

## Quick Guide to Imperative MSAA Flag Football Rules

1. A team must start with (5) players to avoid a forfeit.
2. The winner of the toss has four options: (1) offense, (2) defense, (3) end of field play will start, and (4) defer to second half. NOTE. Teams do NOT automatically change ends of field for the 2<sup>nd</sup> half.
3. Sunglasses are NOT permitted, however, protective goggles are allowed.
4. Runner may SPIN.
5. Runner may DIVE.
6. Shorts with pockets are NOT allowed.
7. On the TRY, a team CANNOT elect to go for THREE (3) points from the 20.
8. QB can SPIKE the ball to stop the clock.
9. There will be an overtime during the REGULAR season using the Sudden Death Tiebreaker.
10. ONLY the snapper has to be ON the line. Also, on a declared punt, ALL offensive players may be moving (after the snap) so long as they don't cross the line before the ball is punted.
11. There will be two 20-minute halves. If a school is late, BOTH games will be shortened, not just the first game!
12. The clock will run continuously for the first NINETEEN (19) minutes of each half.
13. Each team gets TWO (2) THIRTY (30) second time-outs per half.
14. If a team is winning by at least SEVENTEEN (17) points in the 2<sup>nd</sup> half with THREE or fewer minutes left, game will end. NOTE: if there is a live-ball foul that is accepted during this time period, continue playing until you have a down free of a foul.