

Micro-Mini Division Rules

Flag Football Fanatics Operates Under a ZERO Tolerance Policy.

I. Game

1. At the start of each game, captains/coaches from both teams shall meet at midfield for the coin toss to determine who shall start with the ball. The visiting team shall call the toss.
2. The winner of a coin toss gets choice of possession. Loser has choice of direction. These will alternate in the second half; teams may NOT choose to defer to second half.
3. The offensive team takes possession of the ball at its own 8-yard line and has **four (4) plays to cross midfield**. Once a team crosses midfield, they have **four (4) plays to score a touchdown**.
4. If the offense fails to score or obtain a first down, the ball changes possession and the new offensive team takes over on its own 8-yard line.
5. **Flag guarding** is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping of head, hand, arm or shoulder, or intentionally covering flags with the football or jersey. **Flag Guarding will be called at the full discretion of the referee.**
6. **All possession changes, including interceptions, start on the offense's 8-yard line.** Interceptions will not be returned, the play will be blown dead at the time of the interception. Interceptions are extremely rare in the Micro-Mini Division.
7. **There are NO FUMBLES. The ball will be spotted where the player lost control of the ball.**
8. There will be **NO NEGATIVE PLAYS** and **NO SAFETIES** in the Micro-Mini Division. If a play results in negative yardage, the ball will be spotted back at the original line of scrimmage. Exception: The offense can lose yardage if an offensive penalty occurs.
9. The coach will be the Quarterback in the Micro-Mini Division and must have his/her coach's shirt on that will be provided by Flag Football Fanatics.
10. To avoid snapping, there will not be a center. The coach must be on the line of scrimmage with the ball in his/her hand to start each play (No Shotgun Formations).
11. The coach (QB) must ask the opposing coach or referee if they are ready before the ball is snapped.
12. The coach (QB) has approximately seven (7) seconds to throw or hand-off the ball after he/she snaps the ball. **It will be at the full discretion of the referee to determine if the coach is taking too long, which will result in the play being blown dead.**
13. **Coaches must cut the excess belt off so that it does not hang down from the players waste.** If the belt is hanging down, making three (3) belts visible, the referee can rule the player down when they gain possession of the ball.
14. **Coaches are prohibited from running when possessing the ball as the QB.**
15. If a child's flag comes off inadvertently or is pulled off by his/her own teammate, the play will **NOT** be blown dead and the child must be **touched with at least one hand by the defense to be ruled down.**
16. Home Team wears dark shoulder jersey; Away Team wears white shouldered jersey.
17. Teams must field a minimum of five (5) players at the start of the game. Showing up with four (4) or less players will result in a forfeit. The kids may play a 4 on 4 scrimmage.
18. After each game, participants are expected to shake hands at midfield no matter the outcome of the game.
19. **No child may sit (2) consecutive series. Example: If a child sits on the offensive series, that child must play the defensive series.**

****ALL Rules and Guidelines are subject to change at the discretion of the League Director****

II. Coaches

1. Coaches are expected to adhere to NFL FLAG Philosophies, Coaching Guidelines and Flag Football Fanatic's Code of Conduct at all times.
2. The League Director has **full authority to remove a coach at any time** from his/her coaching duty indefinitely.
3. **Only four coaches** (including the stat keeper) per team are **allowed on the coach/player sideline**. **Two (2) of these coaches may be on the field at a time** (with one (1) being the Quarterback).
4. Coaches must have their "Coaching Binder" with them at all games. This will be provided by Flag Football Fanatics and will contain each player's Emergency Medical Form.

III. Touch Rule

1. **What is considered a Touch? The player that has possession of the ball when the play is blown dead will get the credit for a touch. If there is an incomplete pass NO ONE gets credit for the touch.**
2. **Each child must play at least 20 minutes a game and touch the ball at least twice a game.** The stat keeper will record the touches for each child. If the head coach does not comply, that team may have points deducted from their final score.
3. **A child cannot possess the ball for the 2nd time until all players have received their 1st touch. A child cannot possess the ball a 3rd time until every child has received their 2nd touch. A child cannot possess the ball for the 4th time until every child has received their 3rd touch and so on...**
4. When the offense runs a reverse, **only the last player** running with possession of the football will receive the touch for that play.
5. Incomplete passes or dropped passes will **not be considered a touch**.
6. Once a child gains possession of the ball, the ball cannot be pitched or handed-off back to the coach.

IV. Equipment

1. All players must wear mouth guards at all times while on the playing field.
2. **Shorts and Pants CANNOT have pockets.**
3. Players' jerseys must be tucked into the pants, with the complete belt showing at all times. If a coach notices an opposing player's jersey is untucked, he must ask the referee to have the player tuck his/her jersey in **before the start of the next play**.
4. **The excess belt must be cut off so that it does not hang down from the players waste.** If the belt is hanging down, making three (3) belts visible, then the referee can **rule the player down** when they gain possession of the ball.
5. Players must wear the official NFL Flag jersey provided by Flag Football Fanatics for games. If a player does not have the official NFL Flag jersey they will not be permitted to play.
6. Footballs will be provided to each coach by Flag Football Fanatics and these footballs will be used as the game balls.
7. Players must remove all jewelry and hats.

V. Field and No-Run Zone

1. The field dimensions are 64 yards by 25 yards with two 7-yard end zones and a midfield line (25-yard line) which will always be the first down line. Field Dimensions may vary depending on playing location.
2. In the Micro-Mini Division, the offense is permitted to run the football at any time.

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VI. Timing and Ties

1. Games will be consisted of two 20-minute halves and a two minute half-time.
2. **Clock will stop ONLY for timeouts and ONLY during the last minute of the second half on dead balls (first down is considered a dead ball).**
3. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams may receive warning(s) before a delay-of-game penalty is enforced.
4. Each team has **one 60-second time out per half**. They do not carry over to the next half.
5. **Referees can stop the clock at their discretion at anytime.**
6. In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.
7. The clock will stop on all dead balls in the **final minute of the second half** except when a penalty is called on the team that would benefit for the clock stoppage.
8. If the score is tied at the end of the second half, the game will result in a Tie; **NO Overtime will be played.**
9. **Game times can be shortened at the discretion of the League Director.**

VII. Scoring

1. Touchdown: **6 points**
2. PAT (Point After Touchdown) **1 point** (4-yard line), **2 points** (8-yard line), or **3 points** (12-yard line).
3. PAT: If there is an offensive penalty during an extra point, the attempt is **automatically no good**. If there is a defensive penalty on an extra point, the attempt is **automatically good**.
4. A team that scores a touchdown must declare to the referee whether they wish to attempt a 1-pt. conversion, 2-pt. conversion, or 3-pt. conversion.
5. The referee keeps the official score on his/her own scorecard.

VIII. Live Ball/Dead Ball

1. The ball is live at the snap of the ball and remains live until the referee whistles the play dead.
2. The referee will place a special marker down to designate the line of scrimmage.
3. The defense may not mimic the offensive team signals, by trying to confuse the offensive players, while the coach (QB) is calling out signals to start the play.
4. Substitutions may be made on any dead ball.
5. **There are NO FUMBLES. The ball will be spotted where the player lost control of the ball.**
6. Play is ruled "dead" when:
 - The ball hits the ground.
 - The ball carrier's flag is pulled.
 - The ball carrier steps out of bounds.
 - **The ball carrier's elbow/knee hits the ground**
 - A Touchdown or PAT is scored.
 - The ball carrier's knee or arm hits the ground.
 - The ball carrier is **touched with one hand** in the case that one of his/her flags fell out or was pulled by his/her own player.
 - Inadvertent whistle, if there is an inadvertent whistle during a running play the ball will be marked down at the time of the whistle.
 - If a player gains possession of the ball with three (3) belts visible.

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IX. Receiving

1. All players are eligible to receive a pass.
2. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted towards the line of scrimmage. **Referees will be very lenient to the movement of younger players before the ball is snapped.**
3. A player must have **at least one foot inbounds** when making a reception.
4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
5. **Interceptions will NOT be returned.** The play will be blown dead and the defense will game possession of the ball on their 8-yard line. Interceptions are extremely rare in the Micro-Mini Division.

X. Running

1. The ball is spotted where the **runner's belt is** when the flag is pulled.
2. **No blocking, screening, picking, or running with an offensive player is allowed at any time.** The defense always has the right away to reach the offensive player's flag belt. It is at the referee's discretion to rule if an **offensive player's intent** is to impede the progress of the defender(s).
3. If a child's flag comes off inadvertently or is pulled off by his/her own teammate, the play will **NOT** be blown dead and the child must be **touched with at least one hand by the defense to be ruled down.**
4. Defensive players must wait until the ball is handed-off, pitched, or lateraled before they can cross the line of scrimmage.
5. Teams may hand-off, pitch, or lateral the ball as much as they want behind the line of scrimmage, however, once the ball crosses the line of scrimmage, teams may NOT hand-off, pitch, or lateral the ball.
6. Flag Obstruction – **All jerseys MUST be tucked in before play begins.** If a coach notices an opposing player's jersey is untucked, he must ask the referee to have the player tuck his/her jersey in **before the start of the next play.**
7. **Ball carriers MUST make an effort to avoid defenders with an established position.** Not making an effort and making contact with a defender may result in a charging penalty.
8. The player receiving the lateral, hand-off, or pitch, may pass the ball as long as he/she does not cross the line of scrimmage.
9. A player may spin. **Jumping over a defender and diving to advance the ball is prohibited.**

XI. Flag Pulling

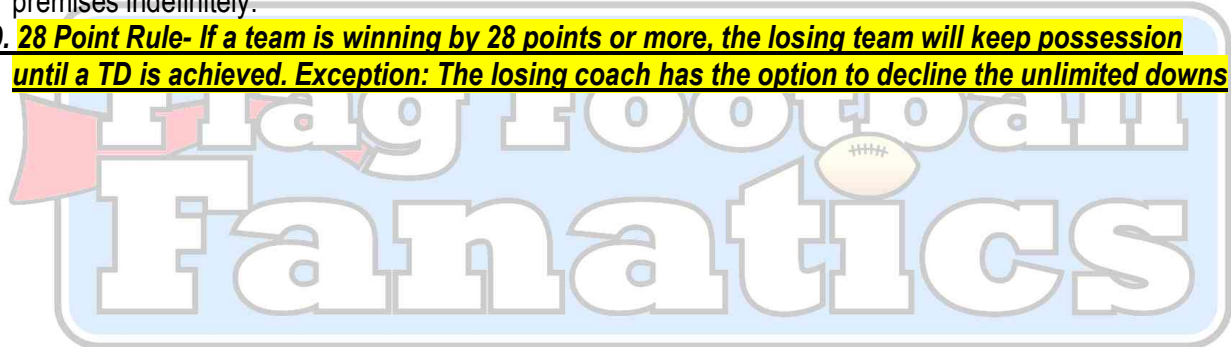
1. Defenders can dive to pull flags, but cannot tackle, hold or run through ball carrier when pulling flags.
2. It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.
3. If a child's flag comes off inadvertently or is pulled off by his/her own teammate, the play will **NOT** be blown dead and the child must be **touched with at least one hand by the defense to be ruled down.**
4. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
5. **Flag guarding** is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping of head, hand, arm or shoulder, or intentionally covering flags with the football or jersey. **Flag Guarding will be called at the full judgment of the referee.**

XII. Formations

1. **The offense must have ONE player on the line of scrimmage at the time of the snap.**
2. One (1) player at a time may go in motion.
3. No motion is allowed towards the line of scrimmage.
4. Offensive players must come to a complete stop for one (1) second before the ball is snapped unless he/she is the one (1) player in motion.
5. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start. **Referees will be very lenient to the movement of younger players before the ball is snapped.**

XIII. Unsportsmanlike Conduct

1. If the league director or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the player will be warned or ejected from the game based on the severity of the situation. Foul play will not be tolerated.
2. Offensive or confrontational language is illegal. Referees have the right to determine offensive language. If offensive or confrontational language occurs, the player or coach will be ejected from the game and removed from the league indefinitely.
3. Players may not physically or verbally abuse any opponent, coach or referee.
4. **Ball carriers MUST make an effort to avoid defenders with an established position.** Not making an effort and making contact with the defense may result in a charging penalty.
5. Defenders are not allowed to run through the ball carrier when pulling flags.
6. Fans must also adhere to good sportsmanship, as well:
 - Yell to cheer on your players, not to harass referees or other teams.
 - Keep comments clean and profanity free.
 - Compliment ALL players, not just one child or team.
7. Fans are required to keep our fields safe and kid friendly:
 - Keep younger kids and equipment such as coolers, chairs and tents away from the sidelines.
 - Stay on the designated Parent/Fans sideline.
8. Parents and Fans not following the guidelines of the league will be removed from the organization premises indefinitely.
9. **28 Point Rule- If a team is winning by 28 points or more, the losing team will keep possession until a TD is achieved. Exception: The losing coach has the option to decline the unlimited downs**



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XIV. PENALTIES

1. **Two (or more) delay of game penalties in one game will result in a loss of down.**
2. The referee will call all penalties.
3. **Referees determine incidental contact that may result from normal run of play.**
4. All penalties will be assessed from the line of scrimmage, except as noted (spot fouls).
5. Only the head coach may ask the referee questions about rule clarification and interpretations. **Players and coaches cannot question judgment calls.**
6. Games cannot end on a defensive penalty, unless the offense declines it.
7. Penalties will be assessed half the distance to the goal yardage if the distance to goal is less than the penalty yardage.
8. Extra points: If there is an offensive penalty during an extra point, the attempt is **automatically no good**. If there is a defensive penalty on an extra point, the attempt is **automatically good**.
9. Judgment calls will **NOT** be debated.
10. **Penalties deemed as Intentional or Flagrant will be enforced at the referee's discretion (anywhere from giving EXTRA YARDAGE to GRANTING a breakaway TOUCHDOWN).**

5 Yard Penalties (All PRE-SNAP Penalties)

- Off-sides on the Defense.....5 yards from the LOS & replay the down
- Illegal motion (more than one person moving, false start, etc.)5 yards from the LOS & replay the down
- *Delay of game.....5 yards from the LOS & replay the down
- *Two (or more) delay of game penalties in one game will result in a loss of down***

Offense

- Illegal forward pass.....10 yards from the LOS & loss of down
- Offensive pass interference.....10 yards from the LOS & loss of down

Offensive Spot Fouls

- Flag guarding.....10 yards & loss of down
- Charging.....10 yards & loss of down
- Screening, Blocking, or Running with the ball carrier.....10 yards & loss of down

Defense

- Illegal rushing (Starting rush from inside 7-yard marker).....10 yards from the LOS & automatic first down
- Pass Interference.....10 yards from the LOS & automatic first down
- Roughing the passer.....10 yards from the LOS & automatic first down

Defensive Spot Fouls

- Illegal contact.....10 yards & automatic first down

We have and will do our best to provide a fun, safe atmosphere for our children. It is important that the safety and welfare of the children is never compromised.

We ask everyone to do their part to continue to make our league a success.

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