

PLMF “FLAG” LEAGUE PLAYING RULES

1. MOUTH PIECES ARE REQUIRED- Strapless mouth guards must be worn. No player will be allowed to play without one. Any player without a mouth piece will result in a five (5) yard penalty and removal from the game until he/she has one. Athletic supporters are recommended. All players must be in a t-shirt supplied by the league. All t-shirts must be tucked in.
2. No steel spikes, helmets or hard padding allowed. However, elastic elbow and kneepads are very highly recommended. One layer of sports tape on the ankles or wrists is permitted.
3. All games will be played Saturday mornings @ 10:00 and 11:00am. Teams should arrive at the field ½ hour before scheduled game time.
4. Games will consist of (4) 8 minute quarters. This will be a continuous clock. In the event of a tie at the end of a regulation, each team will receive one (1) offensive possession. Both teams will have a chance to score. The game will not end in a tie. In overtime, for the first possession, the ball is placed on the 20-yard line and you can get a first down if it is moved to the 10-yard line. On the second and all additional possessions, the ball will be placed on the 10-yard line.
5. The clock will stop after an incompletion, penalties, fumbles, change of possession and timeouts during the last two (2) minutes of each half.
6. Forty-five seconds (45) are allowed for each snap, starting once the referee spots the ball. Coaches are permitted in the huddle before each play, but must be away once the play resumes. A 5-yard penalty will be assessed, if after the official, in her/his judgment, does not feel the coach has moved him/herself far enough away.
7. The center is ineligible to receive or carry the ball. The center will not wear flags while he/she is playing. If he/she were to catch a batted ball, the play would be dead at that spot.
8. The middle linebacker can line up two (2) yards off the ball in a goal line situation only; otherwise he/she must line up five (5) yards off the ball.
9. There must be four (4) backs and seven (7) linemen in any formation. Backs are any player behind the line of scrimmage.
10. Wherever and/or however the flag comes off, the play stops there.
11. No fumble recoveries, the ball is dead where it hits the ground.
12. The play is dead if the ball carrier’s knee, elbow or any other part of their body touch the ground. However, the ball carrier can put their hand down to catch them self and not considered down.
13. There will be no kickoffs. Play will start at the 25-yard line.
14. Puts will be a free kick with no run backs. The receiving team may have no more than four (4) backs to receive the punt. Punter may position themselves to either side to kick. All others will take a knee until the ball is declared dead. If the ball hit’s the receiving player and goes forward, it will be marked dead where it hit the player. If the ball hit’s the receiving player and goes backward, the ball will be marked dead where and when the receiving team gains control.
15. A five (5) yard penalty will be assessed for the following infractions: tripping, holding, smacking, leaving your feet while running or blocking, offsides and open field illegal blocks.
16. A ten (10) yard penalty will be assessed for guarding the flag, stiff arming, clipping, forearming, or tackling. These penalties will be marked off from the point where the infraction occurred.

17. Shoving an opposing player out of bounds without going for the flag will result in a tackling penalty.
18. An open field tackle to save a touchdown will result in a tackling penalty with a warning to the player and coach. If it is committed a second time, the player will be ejected.
19. A fifteen (15) yard penalty with a warning will be assessed for excessive arguing by any player, coach or parent.
20. Eleven (11) players on the field per team. You must start with at least ten (10). Match the number of players per team (11 vs. 11 or 10 vs. 10.)
21. The offensive line must consist of seven (7) linemen; the interior six (6) must be in a two-point stance with hand on knees. The defensive line must consist of at least three (3) down linemen. No defensive player will line head up over the center. The receivers are allowed to line up, up to five (5) yards away from the offensive line.
22. Offensive line must block with an open hand and arms extended. Down field blocks must be with hand to chest. Players must block between shoulders and waist. Contact anywhere else will result in a five (5) yard penalty.
23. Line must be head up by closest size. The offense has the right of way. When an official sees a size difference, the defense must change to match. Refs are to enforce.
24. Middle Linebacker must line up at least five (5) yards of the ball. There will be no QB sneaks, when the QB is under center.
25. One (1) point will be given for a run conversion, two (2) points for passing into the end zone; ball must be caught in the end zone. Two (2) feet are required in the end zone for a completed pass and to receive the two (2) points.
26. Each team will receive three (3) timeouts per half, with an additional one (1) for overtime. There will be no carry overs. Coach on the field has to call timeouts.
27. Teams may practice only two (2) times per week. No Sunday practice. No practice after 8:00pm and once school starts, no practice after 7:30pm.
28. There is no hurry up offense allowed. Official will hold up game until the offense is set and ready. *Exception:* in the last two (2) minutes of each half, the defense will have ten (10) seconds once the offense is set or they will receive a delay of game penalty and the clock will be stopped.
29. There will be no running up the score. Any team who builds a twelve (12) point lead must take their starting backfield out. If the losing team gets the score under twelve (12) points difference, the winning team may put their starting backfield back into the game. This pertains to the offense only. This rule applies if the team is not rotating backfield players in and out. Notify the officials if you are rotating backs. Those players affected can play in any other position other than the backfield position other than the backfield positions; this includes the QB.
30. Each team will use a two (2) platoon system. Every player must play on either offense or defense the entire game. Players may go both ways but every will play. You may switch a player at half from offense to defense or vice versa, after notifying the officials. Other exception would be a twelve (12) point lead.
31. The only exception to playing time for any player is disciplinary problems of said player. This must be brought to and approved by the board first.

KEEP IT SIMPLE~MAKE IT FUN~TEACH!! TEACH!! TEACH!!