



Standing Regulations
For
Flag Football
2024-2025

Flag Football Dates 2024-2025

Start Practice Date	School Decision
Wednesday, January 15, 2025	Flag Football Coaches Meeting @ 6:00pm via Teams
Wednesday, January 22, 2025	Flag Football Eligibility Lists Due
Tuesday, January 21, 2025	First Week of Flag Football Games
Monday, February 10, 2025	Last Day for Flag Football Drop/Add
Tuesday, January 21, 2025 Monday February 3, 2025	Boys Play First Girls Play First
Week of February 16, 2025	Playoffs Boys and Girls
Wednesday, February 26, 2025	Girls Flag Football Semis & Finals at McArthur High School
Thursday, February 27, 2025	Boys Flag Football Semis & Finals at McArthur High School

Boys will play first up to and including February 11, 2025, after that date the Girls will play first.

All make up games played after February 12, 2025 will revert to the new schedule (meaning whatever gender playing at this time, will continue)

Girls will play first in playoff double headers.

MSAA FLAG FOOTBALL GENERAL RULES & REGULATIONS

The USFFA Rules Book will be adhered to with the following additions if not included in the rules.

- 1) The typed eligibility roster form including name, grade, birth date, uniform number, conduct grades, and the unweighted GPA of 2.0 or higher must be submitted to the County Athletic Department (Fax # 754-321-1205) by **Thursday, January 2, 2025**. Conduct grades and the GPA **MUST** be taken from the 2nd quarter report card of the 2023-2024 school year. An athlete not listed on the roster is ineligible to participate. Any additions or deletions to the team roster must be sent to the County Athletic Department by noon on **Monday, February 10, 2025**. A forfeit will result for each contest that rosters are not submitted.
- 2) Parental permission and insurance forms must be kept on file for each student and copies brought to **each** competition in case of injury.
- 3) The principal of each school must sign the game contract for each contest. The home school should initiate the contract indicating date, arrival time, time of the contest, location of contest (if other than school site), cost of any admission fee, any specific stipulations, and uniform colors.
- 4) The MSAA requires the home team to provide administrative supervision at an athletic contest. If your principal decides that an administrator is necessary for an away contest that is a school-based decision. The exception shall be that at all playoff and championship games, both participating schools will be required to provide administrative supervision.
- 5) Coaches **must exchange player rosters** and each coach shall submit their starting lineup arrangement to the official prior to the start of each game. Required information for the player roster exchange: Athlete Name, Uniform Number, Grade, ID#, Date of Birth.
- 6) Each team will be allowed two (2) time outs per half.
- 7) The ball shall be a Leather "Y" class football, the same used in high school girls Flag Football. This ball will be used for both boys and girls.
- 8) All jerseys shall be numbered on the front and back, each with a different number at least 6 inches in height.
- 9) In all games, each team must start with of FIVE (5) players.
- 10) There will be unlimited substitution at timeouts and between plays.

- 11) **NO JEWELRY IS PERMITTED!** A player may not place tape over cosmetic jewelry. Religious medals and medical-alert medals are not considered jewelry but must be taped down during competition.
- 12) NO face or body paint, colored hair spray or metal hair accessories are permitted.
- 13) The Flag Football Commissioner will assign two officials per game based on the master schedule. Any changes in dates, time, or place, etc. **REQUIRES** the home school's athletic director to notify the County Athletic Department or through a confirmed e-mail. The County Athletic Department will be responsible for notifying the Flag Football Commissioner.
- 14) Each school will play an eight game schedule. Each school will play the members of its division at least one time. In the event that divisional play does not equal eight (8) games, the County Athletic Office will complete the schedule with teams from another division. Division standings will be based on games against divisional opponents only.
- 15) Game results must be emailed to the Division Leader by the Athletic Director of the home school. If match results are not submitted within 24 hours the home team will be credited with a loss.**
- 16) The division champion and runner up from each division will qualify for the playoffs. In the case of a tie for first place, the MSAA "Tiebreaker" format will be followed. The County Athletic Department will create the playoff brackets and notify all qualifying schools of the playoff schedule.
- 17) Any athlete ejected from a contest for unsportsmanlike conduct must sit out, at least, the next game. The athlete is not permitted to ride the bus, suit up, or sit on team bench. If the ejection occurs during the last game of the season, the athlete must sit out the first game of the next season in which he/she participates. In addition, the athlete must complete the Unsportsmanlike Learning Packet. Parent or guardian, coach, and the school principal must sign the packet. The school athletic director must submit the packet to the County Athletic Department prior to the athlete returning to interscholastic competition. The athlete may not return to interscholastic competition until the Athletic Director is advised that he/she may do so by the County Athletic Department.
- 18) Any coach ejected from a contest for unsportsmanlike conduct must sit out, at least, the next game. It is the responsibility of the Principal and Athletic Director to assign a staff member to coach the next game played. In addition, the coach must complete the Unsportsmanlike Learning Packet, meet with the school principal and athletic director, obtain their signatures and submit the packet to the County Athletic Department prior to being permitted to return to coaching. The coach may not return to coaching duties until the Athletic Director is advised that he/she may do so by the County Athletic Department.
- 19) AGE REQUIREMENT:** Any student who turns 15 on or before August 31, 2024 is ineligible to participate in MSAA sports.

- 20) The game shall be played between 2 teams with a maximum of 7 players each on each team. A minimum of 5 players must be on the field at all times.
- 21) A mouth guard is required.
- 22) Sunglasses are NOT permitted.
- 23) Coin toss - winner of the toss chooses offense, choice of which end zone to defend or to defer to the second half.
- 24) A regulation game consists of two (2) 20-minute halves. In the event of a game ending in a tie, the following tie breaker will be used: Following a coin toss to determine who will be on offense first, the ball will be placed on the 20 yard line and the offensive team will be given 4 downs to score. **We will follow the "Sudden Death" format.**

If neither team scores, the process will start over at the 10-yard line until there is a winner.

- 25) Neutral zone (defensive rush line) is one yard in length.
- 26) Line of scrimmage requirements - only the center must be on the line of scrimmage prior to the snap of the ball to the quarterback.
- 27) Snap method - side snap is permitted. Quarterback is to be a minimum of 2 yards behind the line of scrimmage.
- 28) Offensive screen blocking -- permitted without contact by the offensive player with the defensive player.
- 29) No kickoffs. The ball is placed at the 14 yard line after any scoring play.
- 30) Extra Point Scoring: 1 point is awarded when scoring from the 3 yard line and 2 points are awarded when scoring from the 10 yard line.
- 31) **Mercy Rule - When one team is 17 or more points ahead in the last three minutes of the game, the game will be ended by the official.**

The point spread should reflect that after a touchdown, the maximum number of points you can score is 2, not 3 as in High School. Hence, a lead of 2 TD's with two - three point conversion is 18 points (that is why it is a 19 point spread). In Middle School, two touchdowns and two conversions of 2 points each is 16 plus 1, makes the 17 point spread.