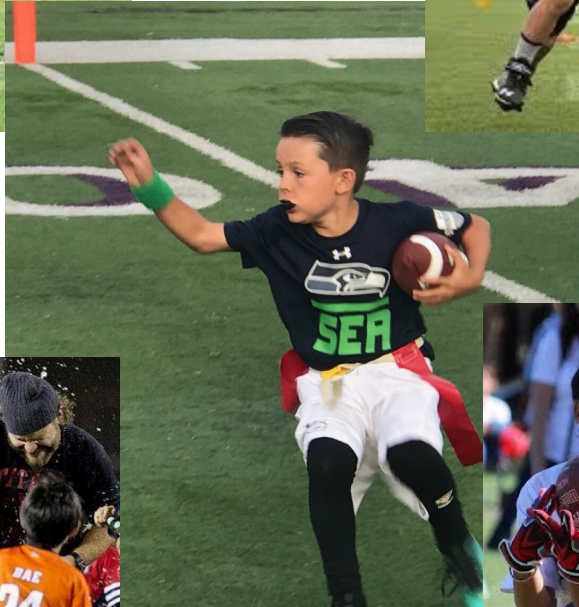




***MVP Elite Football***  
***FLAG FOOTBALL RULES***



**OFFICIAL RULE BOOK**

**MVPEliteSports.com**



# ***MVP Elite Football***

## ***FLAG FOOTBALL RULES***

### **TOURNAMENT RULES - FLAG DIVISION**

#### **GAME FORMAT**

1. The game is played with 6 players on offense and 6 players on defense.
2. Maximum of 12 players per team.
3. Teams must field a minimum of 5 players at all times to play.
4. This is Club/Tournament play. There is NO minimum play time for any player.
5. A player may only appear on one roster per division.
6. If a player is found playing on a team illegally, the coach, illegal player, and/or team may be removed from the event.
7. The start of the game captains from each team will meet for a coin toss to determine who shall start the game with the first possession. The lower seeded team gets the choice to call the toss.
8. The winner of the coin toss gets the choice of first possession or to defer to 2nd half and the choice of the end zone to defend.
9. The offensive team takes possession of the ball at its 5 yard line and has 3 plays to cross midfield for a 1<sup>st</sup> down. Once a team crosses midfield, it has 4 plays to score a touchdown.
10. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5 yard line.
11. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5 yard line.
12. All possession changes, except interceptions, start on the offenses 5 yard line.
13. Interceptions may be returned from point of catch to a defensive touchdown. Offense takes over at point the defensive players flag is pulled.
14. Teams change sides after halftime.
15. There is NO RUSHING the QB. Defensive players may only cross the LOS when the ball leaves the QB hands.
16. There are NO Kickoffs.
17. There are NO turnover on fumbles. The ball is spotted where it hits the ground.
18. If the Flag falls off during the play, the ball is spotted where the FLAG FALLS OFF.
19. COACHES ON THE FIELD OF PLAY:
  - 1st-2nd Grade: 1 Coach on the field
  - 3rd-4th Grade: 1 Coach on the field
  - 5th-6th & 7th-8th Grade: Sidelines only.
  - On field coaches MUST remain a minimum of 10 yards from the active play to avoid any interference with the action.



# ***MVP Elite Football***

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#### **II. PLAYER ATTIRE**

1. IT IS MANDATORY ALL PLAYERS WEAR PROTECTIVE MOUTHGUARDS DURING GAME PLAY.
2. If Teams do not have reversible jerseys, the away team or lower seed will wear pennies.
3. Players are designated as home or away based on the schedule. During bracket play, the highest seed will be the home team.
4. The away team will wear the light side of the shirt/jersey and the home team will wear their dark side.
5. All teams must have matching jerseys or colors.
6. Shirts/jerseys must be tucked in always. If a shirt/jersey is hanging out, Flag guarding may be called.
7. Molded and screw-in cleats are permitted. No metal cleats are allowed.
8. No jewelry, or hand warmers are permitted during the games. Hats with a brim, may be worn backwards only. Softshell helmets are permitted.
9. Players may tape their forearms, hands and fingers.
10. Players may wear gloves, soft elbow pads, soft knee pads, wrist bands, head bands. Pads and Braces with hard plastic, or metal are NOT allowed.
11. Shorts and pants cannot have open pockets or belt loops. All open pockets must be taped.

#### **III. AGE DIVISIONS & STRUCTURE**

1. Our tournaments are for both recreational and Competitive divisions of play.
2. We use grade level to keep players together as groups.
3. Proof of grade level must be with team package. Copy of report/progress cards work best.
4. Players may play up a grade level division, but never will be allowed to play down grade.
5. **1st - 2nd Grade Division:**
  - One coach on the field
  - Unlimited run capability (Except in "No Run Zone")
  - Pee Wee Size Football 9" football - No rubber footballs
6. **3rd-4th Grade Division:**
  - One coach on the field
  - One run per side of the field or each 3 downs
  - Pee Wee Size Football 9" football - No rubber footballs
7. **5th-6th Grade Division:**
  - Coaches must be on the sideline
  - One run per side of the field or each 3 downs
  - Junior Size Football 10" football - No rubber footballs



# **MVP Elite Football**

## **FLAG FOOTBALL RULES**

### **TOURNAMENT RULES - FLAG DIVISION**

#### **III. AGE DIVISIONS & STRUCTURE - continued**

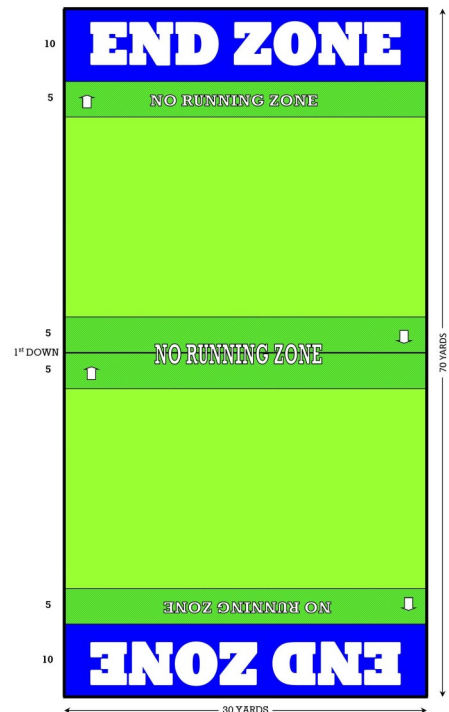
1. 7th-8th Grade Division:
  - Coaches must be on the sideline
  - NO Running—All Passing Division
  - Youth Size Football 11" football - No rubber footballs

#### **IV. EQUIPMENT**

1. For consistency, all teams will use the same Trifecta Flags provided by the Tournament. All Flags must be returned after games are played. No outside flags will be allowed.
2. Teams can use their own footballs that match the level of play according to the tournament Director. Under Armour 495, Nike, Wilson. NO RUBBER FOOTBALLS WILL BE USED.
3. Footballs - All Footballs will conform to USA Football Standard age sizes and weight.
  - PEE WEE - 1st - 4th
  - JUNIOR - 5th-6th
  - YOUTH - 7th-8th

#### **V. FIELD**

1. The recommended field size is 27-30 yards by 65-70 yards with two 7 yard end zones and a midfield line-to-gain. "No Run Zones" precede each line-to-gain by 5 yards.
  - Field size may be modified depending on space available.
1. "No Run Zones" are in place to prevent teams from power running for touchdowns and 1st downs.
2. Stepping on the boundary lines is considered out of bounds.
3. Each offensive squad approaches only TWO No Run Zones in each drive (one zone 5 yards from Midfield to gain the 1st down, and the other 5 yards from the goal line to score a TD).
4. Spectators must remain a minimum of 3 feet off the sideline.





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#### **VI. GENERAL GAME INFORMATION**

1. Games are played with 4 10 minute running quarters (40 minutes), 1 minute water break between quarters and a 3 minute halftime.
2. Two 30 second time-outs per half. Time-outs do not carry over.
3. Each time the ball is spotted, the offensive team has 30 seconds to snap the ball. Teams will receive one warning before a delay of game penalty is enforced.
4. Officials can stop the clock at their discretion.
5. In the event of an injury the clock will stop and then restart when the injured player is removed from the field of play. Injured Player must sit out one play after game stoppage.
6. Game start is described in FORMAT Section.
7. NON CONTACT SPORT. No intentional contact is permitted or tolerated.
8. Downfield Blocking is illegal. Any offensive player that continues running and impedes the progress of a defensive player who is attempting to put the carriers flag will be called for illegal blocking.
9. The ball MUST be snapped between the players legs to start the play.
10. Only one player is allowed in motion at a time. Motion must be parallel to LOS.
11. Spinning is ALLOWED.
12. Jumping & Diving
  - Diving for a pass - OK
  - Diving to Advance the Ball - ILLEGAL - spotted where feet were last on the ground.
  - Jumping over players - ILLEGAL - Ball will be spotted where feet were last on the ground.
13. Ball will be spotted where the feet were when the flag is pulled or fell off.

#### **VII. SCORING**

1. Touchdown = 6 points
2. Point After Touchdown
  - 1 point (played from the 5 yard line—no run zone)
  - 2 points (played from the 10 yard line)
3. Safety = 2 points. When the ball/carrier is downed in own end zone.
4. Tied score at the end of regulation: Coin flip determines 1st or 2nd possession.
  - The ball is placed at the 10 yard line from the end zone.
  - Each team gets 3 plays to score a Touch Down.
  - If the teams scores then decide on 1 or 2 point conversion.
  - In 2nd OT period, the team that had first possession goes to defense in 2nd OT.
  - All regulation period rules and penalties are in effect. No time outs.
  - Interceptions end the possession and the ball is turned over to the opposite team or the game is over depending on the situation. Interceptions can be returned for touchdown.
  - ALL GAMES will have a winner. No Ties



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#### **VIII. PASSING GAME**

1. All passes must be made from behind the line of scrimmage.
2. The QB has 4-6 second "pass clock". If a pass is not thrown with the Pass Clock time, the play is dead, loss of down, ball spotted back at the original LOS.
3. Once the ball leaves the QB's hand the "Pass Clock" is no longer in effect.
4. Shovel passes are allowed.
5. Interceptions may be returned for a TD. If not returned for a TD, the ball is placed at the point the ball is marked dead.
6. PAT Interceptions cannot be returned for a score.
7. Only one forward pass per down.
8. Balls thrown FORWARD is a PASS. Balls thrown BACK from PARALLEL is a RUN.
9. All players are eligible including the QB if pitched or handed off.
10. All players are eligible to receive passes (including the QB if the ball had been handed off or lateral behind the line of scrimmage as per the NFL rules).
11. Only one man is allowed to go in motion at a time. No motion towards the line of scrimmage.
12. The receiving player must have at least one foot in bounds when making a reception.
13. In the case of simultaneous reception by both an offensive player and defensive player, the possession will remain with the offense.
14. Any pass can be caught behind the LOS and advanced.

#### **IX. RUNNING GAME**

1. K-2nd Division = Unlimited Runs
2. 3rd-6th Divisions = ONE run each side of the field.
3. 7th-8th Division = NO RUNS
4. The quarterback cannot run past the LOS with the ball.
5. No Wildcat, n Direct run plays or formations.
6. The quarterback is determined by the first person that touches the ball from center.
7. The ball is spotted where the runner's feet are when the flag is pulled, not where the ball carrier has the ball. If one foot proceeds the other, the forward foot marks the spot.
8. Handoffs, laterals, shovel passes, pitches are allowed as per the HS/CIF rules.
9. No Center Sneaks.
10. The player who takes the handoff, lateral or pitch, can throw the ball from behind the LOS.
11. Once the ball has been handed off, lateraled or pitched, all defensive players are eligible to rush across the line of scrimmage.
12. No Blocking, Moving Screens, escorts or PICKS are allowed at any time. No running with the ball carrier.



# ***MVP Elite Football***

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### **TOURNAMENT RULES - FLAG DIVISION**

#### **X. NO RUN ZONES**

1. The “No Run Zone” come into effect only when the offensive team is approaching the first down or the end zone. EXCEPTION: if the offensive team has already achieved a first down, but has been pushed back into the “No Run Zone” then the “No Run Zone” rule is not in effect.
2. Whenever the offense is within the “No Run Zone” the offense must pass the ball.
3. If a run play occurs while inside the “No Run Zone”, the play is immediately dead with the consumption of a down.
4. All forward passes are eligible in the “No Run Zone”.

#### **XI. GENERAL DEFENSE**

1. NO INTENTIONAL CONTACT IS PERMITTED.
2. Defensive players cannot cross the LOS until the ball leaves the QB hands.
3. Defenders are not allowed to “Bump” receivers off the LOS.
4. If a defender attempts to pull an offensive player's flag and inadvertently grabs the jersey, the defender must immediately and completely release the jersey/shorts before they can reattempt to pull the flag. Failure to do so will result in a defensive holding penalty.
5. Defense must give one yard cushion prior to snap.
6. Interceptions are returnable for touchdowns but not on PAT's.

#### **XII. FLAG PULLING**

1. Flag Guarding is an attempt by the ball carrier to obstruct the defenders access to the flags by stiff arm, dropping the head or shoulder or dropping the hand/arm/body covering the flag.
2. Defenders can dive to pull flags, but cannot tackle, hold or run through ball carriers.
3. A defensive player may not intentionally pull the flags off a player who is not in possession of the ball.
4. It is illegal to attempt to strip the ball from the ball carrier.



# ***MVP Elite Football***

## ***FLAG FOOTBALL RULES***

### **TOURNAMENT RULES - FLAG DIVISION**

#### **XIII. DEAD BALL**

1. The ball must be snapped between the legs, not off to one side, to start play.
2. Any official can whistle the play dead.
3. Play is ruled “dead” when:
  - The ball hits the ground.
  - The ball carrier’s flag is pulled.
  - The ball carrier steps out of bounds.
  - A touchdown, PAT or safety is scored.
  - The ball carrier’s knee hits the ground
  - The ball carrier’s flag falls out.
  - The receiver catches the ball while in possession of only one flag.
  - The “Pass Clock” expires.
  - Inadvertent whistle.
4. In the case of an inadvertent whistle, the offense has two options:
  - Take the ball where the whistle blew.
  - Replay the down from the original line of scrimmage with no time concession.
  - A team is allowed to use a timeout 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. If the ruling is correct the team will be charged a time out.
  - There are no fumbles...therefore NO STRIPPING OF THE BALL. The ball is spotted where the ball hits the ground.

#### **XIV. FORMATIONS**

1. The offensive team must have at least 3 players including the center on the line of scrimmage when the ball is snapped.
2. One player may go in motion at a time parallel to the line of scrimmage or away.
3. No motion is allowed towards the line of scrimmage.
4. Movement by a player towards the line of scrimmage or beyond it is considered a false start.
5. Center snaps must be one movement.





# ***MVP Elite Football***

## ***FLAG FOOTBALL RULES***

### **TOURNAMENT RULES - FLAG DIVISION**

#### **XV. SPORTSMANSHIP**

- 1. FOUL PLAY WILL NOT BE TOLERATED!**
2. Trash talking is not allowed. Officials have the right to determine offensive language. If trash talking occurs, the referee may give one warning and if it continues, the player(s), coach's and fans will be ejected from the game and must leave the field.
3. If the offending player/Coach/spectator does not leave the area, the referee will forfeit the game immediately and award the WIN to the opposing team.
4. Any person ejected may be asked to leave the event premises for the safety of everyone involved.
5. If the field Official/Referee, field monitor or League Commissioner witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player/coach will be ejected from the game. The penalty if called is a dead ball at point of infraction and automatic 1st down. It will ALWAYS benefit the other team.
6. Ball carriers MUST make an effort to avoid defenders with an established position.
7. Defenders are not allowed to run through the ball carrier when pulling flags.
8. Fans must cheer for your players, and show good sportsmanship.
9. Keep the fields safe, keep chairs and coolers a safe distance from the sidelines.



# **MVP Elite Football**

## **FLAG FOOTBALL RULES**

### **TOURNAMENT RULES - FLAG DIVISION**

#### **XVI. PENALTIES**

- **GENERAL:**
  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 clarifications and interpretations. Players and Coaches cannot question judgment calls.
  5. Games cannot 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 completed.
  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.
  
- **5 YARD PENALTIES and LOSS OF DOWN**
  1. Illegal Equipment
  2. Offside
  3. Illegal motion (more than one person moving, false start, etc)
  4. Illegal forward pass (throwing a pass beyond the line of scrimmage)
  5. Screening, blocking or running with the ball carrier.
  6. Delay of game
  7. Defense illegal contact (holding, blocking etc)
  8. Defense illegal flag pull (before receiver has ball)
  9. Running in "No Run Zone"
  
- **10 YARD PENALTIES and LOSS OF DOWN**
  1. Offensive pass interference (illegal pick play, pushing off/away defender)
  2. Roughing the passer
  3. Unsportsmanlike conduct / Taunting
  
- **SPOT FOULS**
  1. Flag guarding .....5 yards & loss of down
  2. Charging .....10 yards & loss of down
  3. Defensive pass interference .....first down
  4. Stripping ..... 10 yards & 1st down
  5. Unnecessary roughness .....10 yards & loss of down
  6. Screening, blocking, running with the ball carrier.....10 yards & loss of down
  
- **DEFENSE**
  1. Last Man Standing .....Automatic Touchdown



# ***MVP Elite Football***

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### **RULES**

#### **XVII. TERMINOLOGY**

1. **Boundary Lines** - the outer perimeter lines around the field. They include the sidelines, and the rear end zone lines.
2. **Line of Scrimmage** - (LOS) an imaginary line running through the point of the football and across the width of the field.
3. **Line to Gain** - the line the offense must pass to get a first down or score.
4. **Rush Line** - an imaginary line running across the width of the field 7 yards (on the defensive side) from the Line of Scrimmage.
5. **Offense** - the squad with possession of the ball.
6. **Defense** - the squad opposing the offense to prevent them from advancing the ball.
7. **Passer** - the offensive player that throws the ball and may or may not be the QB.
8. **Rusher** - the defensive player assigned to rush the QB to prevent him/her from passing by pulling his/her flag or blocking the pass.
9. **Downs (1, 2, 3)** - the offensive squad has three attempts or "downs" to advance the ball. They must cross the Line to Gain to get another set of downs or to score.
10. **Live Ball** - the period of time that the play is in action. Generally used in regards to penalties, Live Ball Penalties are considered part of the play and must be enforced before the down is considered complete.
11. **Dead Ball** - the period of time immediately before or after a play.
12. **Whistle** - the sound made by an official using a whistle that signifies the end of the play or a stop in the action for a timeout, half time or the end of the game.
14. **Inadvertent Whistle** - an official's whistle that is performed in error.
15. **Charging** - the movement of the ball carrier directly at a defensive player who has established position on the field. This include lowering the head, making contact with the defender with a shoulder, chest or forearm.
16. **Flag Guarding** - an act by the ball carrier to prevent a defender from pulling the ball carriers flags be stiff arm, lowering elbow, hand, football or by blocking access to the runner's flags.
17. **Shovel Pass** - a legal pass attempted behind the line of scrimmage by throwing the ball underhanded or pushing it towards a receiver in a shot put type manner.
18. **Lateral** - a backwards or sideways toss of the ball by the ball carrier to another player.
19. **Unsportsmanlike Conduct** - rude, confrontation or offensive behavior or language.