

# MRC Adult Flag Football Rules – As of 8/2019

**Location:** Grant Complex – Multi-Purpose Field

**Dates/Times:** Thursday evenings (Fall); Games are scheduled an hour apart.

**Number of Games:** 6

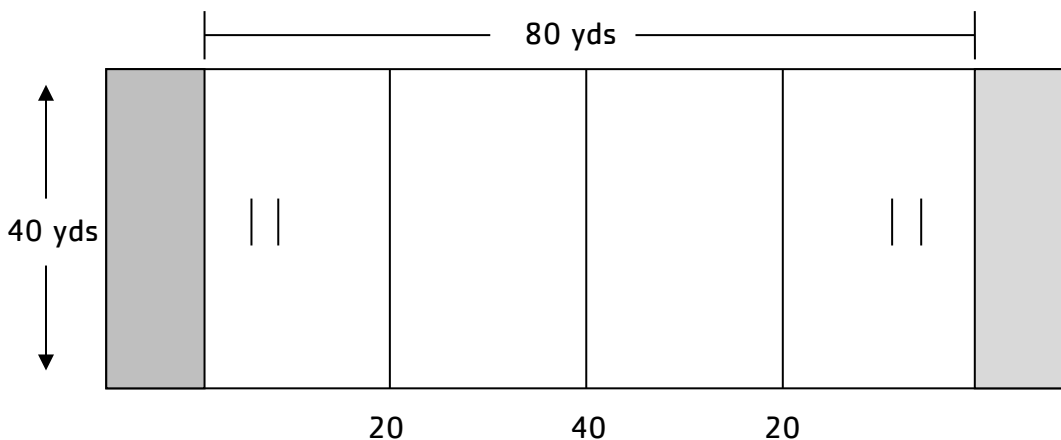
**Officials:** 3 per field and 1 site supervisor that also runs the scoreboard

**Roster:** Up to 15 players; teams have up until the second game to add to their roster.

**Players:** 7 vs 7 on the field; teams must have at least 6 players to start or continue the game.

**Jerseys:** Jerseys are not required. Most teams wear the same color shirts, though.

**Field:** The field is 80 X 40 yards with 10 yard end zones, and is divided into 20 yard zones. Lines are marked at the 5 (one extra point) and 7 (two extra points) yard lines indicating whether a team is going for one or two extra points following the 6 point touchdown.



**Time:** Game time will be two 20 minute halves with a 5 minute halftime. The first half will have a running clock and the second half will stop inside the 5 minute mark if the game score is within 16 points. A 25 second play clock is in effect and each team is awarded two 1 minute timeouts per half. Not to be carried over. The USSSA 17 point mercy rule will be in effect at the 5 minute mark.

**Overtime:** Both teams get 4 downs from the 20 yard line to score. A coin toss determines who has possession first, and teams will switch as overtime periods continue. Each team has 1 timeout per overtime period.

**Tournament:** Single elimination

**Penalties:** As stated in the USSSA rulebook:

<b>Offensive Penalties</b>	<b>Yardage</b>
Delay of Game (25 second play clock)	5
Off Sides/False Start	5
Illegal Snap (ball must travel 2 yards behind LOS)	5
Illegal Shift (more than one man in motion)	5
Holding/Illegal Blocking (from previous spot)	5
Less than 4 Men on the Line	5
Illegal Forward Pass (from infraction)	5 and Loss of Down
Intentional Grounding (from infraction)	5 and Loss of Down
Diving/Hurdling (from infraction)	10
Flag Guarding/Stiff Arm (from infraction)	10 and Loss of Down
Illegally Secured Flag Belt (from previous spot)	10 and Loss of Down
Offensive Pass Interference	10 and Loss of Down
Personal Fouls (Language/Unsportsmanlike)	10 and DQ

<b>Defensive Penalties</b>	<b>Yardage</b>
Encroachment	5
Defensive Pass Interference (from previous spot)	10 and First Down
Stripping the Ball from Runner (from infraction)	10
Tackling (from infraction)	10
Roughing the Passer	10 and First Down
Defensive Holding (from infraction)	10
Kick Interference (from infraction or replay)	10
Personal Fouls (Language/Unsportsmanlike)	10 and DQ