



Millard United Sports
PreK/K and 1st Grade Flag Football
2025 Rule Book

REV 08/07/2025



MILLARD UNITED SPORTS FLAG FOOTBALL

PreK/K - 1st Grade DIVISION RULES (7 v 7)

This league is designed to introduce little flag football stars to the game. We want to introduce the fundamentals of running, catching, and throwing the football. The intent of this league is for the players to get a lot of touches on the ball while learning the game. Since this age group does not keep score, there will be NO OFFICIALS on the field. The coaches of both teams will supervise the play on the field.

FIELD DIMENSIONS

Players will play on a field which is 60 yards (10 yards per endzone) in length and 32 yards in width.

NUMBER OF PLAYERS

Each team should start the game with seven players; a minimum of six is needed to avoid a forfeit.

NUMBER OF COACHES

Each team is allowed to have two coaches on the field of play. Although we recommend no more than 3 total coaches on your sideline, you will be allowed to have as many as needed.

MANDATORY PLAY

Coaches will adhere to Mandatory Play Rules as established by the organization. All players will play both offense and defense each game. It is expected that every player will have the opportunity to play on both the LOS and in the backfield throughout the season.

LENGTH OF GAME

Playing time shall be 40-minutes, consisting of four quarters of 10- minutes. During the 1st and 3rd Quarters, the home team will be on offense. During the 2nd and 4th Quarters, the visiting team will be on offense. The team on defense will keep a 10-minute game clock each quarter. There will be a 3 - minute break between quarters. The offensive team will start each possession at their 10-yard line. When the offensive team scores, fails to make a first down, or turns the ball over, they will start a new possession at their 10-yard line.

PENALTIES

Since officials will not be utilized for these age divisions, coaches are encouraged to call penalties as they occur. Please use this opportunity as a teaching moment for the player.

LINE OF SCRIMMAGE

The offensive team must have a minimum of four players on the line of scrimmage. Once the center has placed his hands on the ball, no offensive player may be in motion. The defensive team must line up at least 5-yards from the line of scrimmage prior to the snap.

OFFENSE

All players are eligible to advance the ball. The snap must go through the center's legs. If the ball touches the ground during the initial center to quarterback exchange, the play is ruled a 'Do Over' with no loss of down, once per down. On a second consecutive occurrence, the down is consumed. The center is NOT allowed to take a handoff.

FORWARD PASSES AND INTERCEPTIONS

If a player is in the air attempting to catch a ball, the player must contact the ground with at least one foot in-bounds with the ball in their possession prior to going out of bounds, unless contact by an opponent causes the player to first touch out-of-bounds. If possession of the ball is lost simultaneously when they hit the ground, it is not a catch. If a forward pass is caught simultaneously by members of both teams, the ball is dead at that spot and belongs to the team that snapped the ball. Clean interceptions may be advanced by the defense. At the completion of the play, the offensive team will start a new possession at their 10-yard line.

BLOCKING

Blocking is not allowed. No grabbing, No pulling, No contact above the shoulders, No hands to face, No unnecessary roughness.

PASS INTERFERENCE

It is pass interference anytime the action of any player impedes another player's ability to make a catch or pull an eligible receiver's flag prior to the ball arriving. Pass interference on the defense will be a spot foul. Pass interference by the offense will result in a loss of down with the ball placed back to the line of scrimmage.

STIFF ARMING

Stiff arming is not allowed.

NEUTRAL ZONE VIOLATION

A neutral zone violation will result if any player lines up in the neutral zone or crosses the line of scrimmage prior to snap of ball.

GUARDING THE FLAG BELT

Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. Flag guarding will be a spot foul. Flag guarding includes:

1. Swinging the hand or arm over the flag belt to prevent an opponent from grabbing the flag.
2. Placing the ball in possession over the flag belt to prevent an opponent from grabbing the flag.
3. Lowering the shoulders in such a manner which guards the flag.

DEFENSIVE RUSHING/BLITZING

No Blitzing is allowed. Defensive players are not to cross the LOS until 1) the QB has handed the ball off or 2) the QB has become the ball carrier by crossing the LOS. The offensive team has seven seconds to complete a handoff, pass, or QB run. The on-field coach for the defensive team shall give a verbal "Red Light" and "Green Light" call to aid players in knowing when they can cross the LOS.

OBSTRUCTING THE RUNNER

A defensive player shall not hold, grasp, or obstruct the forward progress of the runner when attempting to remove the flag belt.

THE FLAG BELT

All shirts must be tucked in and are not permitted to hang over the flag belt. Players must have possession of the ball before they can legally have their flag pulled. It is illegal for a defensive player to intentionally pull a flag from an offensive player who is not in possession of the ball. In cases where a flag belt is removed illegally, play will continue until a legal flag pull is made. If a player is in possession of the ball and their flag comes off or is missing, the play will count but will be dead at the spot.

SAFETY

If an offensive player carries the ball across their own goal line and the ball becomes dead while in their possession, it is a safety. If a team commits a foul in the end zone where the spot of enforcement is designated as the spot of the foul, it will be declared a safety. At the completion of the play, the offensive team will start a new possession at their 10yd line.

ZERO TOLERANCE WILL BE ENFORCED

All parents are required to remain on the opposite side of the players and coaches' sideline with the exceptions of:

1. Attending an injury if directed by the coach; or
2. If the field layout prevents this from occurring (a boundary, in the form of a red line will be provided).

At no point before, during, or after the game are any parents allowed on the playing field or players and coaches' sideline. If violated, the team and all players will be in jeopardy of being removed from the league. Please address this at your parent meeting.

PENALTIES

Since officials will not be utilized for these age divisions, coaches are encouraged to call penalties as they occur. Please use this opportunity as a teaching moment for the player. If the penalty occurs at the LOS or in the backfield, the ball should be spotted at the LOS; we will not enforce penalties. If a penalty occurs past the line of scrimmage, the ball should be spotted at the location of the infraction.

Personal Fouls: Examples of Personal Fouls are any act listed below.

1. Tripping an opponent
2. Throwing the runner to the ground
3. Making any contact with an opponent which is deemed unnecessary.
4. Clipping
5. Taunting
6. Throwing equipment at opposing players
7. Tackling the runner or opposing players

Spot Fouls

1. Stripping
2. Flag Guarding
3. Charging
4. Def. Unnecessary Roughness
5. Off. Unnecessary Roughness

Offensive Penalties – Enforce from the line of scrimmage.

1. Offside / False Start
2. Illegal Forward Pass
3. Holding / Illegal Contact
4. Offensive Pass Interference
5. Illegal Motion
6. Delay of Game

Defensive Penalties – Enforce from the line of scrimmage

1. Roughing the Passer
2. Illegal Flag Pull
3. Illegal Rush
4. Encroachment
5. Defensive Pass Interference
6. Defensive Holding / Illegal Contact

POINTS OF EMPHASIS

1. MUS has a **ZERO TOLERANCE POLICY** with all coaches and parents.
2. Offense possession will start at the 10-yard line to start of the game as well as halftime and after every touchdown.
3. A first down is at 10-yard increment, **NO CHAINS NEEDED!** If a team obtains a first down, you will start the next series on a first down line (big line).
4. Only one coach on the field at one time per team. Parents must remain off the field.
5. Mouthpieces are mandatory. A player without a mouthpiece will not be allowed to participate. Soft-shell helmets, consisting of only padding and without any rigid elements will be allowed.
6. No jewelry or bracelets, etc . . . allowed.
7. Parents should funnel all rules, conduct violations and complaints to the head coach who will forward to appropriate MUS Representative.
8. In the event a parent has issues with their own team, coach, or parents, please forward to the appropriate MUS Representative.