yards from the line of scrimmage.

PENALTIES

DEFENSE	Action	Penalties	OFFENSE	Action	Penalties
	Offsides	5 yards Automatic first down		Illegal Motion (more than one person moving, false start, etc.)	5 yards Loss of down
	Interference	10 yards Automatic first down		Illegal forward pass (pass received behind line of scrimmage)	5 yards Loss of down
	Illegal contact (holding, illegal blocking, etc.)	10 yards Automatic first down		Offensive pass interference (illegal pick play, pushing off/away defender)	10 yards Loss of down
	Illegal flag pull (before receiver has ball)	10 yards Automatic first down		Flag guarding	10 yards (from line of scrimmage) and loss of down
	Illegal rushing (starting rush from inside 7-yard line)	10 yards Automatic first down		Delay of game	Clock stops 10 yards Loss of down

- In case of bad weather or wet field conditions, please listen to KNGL/KBBE for an announcement. One may also call the MRC HOTLINE at 241-1331 for a recorded message. **Do not call the radio station.** Coaches will be called if the games are cancelled prior to their game, if possible.
- Sportsmanship Rule: Unsportsmanlike conduct, i.e. name-calling, swearing, etc., will not be tolerated. Site supervisors and/or umpires are required to take the following immediate actions should it occur by any MRC participant:
 - 1st Offense (Warning): Participant will sit the remainder of the game; if action occurs within the last 15 minutes of or following the game, the participant will not be allowed to play the next game.
 - 2nd Offense: Participant will be eliminated from season play. Registration fees will not be refunded.