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# RULE BOOK



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**Version 1.3  
2025 Season**

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## **MARANA PARKS & RECREATION - SPORTS DIVISION**

11555 W Civic Center Drive

Marana, AZ 85653-9723

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### **SPORTS DIVISION INFORMATION**

#### **Welcome**

Welcome coaches, participants, and fans to the Town of Marana Parks & Recreation Youth Flag Football League! Our recreation League is all about having fun and getting active. We hope you enjoy your experience as much as we enjoy supporting and engaging with you and your players throughout the season. Best of luck to everyone!

#### **Staff Information**

Questions or concerns should be directed to:

Jacob Jaeger | League Coordinator | 382-1963

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#### **Rules and Regulations Statement**

The Marana Parks & Recreation Sports Division reserves the right to change any rule and/or regulation, whenever due cause warrants a change. If a change is made, all team managers affected by the change will be notified immediately by email. In addition, the Sports Division reserves the right to add any rule or regulation when this addition will benefit the program.

#### **League Age/Flag Football Division by Birthdate**

- Players will be placed by birthdate, not grade level.
- Players can only play up in one division with parents signed request and consent of the League Coordinator.

#### **Registration**

- When the first game is played rosters will freeze and no new players will be added to rosters even if an injury occurs. A player may be added to a roster at the determination of the League Coordinator.
- Players will randomly be placed on teams.
- The number of pre-selections allowed is determined by total roster size. Coaches may pre-select up to half of total roster size. Coach and Assistant Coach's kids are included in the total number of allowable pre-selections.

**Marana Parks & Recreation has set the League Age using the Marana Unified School District age requirement; all participants must be the required age as of August 31**

- **Rookie Division-** Players must be between the ages of 5 to 6 by August 31
- **Semi-Pro Division-** Players must be between the ages of 7 (or younger, but not under the age of 6) to 8 by August 31
- **Pro Division-** Players must be between the ages of 9 (or younger, but not under the age of 8) to 10 by August 31
- **All Pro Division-** Players must be between the ages of 11 (or younger, but not under the age of 10) to 13 by August 31

***Policy Statement Concerning Sports Officials***

Three (3) officials are assigned to all games, two (2) on the field and one (1) on the sideline.

No player, manager, coach, or fan shall take a complaint about an official onto the field in the form of verbal or physical abuse and/or threat. If you have a complaint/compliment on an Official, please contact the league Coordinator.

**RULES AND REGULATIONS**

***The Basics***

- A coin toss determines first possession.
- The offensive team takes possession of the ball at their 5-yard line and has three plays to cross midfield. Once a team crosses midfield, it has three plays to score a touchdown. If the offense fails to cross midfield or score, the ball changes possession and the new offensive team takes over on their 5-yard line.
- All possession changes, except interceptions that are returned for points, start on the offense's 5-yard line.
- Running and passing plays are allowed, although there are "no-running zones" at midfield and near each goal line. The defensive team covers receivers, rushes the passer and grabs flags to make "tackles."
- Interceptions may be returned for points.
- Teams change sides after the first 20 minutes. Possession changes to loser of coin toss unless deferred.

***Sportsmanship Statement***

- If the field manager or official witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be given one warning. Second offense, that player will be ejected from the game.

FOUL PLAY WILL NOT BE TOLERATED. Trash talking and "Show Boating" of any kind are seen as unsportsmanlike conduct. Officials have the right to determine offensive language. Officials will give one warning. If it continues, the player(s) players will be ejected from the game.

### **Ball Size**

- Game balls will be provided by the League
- Rookie (5-6 yr old) and Semi-Pro (7-8 yr old) Divisions will use a Pee Wee Size Ball.
- Pro (9-10 yr old) and All Pro (11-13 yr old) Divisions must use a Junior Size Ball

### **Players/Game Schedules**

- Teams consist of up to 10 players – five on the field, with up to five substitutes.
- Coaches are allowed on the field in Rookie Division ONLY
- Teams must always field a minimum of five players.
- Players can only play on one team in one division.
- **Players must receive equal playing time** in all games (*to the best of the coach's abilities*).
- Players are only legal to play on your team if registered for the program and the participants name is reflected on your roster. No players may be added to a team without consent from the league coordinator.
- **FIELDING A PLAYER WHO IS NOT ON THE ROSTER IT WILL RESULT IN A FORFIET FOR THAT TEAM.**
- Players can play up in only one age division, with consent of league coordinator and parent(s) discretion (this will require a waiver signed by a Parent for our records) and cannot move from different age division during a season.

### **Timing/Overtime**

- Games are played for 40 minutes running time. If the score is tied at the end of 40 minutes, teams move directly into overtime.
- **In the last minute of the second half**, the clock will stop after each play and then continue once the ball is snapped.
- Overtime consists of both teams having possession of the ball starting at midfield with 3 chances to score.
  - In overtime you can **ONLY** go for a 2-point conversion.
  - If both teams convert their 2-point conversion and are still tied, you will go directly into a shootout.
  - In a shoot-out, each team will have a chance to score from the 12-yard line. If still tied after this, the game will end in a tie.
  - During playoffs, no game will end in a tie. The winner will be determined by a 2-point conversion shoot out.

- Each time the ball is spotted, the offensive team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced. One warning per game for the first 2 weeks.
- Each team has one 60-second and one 30-second time-out per half.
- Officials can stop the clock at their discretion

## Scoring

Touchdown	6pts
Extra Point from 5yrd line	1pt
Extra Point from 12yrd line	2pts
Safety	2pts

## Running

- **The quarterback cannot run directly with the ball. This applies if the receiver of the snap was not the intended quarterback.**
- Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.
- **No** shared possession on handoffs. Quarterback must release the ball, having both hands off the ball.
- "No-running zones" located five yards from each end zone and five yards on either side of midfield are designed to avoid short-yardage, power-running situations.
- Handoffs are allowed in the "No Run Zones" but must result in a pass.
- All players that hand off the ball to the ball carrier must remove both hands from the ball during the exchange between both players.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- The ball cannot be handed off once the ball passes the line of scrimmage
- Once the ball has been handed off, all defensive players are eligible to rush.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving) **\*\*except for stop and go moves\*\***
- The ball is spotted where the ball carrier's leading foot is when the flag is pulled, not where the ball is. The nose of the ball is spotted where the leading foot is.
- Absolutely NO laterals or pitches of any kind are allowed.
- In the event a team has made it past the No-Run Zone but ends up back in the No-Run Zone due to a fumble, a rush, or any dead ball, they are eligible to run, since they have already made it past the No-Run Zone.

## **Receiving/Interceptions**

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- **Passes must be received beyond the line of scrimmage.**
- Only one player is allowed in motion at a time. Illegal Motion Penalties will be called on ball snap.
- A player must have at least one foot inbound when making a reception.
- Players are allowed to jump up and catch the ball
- Interceptions may be returned for point. If intercepting a pass on an extra point, you will get either 1 point or 2 points if returned to your endzone successfully, depending on what the opponent is going for.
- Intercepting on a passing play, before your opponent scores, is worth 6 points, only if it is run back for a touchdown.
- Interceptions will go back to the 5-yard line or the mid field line if the ball is not returned for points.

## **Passing**

- **All passes must be forward and beyond the line of scrimmage.**
- Shovel passes are allowed but must be received beyond the line of scrimmage.
- The quarterback has seven seconds to pass the ball. If a pass is not thrown within seven seconds, the play is dead, loss of that down. Once the ball is handed off, the seven-second rule no longer is in effect.
- The ball must be snapped between the legs, not off to one side, to start play.
- Only one person can receive the snap
- Shotgun formations are allowed, but the ball must go through the legs.

## **Dead Balls**

- Substitutions may be made on any dead ball.
- Play is ruled "dead" when:
  - Ball carrier's flag is pulled
  - Ball carrier steps out of bounds
  - Touchdown or safety is scored
  - Ball carrier's knee hits the ground
  - Ball carrier's flag falls out (down where the ball carrier's leading foot is)
    - In the event a receiver's flag falls out after a pass has been thrown but before it has been caught, the play is dead at spot of reception
  - Bad snap
  - Inadvertent whistle by a Referee (a whistle is accidentally blown; the ball is dead where the ball carrier is when the whistle is blown)

- There are no fumbles. The ball is spotted where the ball hits the ground.

### ***Rushing the Quarterback***

- **A quarterback who is being rushed cannot run with the ball.**
- Rushers cannot knock the ball out of the Quarterback's hands. This will result in an illegal contact penalty
- All players who rush the passer must be behind the rush cone when the ball is snapped. Officials will place the rush cone 7yds from the line of scrimmage.
- Any number of players can rush the quarterback.
- Players not rushing the quarterback may not cross the line of scrimmage.
- Once the ball is handed off, the seven-yard rule no longer is in effect, and all defenders may go behind the line of scrimmage.
- Remember, no offensive player may move to block rusher.
- Players can jump up to bat down the quarterback's pass.

### ***Flag Pulling***

- A legal flag pull takes place when the ball carrier is in full possession of the ball.
- Defenders can dive to pull flags, **but CANNOT TACKLE, HOLD or RUN THROUGH** ball carrier when pulling flags.
- It is illegal to attempt to strip or pull the ball from the ball carriers' possession at any time.
- A defensive player may not intentionally pull the flags off a player who is not in possession of the ball.
- 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 jersey, and will result in a penalty.

### ***Formations/Blocking***

- An offensive team must have a minimum of one player on the line of scrimmage (the center) and up to four players on the line of scrimmage. The quarterback must be behind the line of scrimmage.
- Only one player may be in motion at a time.
- No motion is allowed towards the line of scrimmage.
- **Players in motion do not have to come to a complete stop before the ball is snapped.**
- 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.
- The center must snap the ball with a rapid and continuous motion between his or her legs to a player in the backfield, and the ball must completely leave his or her hands.
- Players that are blocking must keep their hands in front of them by their waist or to the side of their body.



- Offensive players are not allowed in a 10-yard radius of the ball carrier during any course of the play.
- There is no blocking formation of any kind on a running play, except for the center who is snapping the ball. After the snap the center may stay stationary.

## Penalties

- All penalties will be called by the officials.
- **The rusher must have a clear path to the Quarterback**
- Officials determine incidental contact that may result from normal run of play.
- All penalties will be assessed from the line of scrimmage except Flag Guarding.
- Only the team captain may ask the official questions about rule clarification and interpretations. Players cannot question judgment calls.
- Games cannot end on a defensive penalty, unless the offense declines it.
- Penalties that off set each other will result in a replay of the down

## Defensive Penalties

Call	Penalty
<b>Offsides</b> (Players being beyond the line of scrimmage when the ball is snapped)	5-yards and automatic first down
<b>Pass Interference</b> (When the defender makes contact with the receiver, so the player is unable to catch the ball)	10-yards and automatic first down
<b>Illegal Contact</b> (Holding, blocking, tackling etc.)	10-yards and automatic first down
<b>Illegal Flag Pull</b> (Before receiver has ball)	10-yards and automatic first down
<b>Illegal Rushing</b> (Starting rush from inside 7-yard marker)	10-yards and automatic first down

## Offensive Penalties

Call	Penalty
<b>Illegal Motion</b> (false start)	5-yards and loss of down (called on ball snap)
<b>Illegal Forward Pass</b> (QB pass thrown beyond line of scrimmage)	5-yards and loss of down
<b>Offensive Pass Interference/ Illegal Blocking</b> (illegal pick play, pushing off/away defender)	10-yards and loss of down
<b>Flag Guarding</b>	Spot of foul- 10 yards and loss of down
<b>Delay of Game</b>	Clock stops- 10 yards and loss of down
<b>Run in no Run Zone</b>	5 yards and loss of down
<b>Impeding the Rusher</b>	5 yards and loss of down

### PLAYOFFS/SUPER BOWL

At the end of the regular season there will be Playoffs and a Super Bowl for each division. Each team will make their respected division's playoffs. Seeding for the playoffs is determined by record. If teams end the regular season in a tie, the tie breaker will be based on Head-to-Head record. If teams did not play each other, we determine the tie breaker based upon points allowed during the season. If still tied, then it will go to points scored during the season. If still tied, then it will go to a coin flip.

### ATTIRE

- **All players must wear a protective mouthpiece; there are no exceptions.**
- Cleats are allowed, except for metal spikes.
- Official League Flag Football jerseys and shorts must be worn during play. Exceptions must be cleared by League Coordinator
- All jerseys must be tucked in and not covering the players' flags.
- Player's flags must be facing away from the player's hips.
- Inspections will be made by the officials before each game.
- Players must wear league issued flags.

## FIELD DIMENSIONS







