



## Majestic Park 5 v 5 Flag Football Rules

1. At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.
2. The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. There is no option to defer. Possession changes to start the second half to the team that started the game on defense.
3. 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 three (4) downs to score a touchdown. If the offensive team fails to cross midfield, on 3 downs, and elect to "punt" on 4th down, possession of the ball changes and the opposition starts its drive from its own 5-yard line. If the offensive team goes for it on 4th down and does not cross field, the opposing team will start its possession from the spot or the end of the play.
4. Teams change sides after the first half. Possession changes to the team that started the game on defense.
5. The ball will begin play on a tee and the QB has 7 seconds to throw the ball. If the QB has not passed the ball the play will be dead and the ball will go back to the line of scrimmage.
6. The QB tee will be approximately 2-3 yards behind the line of scrimmage.
7. Offensive teams will need at least 2 players on the line of scrimmage.
8. All passes must be forward and beyond the line of scrimmage.
9. All players must wear a mouthpiece. (we will try and keep extra on site)
10. All players must wear official NFL FLAG belts and flags. All players MUST wear mouth guards at all times while on the field. Game balls should be age specific. NFL FLAG footballs will be provided.
11. Players must wear shoes. This will be specified by your league organizer or site director. However, cleats with exposed metal are never allowed and must be removed.
12. Jerseys must be tucked in and the flags to the side on the hip of the players.
13. Girls may wear stud earrings and nothing else for safety concerns.
14. Majestic Park league will follow the Majestic Park and NFL Flag Concussion Protocol.
15. All teams need to have shorts or pants that match.
16. Regular Season Games are played on a 48-minute continuous clock with two 24-minute halves, unless one team gains a 35-point advantage then you must play a new qb the rest of the game that has not played qb. The clock stops for halftime, injuries and the Officials' discretion.
17. Halftime is 5 minutes.
18. Football - K-2 pee wee ball / 7-12 Junior
19. Each team has one 60-second timeout per half. They do not carry over.
20. Officials can stop the clock at their discretion.



21. In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.
22. In the event of a tie in the regular season each team will get one possession at midfield to score. If they score they can go for one or two. A coin toss will decide who gets the ball first. In the playoffs teams will go until there is a winner.
23. Touchdowns are 6pts and extra points are 1 pt from the five yard line and 2 pts from the 10 yard line.
24. Teams will play 5v5 and consist of 5-10 players per roster. If a team is short a player they can play with 4 players. If they have less than that, they will forfeit the game and find pick up players to play that game for practice.
25. Play clock. The K-2 will have 30 seconds to snap the ball once an official has spotted the ball ready for play and each girls division will have 25 seconds to snap. (snap meaning the QB takes it off the tee for play.)
26. Running or rushing the ball is not allowed and all plays must be passed beyond the line of scrimmage.
27. There is no rushing the passer at any time.
28. Any fumble is dead where it lands and no fumble recovery is allowed.
29. Interceptions can be returned in each girls division. Interceptions are down where caught in the K-2 league.
30. If inadvertent or erroneous whistle occurs the offense has two options: A) take the ball where the whistle blew and the down is consumed B) replay the down from the original line of scrimmage. If it occurs on the last play of the half or game, the offense will be awarded one untimed down and given those two options.
31. THERE IS NO CONTACT IN FLAG FOOTBALL- If contact is made at any point the official will determine if it requires a penalty. If it is an accident or on purpose it may still be a penalty.
32. Laterals are legal after a legal pass has been made.
33. There is no hurdling, jumping, or diving from a ball carrier. Defense may dive to pull a flag, if any contact is made an official may call a penalty.
34. Flag pull- The ball is down where the ball is located when a flag is pulled.
35. Two coaches max per team. One on the field at all times in the K-2 league. No coaches on the field in the 7-9 or 10-12 girls division.
36. Electronic communication between any player with their coach or spectator for their Team is prohibited. If a team or individual is found to be using electronic communication with a player, or coach, at any time, that Team will be disqualified immediately from play. This does not limit possible additional discipline at the sole discretion of the local league organizer.
37. Any decisions may be made by the field's head official or league director if there is something not covered in the rules.



## Penalties

1. The referee will call all penalties.
2. Referees determine incidental contact that may result from normal run of play.
3. All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)
4. Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players and parents may not question calls.
5. Games or halves may not end on a defensive penalty unless the offense declines it.
6. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
7. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.
8. Spot fouls in end zone: Defensive (Ball on one-yard line, first down)/Offensive (Safety)

Screening, blocking or running with the ball	The player uses physical attempts to gain yardage by obstructing the path of their opponent	-10 yards and loss of down
Charging	The player challenges their opponent for space without using their arms or elbows	-10 yards and loss of down
Flag guarding	The ball-carrier intentionally obstructs the defender's access to their flag	-10 yards and loss of down



Unnecessarily roughness	Using methods beyond what is necessary to pull the flag off the opponent	+10 yards and automatic first down
Unsportsmanlike conduct	Examples include excessive celebration, using abusive language, punching or kicking an opponent	+10 yards and automatic first down
Offside	A player crosses the line of scrimmage before the ball is snapped	+5 yards from the line of scrimmage
Illegal flag pull	A player pulls the flag off an opponent before they have full possession of the ball	+5 yards from the line of scrimmage and automatic first down
Taunting	A type of unsportsmanlike conduct where the player purposely creates ill will between teams	+5 yards from the line of scrimmage and automatic first down



<p>Offside/false start</p>	<p>A player charges or moves in a way that indicates the start of the play before the ball is snapped</p>	<p>-5 yards from line of scrimmage and loss of down</p>
<p>Illegal forward pass</p>	<p>A player throws the ball forward once they are past the line of scrimmage</p>	<p>-5 yards from line of scrimmage and loss of down</p>
<p>Pass interference</p>	<p>The eligible receiver significantly hinders the defensive player's opportunity to intercept the ball</p>	<p>-5 yards from line of scrimmage and loss of down</p>
<p>Illegal motion</p>	<p>Players shifting and not coming to a complete stop before the ball is snapped</p>	<p>-5 yards from line of scrimmage and loss of down</p>
<p>Delay of game</p>	<p>Team fails to snap the ball and put it in play</p>	<p>-5 yards from line of scrimmage and loss of down</p>



Illegal procedure	A technical rules violation, such as illegal formation	-5 yards from line of scrimmage and loss of down
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Defensive pass interference	The player significantly hinders an eligible receiver's opportunity to catch the ball	Automatic first down
Holding	The player restrains another player who is not in possession of the ball	+5 yards and automatic first down
Stripping	A player smacks or grabs the football out of the ball-carrier's possession	+10 yards and automatic first down

- Rough play and any type of unsportsmanlike conduct will not be tolerated from any coaches, officials, players, or fans. As per the codes of conduct. Officials and staff have the right to remove anyone that they see crossing that line.

#### Field Size

K-2 40 yard length field width

Girls 50 yard length field width



*Hot Springs National Park*  
ARKANSAS