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Specific Rules and Regulations



Multisports Mini-league Mini-Flag football



ARTICLE 1 – Category

Category	Grades
Mosquito	5th and 6th grade

ARTICLE 2 – Team Composition

- 2.1. The minimum number of players for each team is 6.
- 2.2. The games are played with 5 players on the field for each team.
- 2.3. There must be a girl on the field at all times. If a team does not have a girl, they must play with one less player on the field.

ARTICLE 3 - Game Format

3.1. The number of games will depend on the number of teams registered to the tournament. After the round robin period, the four (4) teams with the most points will access to the semi-finals. The winners of the semi-finals will face each other in the final.

Win: 2 points

Tie: 1 point

Loss: 0 point

Tiebreaker procedures after round robin:

- 1. Total points
- 2. If two teams are involved in a tiebreaker, the result of the game between the 2 teams will be the tiebreaker.
- 3. Point differential in all the games. (points scored - points conceded = differential)
- 4. Teams who scored most points (points for)

ARTICLE 4 – Playing Time

- 4.1. The games will consist of two (2) halves of twelve (12) minutes (running time). There will be a two (2) minute break between each half. A siren will be heard at the end of every halves. Once the siren is heard, an additional play will be played before the end of the half (or game).
- 4.2. There will be no over time. Even scored games will result in a tie.
- 4.3. Each team will have thirty (30) seconds to put the ball in play.
- 4.4. All player substitution must be made when the game is stopped.

- 4.5. No time-out allowed.

ARTICLE 5 – Equipment

- 5.1. Each team must possess a junior size ball. The offensive team will have the possibility to choose their ball.
- 5.2. All players from the same team must wear shirts of the same color. If both teams arrive on the field with similar colored shirts, the receiving team must change shirts or put on different colored pinnies.
- 5.3. Each player must wear their shirt and undershirt tucked into their pants/shorts. Players must not wear pants or shirts with pockets. However, if a player covers his pockets with tape before the start of the game, the referee can choose to authorize his participation or not. Belts and shorts with laces at the hip are not permitted.
- 5.4. All running shoes and cleats are legal except metal, spiked cleats of any kind.
- 5.5. Mouth guards are mandatory for each player at all times on the field of play.
- 5.6. The flags must be worn outside of the pants/shorts except the superior (white) part which is worn inside the pants/shorts. The flag must be visible at all times. Each player must have two (2) flags. Each flag must be placed on both sides of the player's hips. If the referee cannot see the player's flag, a flag protection penalty will be called.
- 5.7. No jewelry is permitted

ARTICLE 6 – Game rules

**Specific rules come from The Canadian Flag Football Association.*

1. Coin toss before the game

- 1.1. Before each game the referee will do a coin toss with the captains of both teams. The winning team will have the choice to take possession of the ball right away or to wait for the second half. The team that loses the coin toss will choose the side of the field they wish to defend.

~~1.2. The team that loses the toss will start the second half at the 5-yard line.~~

2. Scoring System

- 2.1. Touchdown : six (6) points
- 2.2. Convert from the 5-yard line: one (1) point
- 2.3. Convert from the 10-yard line : two (2) points
- 2.4. Safety: two (2) points

Note: A team cannot return an interception on a convert.

3. Field and Equipment

3.1. Field dimensions :

- Length : 60 yards
- Width : 20 yards
- End zone line : minimum seven (7) yard and maximum ten (10) yard depth
- The non-rushing zone : must be identified at five (5) yards of each end zones.
Cones must be placed at each extremity of the zones

4. Possessions and number of downs

- 4.1. There is no kick off. The team that possesses the ball must start from their 5-yard line and has four (4) tries to cross the half of the field. Once the offense crosses midfield, they have another four (4) tries to cross the goal-line for a touchdown. If the team does not score a touchdown, the other team take possession of the ball at their 5-yard line.
- 4.2. If the team does not reach the midfield with their four (4) tries, the other team takes possession of the ball at their 5-yard line.
- 4.3. Every change of possession starts at the defensive 5-yard line except in a case of an interception.
- 4.4. Both teams must switch sides for the second half.

5. Rushing

- 5.1. To start a play, the ball must be handed between the legs of the center player. The ball is in play as soon as it leaves the ground.
- 5.2. The center is the player that hands the ball to the quarterback. The quarterback cannot immediately hand the ball back to the center player.

5.3. The quarterback cannot run with the ball passed the scrimmage line.

- 5.4. To put the ball in play, there must be a player lined up on each side of the center play on the scrimmage line.

Unlimited handoffs in any direction, and unlimited laterals are allowed behind the line of scrimmage. After a handoff or a lateral, a forward pass is allowed from behind the line of scrimmage. However, once the ball carrier has crossed the line of scrimmage, a forward pass is no longer permitted. There can only be one forward pass per play.

- 5.5. Once the ball is in the non-rushing zone, a team cannot run and must make a pass.
- 5.6. Any defensive player can cross the scrimmage line and rush if the quarterback is handing off the ball to another player.
- 5.7. A player is permitted to pivot but it is not permitted to jump or dive in order to avoid a defensive player.

- 5.8. When a player is de-flagged, the ball is put back in play at the point of the ball carrier's hips and not where the ball was found at the moment of the de-flag.

6. Catches

- 6.1 All players (including the quarterback if the back pass was made behind the scrimmage line) can receive a pass.
- 6.2 All players can be in movement (lateral) during the put in play of the ball, in exception to the center player.
- 6.3 A player must have both feet inside the field when he catches the ball.

7. Passes

- 7.1. Only the players aligned at 10 yards from the scrimmage line can rush the passer.
- 7.2. If an interception takes place in the end zone and the ball is not returned passed the goal line, the play is dead. The team which made the interception takes possession at their 5-yard line. If the player returns the ball passed the goal line, his team takes possession of the ball where the play ended. However, if the player who intercepted the ball gets de-flagged in his end zone after having left and returned, the other team is granted a safety.

8. Plays

- 8.1. A play is considered dead when :
- The referee whistles
 - The ball carrier is de-flagged or his flag becomes illegal;
 - Points are made (touchdown or safety)
 - All of the ball carrier's body, except his hands or feet, touch the ground
 - **Once the ball hits the ground**
- 8.2. If the ball carriers flag falls, the play is dead and the ball is placed where the flag fell.
- 8.3. A player who has lost his flag can receive a pass but the play will be immediately stopped.

9. Quarterback pressure

- 9.1. Any player acting as a rusher on the quarter back must be at least 10 yards from the scrimmage line when the ball is put in play. There is no limit to the number of players allowed to rush the quarter back. A player who is less than 10 yards from the line of scrimmage when the ball is snapped may not rush the quarterback before someone from 10 yards away crosses or the ball is handed off, lateralled or a forward pass is caught behind the line of scrimmage.
- 9.2. The referee will designate where the 10 yards from the scrimmage line is.

Reminder: Blocs and tackles are not permitted.

10. Penalties

- 10.1. The referees can determine if a contact during the game is accidental or not.
- 10.2. Only the captain of the team is authorized to speak to the referee concerning rule clarifications or interpretations. The players cannot contest any decisions taken by the referees.
- 10.3. A game cannot end on a defensive penalty, unless the attacking team declines the penalty.

Defensive penalties :

- Offside : five (5) yard penalty & replay down
- Pass interference : automatic first play at the point of infraction (minimum 10 yard)
- Illegal contact (holding, blocking, etc.) : five (5) yard penalty and automatic first down
- Illegal de-flag : five (5) yard penalty from the point of infraction and automatic first down
- Illegal rushing (rushing the quarterback when less than 10 yards away) : five (5) yard penalty and replay the down
- Illegal substitution (when a player enters the play before the referee has whistled) : five (5) yard penalty and replay the down

Offensive penalties :

- Delay of game : five (5) yard penalty and replay of down
- Illegal substitution : five (5) yard penalty and replay of down
- Illegal procedure (more than one player in movement, etc.) : five (5) yard penalty and replay of down
- Offside : five (5) yard penalty and replay the down
- Illegal snap : five (5) yard penalty and replay of down
- Player out of bounds (if a player leaves the field, he cannot come back on the field and catch a pass): loss of down
- Illegal run/Forward pass : five (5) yard penalty from where the pass was made and loss of down
- Offensive interference: five (5) yard penalty and loss of down
- Flag Guarding / Clothing covering flag : five (5) yard penalty from the point of infraction

Offensive or Defensive penalties :

- Involuntary roughing: fifteen (15) yard penalty and automatic first down

- Unsportsmanlike behavior: fifteen (15) yard penalty

11. Unsportsmanlike conduct

- 11.1. If the referee notices any voluntary contact (tackling, elbowing, blocking, etc.), the player will be expelled from the tournament. No unsportsmanlike like conduct and actions will be tolerated.
- 11.2. No offensive language (insults, threats, etc.) towards the referees, the players, the coaches and the spectators is authorized. Referees will determine which offensive language is liable for a warning and an expulsion.
- 11.3. No coach is permitted to enter the field to speak to players or the referee, unless he has been permitted to do so beforehand. A warning from the referee will be given to any coach who does not respect this rule. If the coach does not respect this rule a second time, or if the referee perceives any aggressive behavior from the coach, the coach will be expelled from the game. Any team who is not accompanied and supervised by an adult on the player's bench, will not be permitted to play or continue the game.