

Official Rule Book: Millennium Development Flag Football 2013-14 Season



Junior Division

Effective as of November 2013

Timing and Overtime...

1. Games are **two 20 minute halves**. However, the clock stops only for timeouts

during the course of the game.

2. **JUNIOR DIVISION WILL BE 5 ON 5 BUT CAN PLAY WITH FOUR PLAYERS.**
3. Halftime is **5 minutes**.
4. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced
5. Each team has **two 60 second time-outs and 1 injury time out per half**.
6. Officials can stop the clock at their discretion.
7. In the event of an injury the clock will stop and then restart when the injured player is removed from the field of play **within in two minutes**.
8. **OVERTIME RULES.....**
 - ***When the game ends in a tie at the end of regulation, there will be overtime period until a team is declared the winner. Then, the winner of the coin toss shall choose the following options: 1. to be offense, 2. defense, 3. The goal they wish to defend. The overtime period has no time limit. Each team gets one opportunity to score or execute their series of downs.***
 - ***The captains and head coaches shall come to the middle of the middle of the field for a coin toss. The visitors shall have first choice on the coin flip.***
 - ***The ball will be placed on the opponent's 10 yard line. It will be regular football from that point forward with three downs to score.***
 - ***Once the offensive or defensive team gains possession they have the chance to score.***
 - Beginning the third OT period each must attempt a 2 point conversion following a touchdown. There will be a coin flip to determine possession for the third OT.
 - Multiple OT periods:
 - ***First OT period*** – shown above: scoring teams can go for 1 or 2 point PAT.
 - ***Second OT Period:*** First possession goes to loser of regulation coin toss.
 - ***After 2nd OT:*** Scoring teams must go for 2 point PAT.

Live Ball/Dead Ball

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
2. The official will indicate the neutral zone and line of scrimmage. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regards to the neutral zone, the official may give both teams a “courtesy” neutral zone notification to allow their players to move back beyond the line.
3. A player who gains possession in the air is considered in bounds as long as one foot comes down in the field of play.
4. The defense may not mimic the offensive team signals, by trying to confuse the offensive players, while the quarterback is calling out signals to start the play.
5. Substitutions may be made on any dead ball.
6. Any official can whistle the play dead.
7. Play is ruled “dead” when:
 - a. The ball hits the ground.
 - b. The ball carrier's flag is pulled.
 - c. The ball carrier steps out of bounds.
 - d. A touchdown, PAT or safety is scored.
 - e. The ball carrier's knee or arm hits the ground.

- f. The ball carrier's flag falls out.
 - g. The receiver catches the ball while in possession of one flag.
 - h. The 7 second pass clock expires.
 - j. **7 second clock when the ball is handed off then it is a running play only (When he running back becomes the QUARTERBACK, the 5 SECOND CLOCK goes into effect as if he was the QUARTERBACK).**
8. In the case of an inadvertent whistle, the offense has two options:
- a. Take the ball where the whistle blew.
 - b. Replay the down from the original line of scrimmage.

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

A team is allowed to use a time out to question an official's rule interpretation. If the rule is interpreted incorrectly, the time out will not be charged and the proper ruling will be enforced. Officials should all agree upon any controversial call in order to give each team the full benefit of each call. If the ruling is correct the team will be charged a time out.

Running

1. The ball is spotted where the football is spotted after the player's flag is pulled. Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.
2. There are ***no pitches and laterals allowed.***
3. "No-Run Zones," located 5 yards before each end zone and 5 yards on either side of midfield, are designed to avoid short-yardage, power-running situations. Teams are not allowed to run in these zones. Once the offense crosses midfield line, the NO RUN/RUSH line is no longer in effect until they reach the 5 yard line of their opponents. Reminder: Each offensive squad approaches only TWO No Run Zones in each drive - one 5 yards from midfield to gain the first down, one 5 yards from the goal line to score a TD 5 yards.
4. The player who takes the handoff can throw the ball from behind the line of scrimmage.
5. Once the ball has been handed off in front or behind the quarterback, all defensive players are eligible to rush.
6. Runners may not leave their feet to advance the ball. Diving, leaping or jumping is considered flag guarding.
7. Spinning is allowed, but players cannot leave their feet to avoid a flag pull.
8. Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.
9. No blocking/or setting a pick or "screening" is allowed at any time.
10. Offensive players must stop their motion once the ball has crossed the line of scrimmage. No running with the ball carrier.
11. Flag Obstruction – **ALL JERSEYS MUST BE TUCKED IN BEFORE PLAY BEGINS.** The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding. **THIS WILL BE ENFORCED FIRST AS WARNING AND THEN A PENTATLY WILL OCCUR.**

Passing

1. All passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage. If a quarterback and the entire ball are in front of the line of scrimmage then a forward pass can no longer be thrown but a lateral is still a legal play. However, by the act of crossing the line of scrimmage, the quarterback does not lose the right to throw a forward pass as long as after crossing the line scrimmage, the ball returns behind and is thrown from behind the line scrimmage.
2. **Shovel passes are allowed.**
3. The quarterback has a seven-second "pass clock." If a pass is not thrown within the seven seconds, play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule no longer is in effect.
 - a. ***If the QB is standing in the end zone at the end of the 7-second clock, the ball is returned to the line of scrimmage (LOS).***

Receiving

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line).
2. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted towards the line of scrimmage.
3. A player must have at least one foot inbounds when making a reception.
4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
5. 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.
6. ***Interceptions are returnable, but not on conversions after touchdowns.***

Rushing the Passer

1. The player who rushes the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped.
2. 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.
3. A special marker/hash marker, or the referee, will designate a Rush Line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.
 - a. ***A legal rush is:***
 - Any rush from a point 7 yards from the defensive line of scrimmage. **ONLY ONE PLAYER IS ALLOW TO RUSH THE QUARTERBACK. THE DEFENSE IS ALLOWED ONE RUSH PER SET OF DOWNS.**
 - A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.
 - If a rusher leaves the rush line early, they may return to the rush line, reset and then legally rush the quarterback.

- If a rusher leaves the rush line early and the ball is handed off before they cross the line of scrimmage, they may legally rush the quarterback.
- b. **A penalty may be called if:**
 - The rusher leaves the rush line before the snap and crosses the line of scrimmage before a handoff or pass – Illegal Rush (5 yards LOS and first down).
 - Any defensive player crosses the line of scrimmage before the ball is snapped –
 - Any defensive player, not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed.

Flag Pulling

1. A legal flag pull takes place when the ball carrier is in full possession of the ball.
2. Defenders can dive to pull flags, but cannot tackle, hold or run through ball carrier when pulling flags.
3. It is illegal to attempt to strip or pull the ball or pull from the ball carrier's possession at any time.
4. If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends.
5. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
6. Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping of head, hand, arm or shoulder, or intentionally covering flags with the football or jersey.

Penalties: The referee will call all penalties.

- ✓ Referees determine incidental contact that may result from normal run of play.
- ✓ All penalties will be assessed from the line of scrimmage, except as note (spot fouls).
- ✓ Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls. Games cannot end on a defensive penalty, unless the offense declines it.
- ✓ Penalties are assessed Live Ball then Dead Ball. Live Ball penalties must be assessed before play is considered completed.
- ✓ Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.
- ✓ ***Once a penalty flag is thrown the play is deemed dead. The only instance is if there is pass inference and the receiver had a clear path to the end zone. Then, the ball will be placed on the one yard line of the opposing team. If the offense player scores a touchdown, the team will have the opportunity to decline the penalty.***

SPOT FOULS:

Defensive Pass Interference	<i>Automatic First Down</i>
Holding	<i>+5 yards & Automatic First Down</i>
Stripping	<i>+10 yards & Automatic First Down</i>
Defensive Unnecessary Roughness	<i>+10 yards & Automatic First Down</i>
Screening, Blocking, or Running with Ball Carrier	<i>-5 yards</i>
Charging	<i>-10 yards & SPOT FOUL</i>
Flag Guarding	<i>-10 yards</i>
Offensive Unnecessary Roughness	<i>-10 yards, SPOT FOUL & Loss of Down</i>

DEFENSIVE PENALTIES

Offside	<i>+5 yards from line of scrimmage</i>
Illegal Rush	<i>+5 yards from line of scrimmage</i>
Illegal Flag Pull	<i>+5 yards from line of scrimmage</i>
Roughing the Passer	<i>+10 yards from line of scrimmage</i>
Taunting	<i>+10 yards from line of scrimmage and Player Warned</i>
Defensive Pass Interference	<i>SPOT FOUL & AUTOMATIC FIRST DOWN</i>
Holding	<i>SPOT FOUL & AUTOMATIC FIRST DOWN</i>
Stripping	<i>SPOT FOUL & AUTOMATIC FIRST DOWN</i>
Defensive Unnecessary Roughness	<i>SPOT FOUL & AUTOMATIC FIRST DOWN</i>

OFFENSIVE PENALTIES

Offside/False Start	<i>-5 yards from the line of scrimmage</i>
Illegal Forward Pass	<i>-5 yards from the line of scrimmage & LOD</i>
Offensive Pass Interference	<i>-5 yards from the line of scrimmage</i>
Illegal Motion (More than one person moving)	<i>-5 yards from the line of scrimmage</i>
Delay of Game	<i>-5 yards from the line of scrimmage</i>
Impeding the Rusher	<i>-5 yards from the line of scrimmage</i>
Screening, Blocking, or Running with Ball Carrier	<i>-5 yards</i>
Flag Guarding	<i>-10 yards</i>
Offensive Unnecessary Roughness	<i>-10 yards, SPOT FOUL & Loss of Down</i>
Charging	<i>-10 yards & SPOT FOUL</i>