The Dysart Middle School Athletic Conference will use the **2021-2022 National Federation High School Football Rule Book** as the adopted publication for their Flag Football Rules and Interpretation. Exceptions are listed below:

1. Any student/athlete or coach, who is ejected from a game, will be suspended for one game. If the same student-athlete or coach is ejected a second time during the same season, they will be suspended for the remainder of the season. If the ejection occurs during the last game of the season, the suspension will carry over to the next sports season.

2. Teams consist of **eight (8) players**. Up to 5 players, with a minimum of 3 (2 ends and 1 backfield players are eligible to wear flags. Interior linemen may not wear flags. Any number of defensive players may wear flags.

3. Flag belts of three (3) flags are to be used by all teams. Flags will be of a contrasting color from the shorts and shirts worn by the players.

4. Soft cleats are permissible.

5. Length of regular season games:
   - Each game will consist of four quarters of eight minutes running clock game time with one minute between quarters. The last two minutes of each half will be played according to normal game timing procedures. Halftime will not exceed ten minutes in length. Each team is permitted two time-outs per half. There will be **NO OVERTIMES** during the regular season games. **The home team will be the official scorer.**

6. Length of tournament games:
   - A. Eight-minute quarters with one minute between quarters and time-outs. Five minutes between halves. Each team is permitted 2 time-outs per half. Teams will change goals at the end of each quarter. Time will stop after each score, incomplete pass, out of bounds, time-outs and official time-outs. In addition, time will stop on first downs and then start again on the ready for play mechanic. Official time will be used for tournaments.
   - B. Resolving Tied Games
     - An overtime period is untimed play after a regulation game has ended with the score tied. During an overtime period each team has an opportunity for an offensive series of downs. However, an overtime period may include only one offensive series of downs if the defensive team scores a safety or touchdown.
     - There will be a three-minute intermission during which both teams may confer with their coaches. All officials will assemble at the 50-yard line, review the overtime procedure, determine the number of the second half time-outs remaining for each team, and discuss how penalties, if any, including and carry-over penalties from the
     - A regulation contest will be assessed to start the overtime procedure.
     - At the coin toss in the center of the field the visiting team’s captain shall be given the privilege of calling the coin while it is in the air. The winner of the toss shall be given the choice of defense or offense first, or of designating the end of the field at which the ball will be put in play for this set of downs. The loser will have the choice of the other options.
     - Each team shall be permitted one additional time-out during each overtime period plus any unused second-half regulation game time-outs.
     - To start the overtime, the offensive team shall put the ball in play, first and goal, on the defensive team's 10-yard line. The first offensive team shall have a series of four downs. That series shall be terminated by any score by the offensive team or if the defensive team has possession of the ball.
If the offensive team scores a touchdown, it is entitled to the opportunity for a try unless the points would not affect the outcome of the game.

After the first team on offense has completed its series of downs, the first team on defense will become the offensive team with the ball in its possession at the same 10-yard line. The same end of the field will be used for possessions by both teams during the two sets of downs to ensure equal game conditions and conserve time.

If the score remains tied after each team has been given one series of downs in an overtime period, then the procedure shall be repeated with other overtime periods until a game winner is determined. In this case there shall be an intermission of two minutes. At the subsequent meeting of team captains, the loser of the overtime coin toss will be given first choice of the options. If additional overtime periods are required, the first options will be alternated with no coin toss.

If a safety is scored by the offensive team, the succeeding spot will be the 10-yard line in possession of the team that was on defense, provided the defensive team has had its series of downs. When the defensive team gains possession of the ball, the down and series immediately ends for the offensive team.

The offensive team shall be awarded a new series of downs when any one of the following occurs:

C. Penalty for defensive pass interference is accepted.
D. Defensive team is guilty of roughing the snapper or passer
   - The line to gain is always the goal line.
   - If the defensive team scores a safety or touchdown, the game is ended.
   - No try will be attempted if the winner of the game has been determined.

7. The football field should be at least fifty yards wide and eighty yards long with ten-yard end zones for a total of 100 yards. Hash lines are one-third the width of the field from each sideline. The ball is brought to the 15-yard line after a touchback.

8. Each team may provide their team football.

9. Special Rules and Penalties Adopted:
   A. Straight-arming – 10-yard penalty.
   B. Brushing off hands” or “guarding the flag” – dead ball and a 5-yard penalty at the point of the infraction.
   C. Tackling, blocking the ball carrier or pushing the ball carrier – 10-yard penalty. If a player repeats the infraction, they shall be ejected from the game in addition to the penalty.
   D. The ball carrier shall make a legitimate attempt to avoid deliberate charging into or trying to run over a defensive player – 10-yard penalty. If a player repeats the infraction, they shall be ejected from the game in addition to the penalty.
   E. Contact on part of the offense or defense against an opposition player with the arm or hand above the shoulder – 10-yard penalty.
   F. The extra point attempt may be made from the 2-yard line and will count as 1 point if successful.
   G. The extra point attempt may be made from the 7-yard line and will count as 2 points if successful.
   H. Fumble muffes during plays from scrimmage are dead at the point of where the ball hits the ground, but not in advance to cause an advantage for the offense. Fourth down fumbles that occur within the 15-yard line, will be placed at the 15-yard line.
   I. The ball is dead when any player of the opposing team removes the flag of the ball carrier. In case of non-flag bearer becomes a ball carrier, i.e., interception, the ball is dead when they are touched by at least one hand of an opposing player anywhere on the body.
J. Flag falling off. If in the opinion of the official, the flag falls off during close line play, the ball is dead. If it happens in the open field, the one-hand touch situation is in effect.

K. Hurdling or jumping over another player is illegal. Dead ball at the point of the infraction. k. Clipping – 10-yard penalty.

L. Tripping – 10-yard penalty.

M. **Mouth guards are mandatory!**

N. **Punts have been eliminated.** The offense will declare their intention to punt. If the offense declares their intent to pursue a first down, the result of the play will dictate possession. If the offense declares their intent to relinquish possession, the ball is placed 30 yard in advance of the

O. **Kickoffs have been eliminated.** A coin flip will determine the start of the game. Team choosing position shall put the ball into play on the 20-yard line.
   The ball is placed at the 20-yard line for each team to begin the game, half or after a touchdown. If a safety occurs, the ball is awarded to the team who earned the safety at their 20-yard line.

P. **The field is divided into four 20 yard sections for 1st downs**

Q. First downs are awarded if any part of the ball touches or goes beyond the next 20-yard section.

R. Blocking is allowed and the arms may be extended.
   - There is to be no blocking below the waist, no pushing and no clipping
   - No contact with the hands or arms is allowed to another player above the shoulders…no contact to the neck or head is allowed.
   - Down field blocking is allowed

S. When the ball carrier's foot passes over the end zone line a touchdown is awarded to the team. It is the position of the foot, not the ball in flag football.

T. There must be at least five (5) players on the line of scrimmage.

U. No player can leave their feet in an attempt to either block another player or pull a flag from another player.

V. No player may enter the playing field:
   - Without a mouth piece
   - Without flags unless that player is an ineligible ball carrier/receiver.
   - Without having their jerseys tucked inside their shorts
   - Results will be a dead ball penalty and a five-yard penalty from the line of scrimmage.

W. All players who are wearing flags will not be allowed to blouse their jerseys and must have their jerseys tucked inside their shorts.

X. **Unsportsmanlike Conduct.** No player shall act in an unsportsmanlike manner once the officials assume authority for the contest. Examples are, but not limited to:
   - Baiting or taunting acts or words or insignia worn which engenders ill will.
   - Using profanity, insulting or vulgar language or gestures.
   - Any delayed, excessive or prolonged act by which a player attempts to focus attention upon him or herself.
   - Using disconcerting acts or words prior to the snap in an attempt to interfere with signals or movements.
   - Intentionally kicking at the ball, other than during a legal kick.
   - Leaving the field between downs to gain an advantage unless replaced or unless with permission of an official.
   - Refusing to comply with an official’s request
   - Wrapping their flags in the belt

Unsportsmanlike conduct is a fifteen-yard penalty. Also disqualification if the foul is flagrant.