

Hail Mary Flag Football Rules

1. Teams must have six players to start the game. There will be an official team roster maintained at the Parks and Recreation office. A person is considered a team member when his or her name is placed on the roster accompanied by the signed liability waiver form (or the person may sign the team roster form. Players may be added to the roster during the season. Additions may only be made at the Parks & Recreation office from 8:30am – 4:30pm Monday through Friday. Each team must have a team name on the roster that does not include any profane, disrespectful and/or inappropriate language. Park & Rec reserves the right to refuse a team name.
2. Game balls will be provided. Games will be played on 60 x 30 yard fields at the MFL complex and consist of two 25-minute halves with a 5-minute half time.
3. **This is a non-contact game played with flags worn around the waist. Any contact judged by an official to be initiated and deliberate will result in ejection of the player from the game. The Marshalltown Parks and Recreation office will review game ejections to determine if ejection from future games or the league is required.**
4. **No profanity is allowed. Profanity by any member of a team will result in a five-yard penalty. Three violations by the same player in the same game will result in his discharge from the game.**
5. All participants must be 18 years old or older and may not participate on any school football team.
6. Coolers are allowed – ONLY NON-ALCOHOLIC BEVERAGES ARE ALLOWED ON MFL PROPERTY. No smoking allowed in the MFL facility.
7. Players must wear a team shirt of the same color. Shirts must be tucked in.
8. If field conditions are too wet to play, games will be rescheduled. The league director's decision is final.
9. Each game will be officiated by one official ref and 2 members of two other teams per the game schedule. You are required to provide 1 at the game you are assigned. Failure to comply may result in a forfeit of one or more games.
10. Any damage caused to MFL property will be repaired at the expense of the person causing the damage. Failure to pay will result in suspension from the league.
11. No practice is permitted on MFL fields. Riverview Park, Bicentennial Park and Anson Park may be used.

Game Rules and Regulations

1. Coin toss will determine first possession and direction. Winning the toss gives you the choice of ball possession or specific direction for the first half. Teams will switch at half time and the team who started the game on offense will start the second half on defense.
2. Offense will begin on the five-yard line and will have three plays to cross mid-field. Once a team crosses mid-field they will have three more plays to score a touchdown. If they fail to cross mid-field or score, the opposing team will take possession at their own five-yard line. All possession changes, except interceptions, will start at their own five-yard line.
3. Teams have one timeout per half.
4. Receiving
 - All players are eligible to receive a pass.
 - Players must have one foot in bounds and control of the football to make a legal catch.
5. Snap – Ball must be snapped between the legs to start the play.
6. End of play
 - Play is over when
 - A. Ball hits the ground in any way. Ex: fumble, bad snap, keep balance
 - Ball is spotted where it hits the ground.
 - B. Ball carriers flag is pulled (if falls off, revert to two hand touch)
 - Ball is spotted where the flag is pulled or two hands from the same player touch the player anywhere shoulders or lower or where the ball is, whichever is further.
 - C. Ball carriers knee touches the ground
 - Ball is spotted where the knee hits the ground or where the ball is, whichever is further. If the ball is across mid-field or the goal line when the knee touches the ground it is a first down/touchdown providing the ball carrier has control of the ball.
 - D. Ball carrier steps out of bounds

- Ball is spotted where the player steps out of bounds.

7. Rushing the Quarterback
 - Anyone who rushes the quarterback must be seven yards off the line of scrimmage. Any number of players can rush the quarterback. A special marker will designate 7 yards.
8. Scoring
 - Touchdown = 6 points
 - Extra Point = 1 point (five yards) defense cannot rush but line-up on goal line, 2 points (twelve yards) defense is allowed to rush.
 - Defense running back any Extra Point = 2 points
 - Tie games will be decided by yardage on 2 offensive plays from the five-yard line. Each team will start at the same five-yard line. Coin flip will determine who goes first. Coin toss winner will choose to start on offense or defense. If the defense intercepts the first play, the offense is done.
9. Running Plays
 - The quarterback can run the ball only if rushed. Defensive teams are not required to rush.
 - Direct hand offs, laterals and pitches are allowed.
 - The player that takes a hand off or lateral can throw behind the line of scrimmage.
 - Only one pass per down. A pass is considered any over hand advance of the ball. A ball thrown overhand behind the line of scrimmage is considered your one pass per down.
 - The “No Run Zone” is designed to avoid power-running situations. Zones are five yards before the mid field line and inside the five yard line.
 - Once the ball is handed off all defensive players are eligible to rush.
10. Penalties
 - The referee will call all penalties. All penalties are enforced from the line of scrimmage. The referee’s calls (good and bad) are final.
 - **Defensive**
 - A. Offside = 5 yards and automatic first down
 - B. Interference = 10 yards and automatic first down
 - C. Illegal contact = 10 yards and automatic first down
 - D. Illegal flag pull (prior to catch) = 10 yards and automatic first down
 - E. Illegal rush (starting inside 7 yard zone) = 10 yards automatic first down
 - **Offensive**
 - A. Illegal Motion (more than one man) = 5 yards and loss of down
 - B. Offside = 5 yards and loss of down
 - C. Illegal Forward pass = 5 yards and loss of down
 - D. Offensive pass interference = 10 yards and loss of down
 - E. Flag guarding = 10 yards and loss of down
 - F. Delay of game = five yards after first warning
11. Additional
 - Diving to pull a flag is legal, but diving to advance the ball is illegal. If a player dives to advance the ball, the ball is spotted from where he began his dive.
 - Huddle clock is 30 seconds from when the ball is spotted.
 - No contact can be initiated while blocking or rushing. Offensive players may “get in the way” of a rusher but cannot create contact. The defensive player may not create contact while rushing the quarterback.
 - Any extension of the arms while blocking or rushing is an automatic 10-yard penalty.