

# ***City of Mayfield Heights 1st and 10 Flag Football - Rules***

## League Classification

- A. K & 1 League—For children in grades Kindergarten and 1st grades in the fall semester of the current school year.
- B. 2nd & 3rd League—For children in grades 2nd & 3rd grades in the fall semester of the current school year.

## Player Selection

- A. A team roster will consist of no more than 10 players. Players shall not be added by coaches. Players may be added only by approval of the City of Mayfield Heights Recreation Department. These additions may only be added because of a depletion of a team for possible forfeiture of games. Players must be officially on the team to play.
- B. Players will be drafted in the Recreation Office. Anyone added will be done by the Recreation Department in the order of drafts until the teams are full.
- C. Each team is allowed one coach and one assistant coach. Other adults and parents may help with the team and fill in at games during the absence of a coach.

## General Rules

- A. Our goal is that all players need to play. So depending on the number of participants per team it will be 5 on 5, 6 on 6, 7 on 7 or 8 on 8.
- B. The game clock will consist of a twenty-five (25) minute game with a running clock.
- C. The playing time will be kept by Recreation Department. A representative from the Recreation Department will walk around and inform each coach of the time remaining.
- D. Cleats are allowed, but optional. No metal cleats.
- E. Each player is required to begin each play with their flags around their waist.
- F. Players are not allowed to flag guard, jump or hurdle players—these are all safety issues.
- G. If a player's flag falls off while running, the game then turns into a one-hand touch game.
- H. Flags must be dropped, not thrown, when pulled off.
- I. There are no fumbles. The ball is spotted where it hits the ground.
- J. A first down will be earned when the team reaches the '50' yard line.
- K. Play is ruled "dead" when a player's knee hits the ground, a loose ball occurs, or the ball carrier's flag is pulled.
- L. There will be a ZERO tolerance towards poor sportsmanship.
- M. The Mayfield Heights Recreation Department has the right to change, alter or delete any rule for the safety of the players.

## The Game

- A. K—1: The field is divided into 2 equal half zones (See Map on back). Each zone will be divided by a zone line that will be marked on the field. A team will be given 4 downs to get to the next zone line. If the zone line is crossed, that team will receive 4 more downs to cross the end zone line. (Max of 1 first down)
- B. 2—3: The field is divided into 2 equal 50 yard zones (See Map on back). Each zone will be divided

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## The Field

- A. The regulation dimensions shall be 80 yards by 40 yards. Each end zone is 10 yards in depth. Each zone will be 50 yards.
- B. The lines bounding the sidelines and end zones are out of bounds in their entirety, and the in bounds area is bound by those lines.

## Equipment

- A. Players should wear their jerseys to each game.
- B. Players wearing glasses may wear protection shields.
- C. Cleats may be worn, but are optional. No metal cleats. Foot wear is a must. No bare feet.
- D. Each player on the field will wear a belt with flags attached. The flags will be provided by the Mayfield Heights Recreation Department.
- E. Wrapping, tying or in any way securing flags to the uniform or belt, other than the correct way to attach flags, is illegal.

## Starting the Game

- A. K-1: There will be no kickoffs. The team that wins the right to start the game will do so at their own 5 yard line.
- B. 2—3: Each half will start with a kickoff.
- C. Both: At the end of the half, the teams will change sides.

## Offense

- A. The quarterback and running back position will rotate so that each child will get a chance to play those positions if they wish to. Each kid must run at least one play.
- B. The quarterback must hand the ball off or throw the ball within 10 seconds or the play will be ruled dead.

## Live Ball

- A live ball indicates that the ball is in play
- After being declared ready for play by the coaches, the ball becomes a live ball when it is snapped.

## Dead Ball

A live ball is declared dead and the coaches stop the play when:

- A. When the ball goes out of bounds or touches the goal line
- B. When any part of a ball carrier's body other than his hand or foot touches the ground
- C. When a forward pass hits the ground or is caught simultaneously by opposing players
- D. When a fumble occurs

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- D. Both: Offensive line shall only consist of 3 Offensive Lineman plus a Tight End. (See OL Chart)
- E. All players must be in bounds.
- F. Quarterbacks can hand the ball off to either the running back or wide receiver that comes behind the line of scrimmage. The quarterback may also keep the ball and run the ball himself.
- G. Quarterbacks may also throw forward passes across the line of scrimmage.
- H. Ball Carriers may not guard their flag at any time.
- I. Ball Carriers shall not lower their head and deliberately run into a defensive player—"Running Over"
- J. Ball Carriers may only spin once in succession.
- K. Ball Carriers may not hurdle or jump over a player that is on his feet. A ball carrier may jump over someone that is on the ground.

### Defense

- A. Man to Man defense only
- B. Defensive line must match the Offensive line in terms of players on the line of scrimmage.
- C. K—1: Defense must start 1-2 yards off of the Line of Scrimmage.
- D. Rushing the quarterback is allowed.
- E. Interceptions can be returned, but fumbles will go back to the offense.
- F. There will be no type of tackling, tripping or pushing down of players.

### Kickoffs and Punts—2#3 only

#### Kick offs

- A. Kick offs shall be from the kicking team's 25 yard line.
- B. No onside kicks.
- C. If a ball is touched by the kicking team before the receiving team, it will be marked down from the point of where the ball was touched.
- D. The receiving team must have 4 players within five yards of their own 25 yard line.
- E. If the ball goes out of bounds, it will be placed at the receiving team's 25 yard line, as will a ball that goes through the end zone.

#### Punts

- A. There are no quick punts.
- B. If a team wants to punt, they must announce their intention.
- C. Both teams must maintain 5 players on the line of scrimmage. All players must remain frozen until ball is kicked.
- D. Punter must stand 5 yards behind line of scrimmage and kick the ball once they receive it.
- E. A player on the receiving team that has an opportunity to catch the ball in flight, must be given an opportunity to do so.
- F. Any ball that goes out of bounds, is touched by the kicking team before the receiving team or a fumble will be declared down and will be spotted where the ball was last in play.

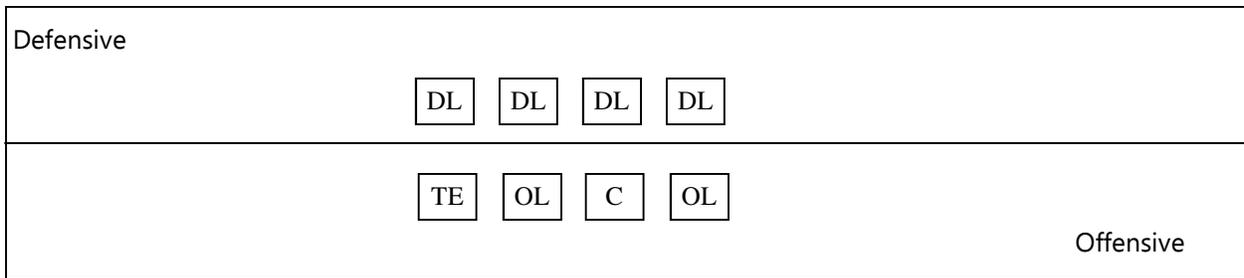
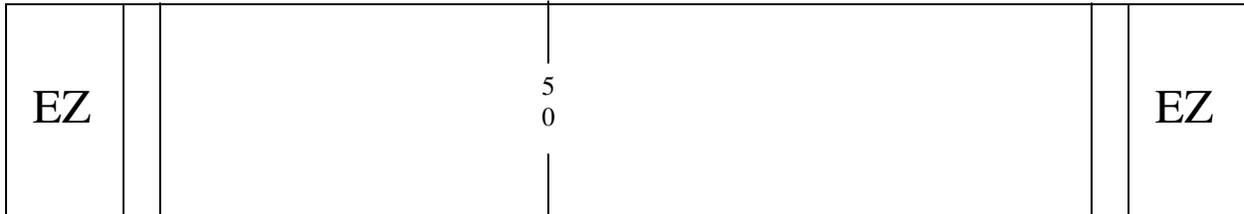
# ***City of Mayfield Heights***

## ***1st and 10 Flag Football - Volunteer Coach Code of Ethics***

### 2013 Coach Code of Ethics

- A coach shall: set out to establish a standard for sportsmanship and conduct which will influence good attitudes and habits of all participants.
- A coach shall: assume full responsibility for maintaining said standards.
- A coach shall: not at any time lay a hand upon, push, shove, strike or threaten a player, coach or parent.
- A coach shall: refrain from drinking alcoholic beverages on the field of play and shall not appear on the field while under the influence of alcohol.
- A coach shall: refrain from using tobacco on the field of play.
- A coach shall: enforce and adhere to all Mayfield Heights Parks and Recreation regulations governing play.
- A coach shall: work toward the understanding of a wholesome and healthful "Sports for Fun" philosophy.

# Field Markings And Offensive Formation Chart



**Please Note:**

- The offense can line up with 1 QB and a combination of either 1 RB and 2 WR OR 2 RB and 1 WR.
- The Defense then has to place a man on each WR out from the line.
- All WR must be at least 5 Yards from the last person on the end of the line.