

MEDFORD YOUTH ATHLETIC ASSOCIATION FLAG FOOTBALL RULES FALL 2025

NOTE: The following rules apply to all age divisions with a few exceptions which will be noted within the content of the rule's description.

If the referees, after conferring, are unsure of a call; then the benefit of the call goes to the offense. Examples: Not sure if one foot was in bounds when making a catch-it is a catch; not sure if the spot of the ball is a 1st down-it is a first down; not sure if the spot of the ball is inside the no run zone-it is not inside the no run zone; not sure if the ball crossed the plane of the end-zone before a flag was pulled- it is a touchdown

Initial / Second Half Possession - Referee will conduct a coin toss with player representatives from each team to determine possession and direction teams are scoring and defending. Winner of coin toss decides if they want to start the game on offense or defense. The opposing team chooses which goal they are defending. The Team that started the game on defense will start the second half on offense and field direction will be reversed. Offensive team takes possession on own 5-yard line.

Coaches - There will be one head coach for each team. The head coach is the only coach that should communicate with referees. **There may be up to 3 coaches for each team on the sideline per game (parent help may be needed for K-2 teams and is allowed).** One coach from each team is permitted to be on the field to organize huddles, call offensive and defensive plays. Once players are set in their position, coaches must let the play develop through the player's actions and players may not be physically directed by a coach. The offensive coach must step back away from the play; the **DEFENSIVE COACH MUST STEP OFF OF THE FIELD** (to the scoreboard side of the field) Except for the Kindergarten Division..

If a coach remains on the field, and in the discretion of the referee, the coach's presence interferes with the play, the opposing coach may choose to run another play from the spot where the coach's presence interfered with the play and it remains the same down as the play in which coach interference was called (even if time has expired in the first or second half)

Length of Game-Each half is 30 minutes.....If the field and referees are available; the clock starts to run 5 minutes after the designated start time of the game, if the game has not already started. If at 5 minutes after the designated start time, the field is not

available and ready, or a referee crew is not ready to proceed, then the clock starts when the field and referees are ready to start, Half time is 3 minutes.

40 second play clock for 3rd thru High School **FROM THE TIME THE BALL IS SPOTTED**

60 second play clock for 1st and 2nd Grade **FROM THE TIME THE BALL IS SPOTTED FOR PLAY CLOCK VIOLATIONS EACH TEAM GETS ONE “FREE ONE”** [i.e. penalty flag thrown, clock stopped [no play]; but first time, no penalty is assessed]

TIMEOUTS

Each team has: 2 TIMEOUTS IN THE FIRST HALF;

3 TIMEOUTS IN THE SECOND HALF: Timeouts are for 30 seconds

For the first 28 minutes of each half the clock only stops for:

- 1) a timeout
- 2) the assessment of a penalty [clock starts after penalty is assessed and ball is spotted, if no time out is called]

CLOCK IS NOT STOPPED FOR SCORES OR CHANGE OF POSSESSION FOR THE FIRST 28 MINUTES

2 MINUTE WARNING: In each half there will be a 2 Minute Warning; the **clock is stopped at 2 minutes**, or if a play is in progress then when the play is over

The referee must advise each coach that it is the 2 minute warning, tell coaches:

Inside of 2 minutes the clock also stops for:

- 1) an incomplete pass (including “spiking” the ball which is permitted)
- 2) a player going out-of-bounds
- 3) a touchdown or safety (clock starts on first play run by opposing team i.e. extra point is an untimed down inside the two minute warning)
- 4) If a penalty is for a play-clock violation, the clock is not started until the next play when the ball is placed on the beanbag

If a team uses a hurry up offense in the last two minutes (or anytime during the game) the clock will continue to run and does not stop. The offense must wait for the referee to spot the ball (as any time during the game) before running a play.

A half cannot end on a defensive penalty, unless the penalty is declined

Coaches can agree to let the clock run during the last 2 minutes of the games

Overtime limited to one attempt to break the tie [except for play-off games]

Other clock stoppages - Referees may use their discretion to stop the clock for injuries, disruptions, unsportsmanlike conduct, and water breaks due to excessive heat etc.

Overtime - Overtime format is as follows: Each team is given an opportunity to score from the 45 yard line (5 yds closer than midfield to the goal line). Coin toss determines first possession (choice). Loser of coin toss determines which goal to defend. Note: Each team is required to score in the same direction. The team that scores more points in a particular round wins. There is a one round limit in the regular season. If tied after one round, the game is tied. In play-offs, continue until there is a winner. If more than

one round is necessary, then the teams alternate each round as to which team is on offense first. [NOTE: an interception just stops a drive, it cannot be taken back for a score]

Number of Players –

Prior to each season, based upon the average number of players per team, grade divisions will be assigned to play 6 v 6.

When a division is designated **6 v 6** a maximum of six players are on the field; if one team only has 5 players available, then the game shall be played 5 v 5. Less than 5 players is a forfeit and the coaches are encouraged to mix the players up and scrimmage.

Only players that have officially registered with MYAA may participate in a game. (i.e. if you do not have enough players you cannot borrow friends and neighbors to fill in)

Attire - Cleats are allowed but not mandatory (**no metal spikes**). Mouth guards are highly recommended, however with a parent's permission; they do not have to be worn.

Players' shirts must be worn in a way that prevents the shirt from covering the flags and there must be one flag located at each hip [i.e. one on each side of the player]
If a player's shirt is covering any part of a flag, or the player's flags are not located on each hip, then the player is down where the first player attempted to pull his/her flag when it was partially covered or not on each hip. [It is therefore highly recommended that players wear their shirts untucked, and put the belts over the shirts]

Flags must be completely exposed and not twisted or shortened in any way. **Jerseys must be tucked in**

Home team wears LIGHT jerseys. Visiting team wears DARK jerseys.

Scoring - Touchdown = 6 points / Extra Point starts on 5 yard line with 2 points for pass [a pass that is over the line of scrimmage; not a screen pass] and 1 point for run.

Safety = 2 points and possession starting on own 5 yard line.

An intercepted extra point attempt run back for a touchdown = 2 points

Substitutions - Player substitutions may be made on any dead ball.

Fair Playing Time / Ball Distribution - Coaches must use their best efforts to provide fair playing time for all participants regardless of ability. If you have seven or more players, then no player is allowed to play every down. In addition, the ball should be distributed fairly among players. No player should run or catch the ball on every down.

Touchdown Celebrations

Touchdown celebrations are acceptable, if they are not demeaning to any player, coach or parent of the opposing team. If found to be demeaning then the possession of the opposing team will start one yard short of the mid-field no run zone.[and could subject the player to a warning or card depending on the circumstance]

GAME RULES:

1st Downs - The offensive team will have 4 plays to cross mid field. Once a team crosses mid field it has 4 plays to score a touch down.

Change of Possession - All possession changes, with the exception of interceptions, start on the offense's five-yard line.

Possession changes on interceptions start at the location where the defender who is returning the interception had his/her flag pulled or stepped out of bounds. Defenders may attempt to return interceptions that occur in the end zone without the consequence of a safety [unless they go out of the end zone, and then back into it.] Defenders who intercept in the end zone, or their momentum carries them into the end zone, and have their flag pulled in the end zone, will have their offensive possession on the five-yard line.

Note: Defenders who intercept the ball outside the end zone and take the ball into the end zone (intentionally as opposed to their natural momentum taking them in) as part of their return are subject to having their flag pulled in the end zone and, if that occurs their team will be charged with a safety.

No Kickoff – There are no kickoffs. The team selected to receive starts first possession on their own 5-yard line.

No Punts – There are no punts. Failure of a team to cross midfield or score while on offense transfers possession to the opponents, at the opponent's 5-yard line.

Center Snap – Ball must be snapped directly from a player on the line (i.e. center) to the quarterback. The quarterback for each play is the player, in the backfield, who receives the snap from the center, no matter where the player is standing in the backfield. Snap can be a direct hand off, underhand toss, traditional snap through the legs, shotgun or direct snap to any player in the backfield. The center may turn sideways and “straddle” the ball for an underhand toss. All snaps must start with the ball on the ground. In the event a team only has 4 players on the field, a quarterback may self hike the ball in which case the player who self-snapped the ball is the quarterback.

Fumbles - If a player loses control of the ball and it hits the ground at any time [snap, run, interception return, lateral, toss (anything other than a forward pass)] the ball is dead and the play is over at the location that the ball hit the ground, unless the ball hit

the ground closer to the end zone that the player was trying to score, in which case the ball is dead at the location where the ball carrier was located when the fumble occurred. To clarify, a fumbled ball can not be spotted ahead of where the ball carrier was at the time of the fumble. If the ball makes initial contact with the ground in the end zone of the offense, (and was not a forward pass) it is a safety

Exception: In the K & 1st – 2nd grade divisions if the center or quarterback loses control of the ball during the snap [not on a hand-off,] the ball is dead and the play can be repeated without a loss of down from the initial line of scrimmage.

Rush Count / Defensive Off-Sides - Defensive team must wait for the referee to finish “rush count” of 5 seconds before crossing the line of scrimmage unless there has been a hand-off, pass, pitch or lateral in which case an immediate rush is permitted at the time the ball is in the possession of the player receiving the hand-off, pass, pitch or lateral. [Clarification: a screen pass, pitch or lateral that is made during the 5 second rush count cannot be intercepted because it would require a defensive player to cross the line of scrimmage prior to the offensive player receiving possession of the ball Any part of the body that crosses the line is off-sides.

[PENALTY for rushing in before the 5 second count: 5 yards from the line of scrimmage and repeat down or accept results of the play.]

Handoffs / Laterals / Tosses / Pitches— are all permitted BEHIND THE LINE OF SCRIMMAGE ONLY. Once the ball crosses the line of scrimmage players cannot hand the ball to another player and cannot lateral, toss or pitch the ball; same rule for a player who has intercepted a pass (i.e. no lateral, toss pitch or hand-off)

A defender can knock down or intercept a lateral, toss or pitch, assuming the defender is rightfully in the backfield because the rush count expired or there had been a prior lateral, toss, pitch or hand-off during the play.

Multiple hand-offs, laterals, tosses and pitches are permitted so long as the ball has not crossed the line of scrimmage. [but only one forward pass is permitted during a play; forward pass includes a pass, toss or pitch that goes in a forward direction rather than lateral or behind the player tossing or pitching the ball regardless of whether the ball crosses the line of scrimmage] Once a forward pass has been made, even if it was completed behind the line of scrimmage, the ball carrier can only run with the ball and cannot toss, pitch hand-off lateral etc.

Centers are not eligible for running plays unless they run behind the quarterback to get possession of the ball

The quarterback may not run with the ball directly over the line of scrimmage even when being rushed. If a quarterback runs over the line of scrimmage with the ball, the play is over. The down is lost; the ball is spotted at the previous location i.e. there are no penalty yards assessed, just loss of down [if it was 4th down, it is a turnover on downs. If

it was an extra point attempt, the attempt failed.] The quarterback for each play is the player, in the backfield, who receives the snap from the center, no matter where the player is standing in the backfield. In a 4v4 situation, the QB is the player who self snapped the ball.

After receiving the snap the quarterback may only: hand-off, lateral, toss, pitch or throw a pass. The quarterback can then go over the line of scrimmage and is then eligible to catch a pass. The quarterback may receive a pass if the quarterback throws the ball and the ball is tipped/blocked by the defender and then received by the quarterback, that would make him eligible to cross the line of scrimmage as a receiver.

If any player throws a forward pass, pitches the ball, laterals or hands the ball off after that player is completely over the line of scrimmage, then the play is whistled dead; the down is lost, and the ball is spotted at the line of scrimmage where that play started.

Forward Passes can be overhand or underhand (i.e. shovel passes are acceptable)

Receiving a Pass - Player must have at least one foot in bounds to make a completion. (any body part, i.e. toe, elbow etc. is equal to “one foot” so long as it touches in bounds before any other part of the body touches out of bounds.)

All players are eligible to receive passes, including the quarterback (so long as the quarterback has gone over the line of scrimmage to receive the pass)

Offside / Players in Motion - Offense may not cross the line of scrimmage until the center snaps the ball.

Only one player is permitted to be in motion at the time of the snap. The player in motion must be moving parallel to the line of scrimmage and may not be advancing toward the line of scrimmage before the ball is snapped. [PENALTY: Loss of 5 yards; repeat the down]

Formations - Only the center needs to be on the line of scrimmage. All other offensive players may be either on the line of scrimmage or in the backfield prior to the snap.

Run-Pass Mix / No Run Zones – Running and passing plays are permitted on any down except when the offensive team is within five (5) yards of the midfield (while attempting to make a first down) or within five (5) yards of the goal line.

Clarification: If the offense crosses midfield and achieves a first down, if on a subsequent play the offense losses yardage and is back within 5 yards of midfield; they are no longer in a “ no run zone “ because they are not trying to get a first down.

While in the “No Run Zone,” the ball can ONLY cross the line of scrimmage by a forward pass that is over the line of scrimmage. For purposes of the “No Run Zone” a screen pass cannot be used as a “pass.” Prior to the pass being thrown, a team can hand the

ball off, pitch or lateral behind the line of scrimmage, but the ball can only be advanced over the line of scrimmage by a forward pass.

The No Run Zone starts when the nose of the ball “breaks the plane” of the No Run Zone line. If a team has a running play while in the No Run Zone the result is a loss of down [if a running play was called on 3rd down, it is now 4th down; if called on a 4th down, it is now a change of possession] If there is also a penalty on the defense called, the penalties offset and the down is not lost; it is re-played.

Exception: The K-2nd grade divisions do not have the “No Run Zones”.

STANDINGS

Standings in every grade level division will be determined by record first (wins/losses), then head to head. In the event of a tie, points against will be then be determined. Finally, if necessary a head to head playoff play-in game will occur between the two teams with identical record. The MYAA Flag Football Commissioner will have final say in the playoff format. Grade level commissioners should/will make every effort to keep games competitive throughout the year.

PENALTIES- Any penalty can be declined

No Flag Guarding –There is no “ flag guarding “ defined as an act by the ball carrier to prevent a defender from pulling the ball carriers flags by “ stiff arming “ or blocking access to the flags with arms or hands. Shifting / moving of the hips is not flag guarding.

[PENALTY: Loss of 5 yards from the infraction and the down is not re-played.]
[If a team is trying to obtain a first down, and the ball carrier goes at least five yards past the midfield first down marker, and gets called for flag guarding, if after the assessment of the penalty, the ball is spotted past the midfield first down marker, it is a first down.]

No Charging / Steamrolling There is no “ charging “ or “ steamrolling “ defined as the movement of the ball carrier directly at a defensive player, this includes lowering the head towards a defender or making contact with the defender with a shoulder chest or forearm or simply running into the defender.

To clarify, a player carrying the ball can not intentionally run into, or jump into a player that is trying to pull a flag AND cannot make a move at the defender that makes it appear as if the ball carrier is going to make contact with the defender.

[PENALTY: Loss of 5 yards from the original line of scrimmage and loss of down.]

Inadvertent Flag Falling - If a player’s flag inadvertently falls off/is moved from original location on the hips during the play, then the player is down at the place where the next reasonable player could pull the flag. However, a player must have flags on to start the play. If a player does not have a flag belt on to start the play it is an automatic dead ball

and loss of down. (This does not include if a flag falls off during motion or inadvertently prior to the snap).

Blocking - Offense may not block or use an intentional “moving pick” to prevent a defender from getting to the ball carrier.

Offensive players may not run with the ball carrier.

[Clarification: When a ball carrier is running with the ball, the other players on his/her team cannot be moving in such a way that they impede the ability of the opponent from trying to get to the ball carrier to pull his/her flags. i.e. it is a penalty if a player, while moving, gets in the way of an opponent trying to pull a flag from anywhere on the field.]

Example of what is not a block: if the offense runs an “end around” to the left side, the wide receiver on the left side can run a “deep route” in hopes that a defender will stay with the receiver and not turn around and notice that the ball is being run to the left side, so long as the receiver does not position his/her body between the defender and ball carrier. In this example, the receiver cannot run at, or get in the way, of a defender that is coming towards the ball carrier.

[Penalty: Loss of 5 yards from the infraction and do not repeat the down. [see flag guarding rule regarding “first down” issue; same rule applies]

Tackling - Runner is down when defender pulls a flag off or if flag is not accessible to the defender. i.e. if the shirt is covering the flag or the flag is not on the hip

Spinning is allowed as long as it does not cause contact with a defender; no diving or jumping forward (if a player dives, jumps forward, or makes contact with a defender while spinning, the player is considered “down.” For diving or jumping forward the ball is spotted where the players feet left the ground) Minor contact from spinning will result in a player being deemed down at the spot where the contact takes place; more aggressive contact while spinning may be considered “charging” in the discretion of the referee. A “jump-cut” and “jump pass” are allowed so long as the players does not jump into, and make contact with the defender, in which case it is a Charge.

Illegal Tackling - Defender must avoid direct contact with the runner and may only make incidental minor contact using the defender’s hands while making attempts to grasp flags.

PENALTIES FOR INTENTIONALLY TACKLING TO THE GROUND

If, in the discretion of the referees, the ball carrier was intentionally tackled to the ground by the defender the penalty is 5 yards from the spot of the foul and an automatic first down; IF AFTER CONFERRING, THE REFEREES BELIEVE THAT THE BALL CARRIER WAS TACKLED BY THE LAST DEFENDER REASONABLY CAPABLE OF PULLING THE BALL CARRIER’S FLAG, THE RESULT OF THE PLAY IS A TOUCHDOWN

No Pushing out of bounds

No pushing the ball carrier out of bounds.

[PENALTY: 5 yards from the infraction and repeat down or accept the result of the play.

IF AFTER CONFERRING, THE REFEREES BELIEVE THAT THE BALL CARRIER WAS PUSHED OUT OF BOUNDS BY THE LAST DEFENDER REASONABLY CAPABLE OF PULLING THE BALL CARRIER'S FLAG, THE RESULT OF THE PLAY IS A TOUCHDOWN]

Holding- Defense may not grab and hold any offensive player.

Defender may not hold jersey, flag belt or part of the body of the runner in order to slow down the runner to grasp flags, nor can the defender pre-maturely grasp flag before offensive player has the ball.

[PENALTY: 5 yards from the infraction and repeat down or accept the result of the play.]
IF AFTER CONFERRING, THE REFEREES BELIEVE THAT THE BALL CARRIER WAS HELD BY THE LAST DEFENDER REASONABLY CAPABLE OF PULLING THE BALL CARRIER'S FLAG, THE RESULT OF THE PLAY IS A TOUCHDOWN

Holding- Offense may not grab and hold any defensive player.

[PENALTY: 5 yards back from the original line of scrimmage and repeat the down, or accept the result of the play.]

Defensive Pass Interference - Defender may not have any intentional or significant unintentional contact with offensive receiver while ball is in air. (In the discretion of the referees minor incidental contact is not a penalty if the defender is looking at the ball and attempting to catch it while both players are in motion.)

If an offensive player has established a position on the field (and is not moving; i.e. is waiting for the ball to come to him/her), and the defensive player runs into the offensive player, even if it occurs while the defensive player is trying to catch the pass, it is defensive pass interference.

[PENALTY: ball is spotted at the infraction AND repeat the down OR accept result of the play; if it occurs on an extra point attempt, the extra point attempt is good; if it occurs in the end zone it is a touchdown]

Offensive Pass Interference – An offensive player may not have any intentional or significant unintentional contact with a defender while ball is in air. (In the discretion of the referees' minor incidental contact is not a penalty if the offensive player is looking at the ball and attempting to catch it while both players are in motion.)

If a defensive player has established a position on the field (and is not moving; i.e. is waiting for the ball to come to him/her), and the offensive player runs into the defensive player, even if it occurs while the offensive player is trying to catch the pass, it is offensive pass interference.

[PENALTY: Loss of 5 yards from the line of scrimmage and loss of down, if it occurs on an extra point attempt, the attempt is no good]

No stripping the ball

A defender cannot try to strip the ball [i.e. cannot try to cause a fumble].

A player (on the offense or defense) can try to knock a pass out of the air, but once another player has possession of the ball, with one or two hands, an attempt to knock the ball out of the players hands will be considered stripping the ball. [i.e. the catch would be considered completed (either a catch for the offense, or an interception) at the point that the ball was knocked out of the players hands, and the penalty would then be assessed.

[PENALTY: 5 yards from the infraction and repeat down or accept the result of the play; if the stripping occurred during an interception; it is 5 yards from the infraction and a 1st down due to the change in possession.]

No Contact between defenders and receivers

There is no “bumping, jamming, pressing or contact of any kind” of a receiver off of the line of scrimmage by a defender.

[PENALTY: 5 yards forward from the spot of the foul (or half the distance to the goal if the penalty was within 5 yards of the opponents end zone) and replay the down.

If an offensive player intentionally initiates contact with a defender, it is a 5 yard penalty back from the line of scrimmage (or half the distance to the goal if the penalty was within 5 yards of their own end zone) and replay the down.

Number of Players in the Huddle in a game played as 6 v 6 the offense may not have more than 6 players in the huddle [5 players when playing 5 v 5] in an attempt to gain an advantage by tricking / fooling the defense as to what players will actually line up for the play. It is not a penalty, and it is understandable, especially at the younger ages, that there is, at times, confusion when the huddle is first formed as to what players should be out on the field on offense; a coach should determine which players belong on offense and send any extra players to the sideline before calling the play.

[PENALTY: If in the discretion of the referee, there were too many players in the huddle, in an attempt to gain an advantage by tricking / fooling the defense as to what players will actually line up for the play, the first time is a warning; after that it is a 5 yard penalty and loss of down]

Too Many Players on the Field: If the penalty is on the offense, the defense can accept the result of the play, OR have the down replayed, with the ball spotted 5 yards back from the original line of scrimmage (or half the distance to the goal if inside of 5 yards)

If the penalty is on the defense, the offense can accept the result of the play, OR have the down replayed, with the ball spotted 5 yards forward from the original line of scrimmage (or half the distance to the goal if inside of 5 yards)

Live Ball / Dead Ball - The ball is live at the snap of the ball and remains live until the official whistles the ball dead. The play is ruled dead when:

The ball hits the ground.

The ball carrier's flag is pulled.

The ball carrier steps out of bounds. [stepping on the boundary line is "out of bounds"]

A touchdown, point after or safety is scored.

The ball carrier's knee, arm or body part [other than fingers or palm of the hand] contacts the ground. [The ball carrier is not down if the ball touches the ground while in possession of the ball carrier i.e. ball carrier is losing balance he / she is not down if their palm, fingers or the ball (while being held) touches the ground to gain balance]

The ball carrier's flag falls out.

The receiver catches the ball while in possession of one flag.

An inadvertent whistle is blown

A ball carrier jumps, dives or makes contact with an opponent while spinning

A ball carriers flags are covered, in whole or in part, or not on each hip when a defender attempts to pull a flag

A quarterback runs with the ball over the line of scrimmage.

There is a running play in the "no-run-zone"

Inadvertent Whistle - In the case of an inadvertent whistle, the team in possession of the ball can either take the ball where the whistle blew or replay the down from the original line of scrimmage.

7th Grade and Higher

Each time will be granted one blitz per half- if a team early rushes that will negate the blitz for the half but will not be penalized. A team may “blitz” as many players as they want, same as during a regular rush. However, If a team is called for an early rush this will negate the blitz for that half. A blitz may be used on a two point conversion but no blitzes will occur in overtime.

There will be a 1 pt conversion from the 5 yard line (whether run or pass) and a 2 pt conversion from the 10 yard line (whether run or pass). Teams must designate which conversion they will be attempting to the referee so the referee can place the ball appropriately.

Sportsmanship Guide –

Coaches/fans/spectators/players should be respectful when coaching /watching/participating in any MYAA Flag Football Game or event. Coaches should be respectful if/when questioning a referee’s rule interpretation.

Coaches should do all they can to limit the damage in a lopsided game. Suggestions include: take a player off of the field; knock down passes instead of intercepting them; running plays instead of passing plays; play a softer defense by playing “off” the receivers by a few yards

If a team wins by more than 40 points; “winning” coach please provide the Grade Commissioner and the Flag Football Commissioner with an explanation of what, if anything, the winning team did to try and manage the game; and coach of team that lost please provide your comments

Coaches, Parents, Players: Sportsmanship Verbal Warnings / Yellow / Red Cards

In each game, a head referee will be identified to the coaches. In the discretion of the head referee of the game (or if called, a supervisor referee, commissioner, or person designated by the commissioner in the commissioner’s absence), a verbal warning / caution; yellow card, or red card can be issued to a coach, player or spectator for conduct that the referee determine to be unsportsmanlike. Examples of unsportsmanlike conduct includes: aggressive physical play which results in contact; tripping, tackling, charging, striking or attempting to strike an opponent, spitting at or near an opponent, foul / vulgar language, racial or sexist comments, arguments involving coaches, players and/or parents; persistent offenses / infringements / warnings; dissent by word or action; arguing a call with the referees; persistently questioning referee calls [other than in a polite and respectful manner i.e. it is okay to ask “please explain the call so that I can teach the players”; (or words to that effect)]; obscene gestures, trash talking; parents coming onto the field [except to attend to an injured player]; or acts detrimental, or not in the best interest of the league.

YELLOW/RED CARD PENALTY (along with ejection/suspension etc)

YELLOW CARD- If a yellow card is issued to any player, coach or parent, the result will be a 15 yard penalty and automatic loss of down for offense or fifteen yards forward and repeat of down if it is on the defense.

RED CARD- If a red card is issued to any player, coach or parent, the result will be an **automatic ejection** and possible one game suspension- up to the discretion of the myaa flag football commissioner. If the penalty is on the defense, the offense will have the ball at the 45 or 5 yard line with an automatic first down. If the penalty is on the offense, they will be pushed back to the 5 or 45 yard line with an automatic fourth down.

A suspension or expulsion for acts detrimental, or not in the best interest of the league, can include conduct that does not occur at the fields, but nonetheless interferes with the operation of the league.

As to whether a verbal warning, yellow, or red card is issued is in the discretion of the individual issuing the warning or card based on the circumstances of whatever occurred, with the exception of an automatic red card for striking another person, a racial slur, intentionally trying to cause injury, or spitting on another person.

If a yellow or red card is issued, the name of the person or persons involved and a description of the situation must be reported to the MYAA Flag Football commissioner. If a red card is issued, the commissioner will determine whether any further sanction should be imposed, such as suspensions for additional games or expulsion from the league. The commissioner, or a person or persons, designated by the commissioner may investigate the circumstances of the incident in making a determination. The commissioner can take into consideration, the past conduct of the individual [i.e. has the player, coach or parent been involved in issues in the past, or has never been involved in an issue] cooperation, whether the person has been candid, and has genuine remorse for what has occurred with a representation that no such incident will occur in the future]

Appeals can be made to the commissioner, upon the commissioner advising that the ruling is final; the matter can be appealed to the MYAA Board and through the designated MYAA appeal process.