



**2021
M.C.R.D.
5-6 FLAG FOOTBALL RULES**

1. Flag football will be playing 7 on 7 or 8 on 8.
2. You will have four downs to get 15 yards if you don't get the 15 yards the ball will be at the opposite 15 yard line for the other team.
3. There will be four 10 minute quarters with running clock with 5 minute half.
4. There will be 2 timeouts per half.
5. The defensive line will be 3 yards from the ball. We will have a cone for the coach to use to line up the defensive line. **You can only rush 3 players.**
6. Pants or shorts can be worn but can't have pockets or belt loops.
7. Shoes must be molded plastic or rubber cleats or tennis shoes.
8. Each player on your team must have a starting position.
9. Players must have flag belt positioned with a flag on each side and behind the back. A player cannot guard their flags with their hands.
10. Once the players flag had been pulled the player is down at that spot.
11. The teams will start on the 15 yard line.
12. Every offensive player is eligible for a pass or run.
13. The coaches will referee the games.

BLOCKING

1. **Offense Blocking** – The offensive blocking shall take place without contact. The blocker shall have his/her hands and arms at his/her side or behind his/her back. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive block is illegal.

Penalty: Personal Foul, 10 yards from the spot of the penalty

2. **Interlock Blocking** - Teammates of a runner or passer may interfere for him/her by screen blocking, but shall not use interlocked interference by grasping or encircling one another in any manner.
3. **Defensive Rush and Use of Hands** – Defensive players must attempt to go around the offensive blocker. Defensive players must not use any part of his/her arms, hands, elbows, or any part of the body to contact the offensive player.

Penalty: Personal Foul, 10 yards from previous spot