

3/3/2021



It is imperative that parents follow this code of conduct when their child is participating on a team of the Maui Flag Football League. True sports success is accomplished when all parents demonstrate the six pillars of character: trustworthiness, respect, responsibility, fairness, caring, and good citizenship.

I will learn to the best of my ability, the rules and regulations of the Maui Flag Football League.

I will always be a positive role model for the children.

I will always remember that my child is participating for the experience and the fun of the game, not for winning.

I will encourage my child and the other team players.

I will demonstrate respect, courtesy, and good sportsmanship.

I will not encourage any negative behaviors between the players, or with other parents, coaches, officials, etc.

I will explain to my child the importance of playing by the rules.

I will teach my child to treat other players, coaches, officials, etc. with respect and courtesy.

I will encourage my child to do his/her best.

I will support the drug free environment that the MFFL is providing for my child, and will refrain from any use at any and all of the practices and games.

I will inform the coach of any disability that my child has, to ensure my child's safety in practices and games.

I understand that if I do not follow the rules of the "Parents Code of Conduct" that my child may not be permitted to continue participation during this season or future seasons.

The Maui Flag Football League Reserves the Right to remove any Parent or Player that we feel has demonstrated misconduct, is not following the "Parents Code of Conduct" or the rules and regulations.

Maui Flag Football League Rules

The Maui Flag Football League is a popular 5 on 5 game filled with fun and action. In this game, the offensive team plays for a first down at midfield and a touchdown in the end zone. Running and passing plays are allowed, **although there are "no-running zones" at midfield and near each goal line. The offensive team cannot run a running play when the line of scrimmage is in a "no-running zone."** The defensive team covers receivers, rushes the passer and grabs flags to make "tackles."

The Basics

- A coin toss determines first possession. All opposing coaches, officials, and team captains will meet at mid-field for the coin toss. Both teams should line up for a safety and equipment check by the official. (Shirts tucked in and flags on the outside, shorts (with no pockets), socks, and mouthpiece, no jewelry).
- The offensive team takes possession of the ball at its 5-yard line and has four plays to cross midfield. Once a team crosses midfield, it has four plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line. Interceptions may be run back.
- Teams change sides after the first 20 minutes. (5 minute half-time) Possession changes to loser of coin toss.
- Field dimensions are: 50 yards long X 30 yards wide with 7 yard end zones with 5 yard no-run zones before mid-field line and goal lines.
- Team **MUST** use the correct size ball for their division. Team may use a ball other than

MFFL ball provided, but it must be correct size.

- 4U to 10U- PeeWee Size Ball
- 12U to 14U - Junior Size Ball

SECTION A – GAME FORMAT AND PLAY

Teams must field a minimum of 5 players at all times. A team with less than the required players is considered a forfeit. If a player is borrowed from another team, it is an automatic forfeit. In the spirit of sportsmanship, teams are still encouraged to play a scrimmage by sharing players. Teams should consist of at least 8 players. All kids should be playing an **EQUAL** amount of time regardless of skill level and the score of the game. Please see the "Coaches Community" for Best Practices by Coach's for different coaching ideas on substitution. Please see the table below for quick reference on scoring and game time:

Division	Game Length	Scoring/Format
4U to 14U	Two 20 minutes halves	Yes Tournament and Playoffs ONLY

**All Games are Running Time. Clock will stop in last minute of each half. (Pro-Clock)*

Timing/Overtime

- Each time the ball is spotted, **elementary and intermediate have 40 seconds to snap the ball; high school will have 30 seconds to snap the ball.** Teams will receive one warning before a delay-of-game penalty is enforced (5 yard penalty). Please keep huddles quick and concise. Keep the game moving.
- Each team has two 30-second time-outs per half.
- Officials can stop the clock at their discretion.
- *There is no over time in the regular season.*

Scoring

- Touchdown: 6 points
- Extra point: 1 point (played from 5-yard line) or 2 points (played from 12-yard line)
- Extra Point Attempt Interception Return 1 or 2 points respectively
- Safety: 2 points
(Safety is defined as a player's flag being pulled in the endzone. If the ball touches the ground in the endzone on a fumble, it is considered a safety. Fumbles are marked where the runners feet are.)
- Forfeits: Any forfeit will be scored as 7-0

Dead Balls

Substitutions may be made in case of injury or other medical or safety issue during the "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
- The ball is fumbled and hits the ground (No fumbles can be recovered or returned)

A ball carrier must be tagged with "one" hand if their flag falls off accidentally and/or prior to being pulled.

Attire

- Cleats are allowed, except for metal spikes.
- **All players must** wear a protective mouthpiece (no exceptions)
- No hats with brims or bills, beanie's okay
- Players must be wearing team uniform jersey
- Solid color shorts with no Pockets
- No jewelry
- No hard cast allowed, it may be wrapped in padding and inspected by referee

Mercy Rule - Implemented when a team is ahead by 28 points or more.

- 1) Team in the mercy rule will spot the ball at midfield and have **6 attempts to score**.
- 2) Interceptions will count as an incompletion, mercy rule team will retain possession.
- 3) Team that is ahead CANNOT rush the QB.
- 4) Coaches should play the less skilled players more frequently to allow for balance.
- 5) Team in the mercy rule will not lose yardage on downs.
- 6) The clock will run during the last minute

Designated Player, Parent, and Coach Areas –

Players and Coaches will be on one sideline and Parents will remain bordering the field.

Parents or spectators should not enter the field of play for any reason other than aiding an injured player or the game will be forfeited.

Coaches and Players must remain in their “Coaches Box” (*This Area has been designated as the area between the two 15 yard lines*).

There should be NO Parents or Coaches on the sidelines outside the ENDZONES. Coaches and parents should not be marching up and down the sideline following the ball.

One Defensive and Offensive Coach is allowed on the field for the 4U, 6U, 8U and 10U age groups. NO Defensive Coach is allowed on the Field for the **12U and 14U** Age Groups, 1 Offensive Coach is allowed. **No Coaches** are allowed on the field for the High School age group.

SECTION B – OFFENSE

*****Beginning Fall 2018 Season, there is no blocking allowed. Non-running players must freeze after a ball carrier receives a hand off or catches a pass.**

Running

- The quarterback cannot run with the ball past the line of scrimmage.
- Direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs
- **“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. No backward laterals, pitches, or hand-offs in the no run zone. Shovel passes are allowed in the No-running zones, if caught beyond scrimmage line. No run zones on each side of midfield do not apply if the first down is reached.**
- The player who takes the handoff or the pitch can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off or pitched, all defensive players are eligible to rush.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving-being parallel with the ground. Safety issue). If a dive occurs, the ball will be marked where the runners feet were at the time of the dive.
- The ball is spotted where the ball carrier’s feet are when the flag is pulled, not where the ball is. (if the ball breaks the plane of the end-zone but the feet are outside of the end-zone the ball is spotted where the feet are)
- Pitches and laterals are only allowed behind the line of scrimmage.
- Runners/Ball Carriers must avoid defenders. Defenders have established position.
- Handoffs from the QB to the center must be a clear exchange. (Center to QB on the snap and then a clean exchange from the QB back to the Center)
- Only in the 4U, 6U and 8U Divisions can a player snap the ball from a “Side-Stance.” All other divisions must snap the ball between their legs.

Receiving

- All players are eligible to receive passes (including the quarterback if the ball has been

- handed off behind the line of scrimmage).
- Only one player is allowed in motion at a time. Player can remain in motion when ball is snapped.
- Player in motion must move laterally across line of scrimmage, not forward or towards line of scrimmage.
- A player must have at least one foot inbounds when making a reception.
- A receiver whose flag has dropped off prior to a defensive pull is still eligible. (*player must be tagged with "one" hand in order to be down*)

Passing

- Shovel passes are allowed. (Includes the no-run zone)
- The quarterback has a **seven-second "pass clock."** If a pass is not thrown within the seven seconds, play is dead, loss of down. Once the ball is handed off, the seven-second rule no longer is in effect.
- Interceptions change the possession of the ball at the end of the run back. If the player that intercepted the pass does not return it for a touchdown, new possession starts at the 5 yard line.

No Run Zone

- No backward laterals, pitches, or hand-offs allowed
- Shovel passes are allowed if caught at or beyond line of scrimmage
- All passes must be received forward of the line of scrimmage

****Note:** The ball is spotted where the player's feet are at the time of the fumble. In a snap exchange situation, if the snapper rolls the ball back, the ball is spotted at his/her feet. If the snap tips off of the QB, the ball will be marked where the QB's feet are. Basically, last one to touch it will be marked.

****Note:** There are no kickoffs

Offensive Penalties – 5 YARDS

- Blocking/Holding – (spot foul)
- Delay of game -- (dead ball foul) (30 second play clock) No Stalling or Killing the Clock is allowed. Unsportsmanlike will be called
- Diving (other than attempting to catch a pass) (spot foul) – (If on a score, penalty to be tacked on to extra point) Defined as two feet leaving the ground simultaneously
- False Start -- (dead ball foul)
- Flag guarding -- (spot foul) Normal running motion will not be considered flag guarding
- Illegal forward pass (two forward passes past the line of scrimmage)
- Illegal Motion (more than 1 person moving or moving forward towards line of scrimmage)
- Illegal Shift (two or more persons moving, must be still for 1 second)
- Illegal Snap (dead ball foul)
- Offensive holding
- Pass or Lateral beyond line of scrimmage
- Player out of bounds (if player goes out of bounds, player cannot return to the field and catch ball)
- QB runs w/ ball past line of scrimmage (illegal rush)
- Run in "no run zone" –
- Substitution fouls
- Muddle Huddle(s) – Gathering around the ball in the backfield. (Safety Issue)

Offensive Penalties – 10 YARDS and LOSS OF DOWN

- Offensive pass interference (illegal pick play, pushing off/away defender) -- 10 yards and loss of down
- Personal Foul – (includes ball carrier dropping shoulder or head and running through defenders)
- Unsportsmanlike Conduct – Warning then Ejection

SECTION C - DEFENSE

Rushing the Quarterback

No Rushing of the QB is allowed

Once the ball is handed off or thrown, all defenders may go behind the line of scrimmage.

Interceptions off of Point after Attempts may be run back by the defense for 1 or 2 points respectively. This does not apply if a team is in mercy rule.

Rough Play (Players)

If the site manager or referee witnesses any acts of elbowing, cheap shots, or any excessive unsportsmanlike act, the game will be stopped and the player will be ejected from the game. Additional disciplinary action may be instituted including but not limited to suspension or expulsion from the league.

No Defense initiated contact at Line of Scrimmage – No hand-checking, bumping of receivers. Rushers are not allowed to “Bull Rush.” They must make a speed move and avoid contact with Offensive blockers.

Flag Pulling – Flags pulled should be returned to the offensive player in a sportsmanship like manner. Defenders should make a play on the flag and not the belt.

No Tackling or Holding – Defensive players should shall not wrap or hold an offensive player when attempting to make a play on the flag.

Defensive Penalties – 5 YARDS and REPEAT THE DOWN

- Defensive Holding -- (spot foul)
- Diving– Defined as two feet leaving the ground simultaneously (spot foul)
- Illegal flag pull (before receiver has ball)
- Illegal rushing (starting rush from inside 5-yard marker)
- Interference with opponent or ball at the snap
- Off-sides
- Substitution fouls (player enters field after ball is blown ready for play, i.e. to deceive opponents, or 9 players on the field)
- Unsportsmanlike Flag Pull – Any deliberate throwing or slamming of a ball carriers flag

Defensive Penalties – 10 YARDS and AUTOMATIC FIRST DOWN

- Pass Interference
- Roughing the Passer – (Defensive player must make a play on the flag not the ball)
Safety (If play results in a score, the penalty will be tacked on to the extra point attempt)
- Tackling/Personal Fouls
- Unsportsmanlike Conduct – Warning then Ejection.

****The offensive team will have the option to decline a penalty and let the result of the play stand.***

SECTION D - SPORTSMANSHIP

Please remember that scoring is part of the game but not the main focus; always place the kids before winning! It's about the KIDS! With that said the expectation is that all kids regardless of skill, ability, score of the game, or attendance will play and participate as equally as the other players.

AGGRESSIVE OR CONFRONTATIONAL BEHAVIOR AS WELL AS VULGAR LANGUAGE WILL NOT BE TOLERATED by parents or coaches. A 10 yard penalty and warning will be issued. Next offense will result in team forfeiting game. Additional disciplinary action may be instituted including but not limited to suspension or expulsion from the league for all coaches, parents, and/or players involved.

Officials have the right to determine offensive or verbally abusive language. (Negative talk is talk that may be offensive to officials, opposing players, teams or spectators.) If Negative talking occurs from parents, players, and/or coaches the referee will give one warning and a 10 yard penalty, or if the referee deems fit, he may end the game. A second offense will result in a team forfeiting the game. Site managers also have the authority to remove a coach, parent, or player as well.

SECTION E – END OF SEASON TOURNAMENTS AND GAMES

All teams will be playing in a season ending tournament at the Keopuolani Pit.

Tiebreakers - Tiebreakers will be in the following order:

1. Head to Head Competition
2. Coin Flip

Overtime (Tourney Games Only) - If the score is tied at the end of 40 minutes, teams move directly into overtime

- Coin flip will determine possession for each series.
- 1st series each team will get one possession starting at mid-field.
- If no team scores after this possession teams will start at midfield for one more series. (Sudden Death) Team that scores first will be declared the winner.