

# **MOUNTAIN BROOK ATHLETICS SUMMER FLAG FOOTBALL RULES**

1. Games are intended to be played at Crestline Elementary fields on Tuesday and Thursday.
2. All players are required to have a mouthpiece.
3. Each player is required to be in the game for a minimum of a half.
4. The score and standings will not be officially kept during the season. Flag has no season ending tournament.
5. Games will be divided into 20-minute halves with a running clock.
6. Each team will have 5 players on the field at one time unless the coaches agree to a different number. If a team has less than 4 or 5 players (based on age), they may recruit from the opposing team.
7. A first down is accomplished by crossing the mid-field stripe (dashed line on field).
8. Quarterbacks may not run the ball.
9. Quarterbacks can be rushed after a 5-second count by the referee. If the quarterback hands the ball off, the player receiving the ball may be rushed immediately.
10. No blocking allowed.
11. If the offense chooses to punt, the ball will be placed at the 3-yard line of the opposing team and the ball changes hands.
12. There are no safeties. If a player is tackled in the endzone the ball is placed at the one-foot line. If safety occurs on 4<sup>th</sup> down, then the ball is turned over at the one-foot line.

## **Practices**

There will be no practices scheduled by the league.

## **Rules**

Alabama High School Rules are applicable with the following exceptions noted above.

## **Contact**

Contact is to be AVOIDED.

## **Ball Carrier**

Ball Carrier is down when:

1. Flag is removed or official determines flag should have been removed but is stuck.
2. Ball is dropped (ball dead at the spot, NO LIVE FUMBLES)
3. A player has a knee touch the ground.

## **Coach Participation**

Coaches are allowed on the field of play.