



Mississauga Stadium Flag Football League Rules Fall 2019

League standings and schedules can be found on our website –
<https://mssl.ezleagues.ezfacility.com/>

The Mississauga Stadium Flag Football League will follow the rules of Halton-Peel Flag Football (H.P.F.F). Additional rules have been outlined to ensure the safety and enjoyment of all participants.

Halton Peel Flag Football rules can be found at the following link:
<https://mssleague.ca/msfl>

1. Games will consist of two 19 minute halves, plus 5 plays.
2. 6v6 play
3. Roster & Player Eligibility:
 - a) All players on a teams' roster must play a minimum of 50% of regular season games in order to be eligible to play in the playoffs. Exceptions to the rule may be permitted for valid medical reasons submitted to the league for review.
 - b) New players may be added up until the 5th game of the regular season
4. Equipment & Uniform
 - a) NO POCKETS ALLOWED (tape over pockets is NOT permitted).
 - b) PLAYERS MUST WEAR MOUTHGUARDS ON FIELD OF PLAY.
 - c) All jewellery must be removed or tape placed over it.
 - d) Player's shirts must be tucked in at all times. *Note: for player safety, hooded sweatshirts are not permitted on field of play.*
 - e) Flag belts must be worn on the waist, with flags on each side, and one on the back.
5. There will be no kick off or punting. At a change of possession each team will start on their 5 yard line. Except in the case of an interception, line of scrimmage will be where player is flagged.
6. If the offense does not pass their half of the field on their 3rd down the opposing team will start with the ball at half. *Note: if the line of scrimmage is at exactly mid-field the offense still needs to break that plane on 3rd down, otherwise the change of possession will be at mid field.*



7. The offense gets a minimum of 3 downs or maximum of 6 downs: *the offense can gain a first down by crossing half.*
8. Quarterbacks can run and cross the line of scrimmage. Once they have crossed the line of scrimmage they can no longer make a forward pass. Note: there is no penalty for an offside pass; the line of scrimmage will be marked from where the illegal forward lateral occurred when another offensive player gains control. *Note: there is a flag not a whistle on an illegal forward pass as the ball is live to the defense.*
9. NO RUN ZONE
 - a) Referee will announce a closed play – where there will be no running on plays from the defensive 5 yard line to the goal line. Failure to comply will result in a penalty, the play will be blown dead, and ball will be placed on the previous line of scrimmage, with a loss of a down. *(Note: on 4th down, the play will be blown dead and result in a change of possession.)*
 - b) After a touchdown is scored the offense can choose one of two conversion options: a 1 pt. attempt from the 5 yard line closed/no run zone or a 2 pt. attempt from the 10 yard line in which case the play is open to run or pass.
10. Rusher will line up on the 5 yard bag – H.P.F.F. rules apply. The rusher must be one yard outside of the centres feet (either side) and within 5 yards of the placement of the ball to retain direct line to QB/HB. The defense can have more than one rusher, same alignment will be required. If a defender is lined up in the neutral zone (inside of 5 yards), the player must wait for the declared rusher to cross the line of scrimmage first.
11. End zones will be 5 yards deep (note: we will use the existing indoor soccer box when applicable as the front of the end-zone, in which case the end zone will be closer to 7 yards deep).
12. Interceptions during a convert play are live; the team intercepting the ball must return the ball beyond the opposing team's goal line to be awarded 2 points. After scoring, they will scrimmage from their own 5 yard line as per change of possession.
13. Scrimmage plays allow movement of any offensive players except the centre on the snap.
14. The rusher can move as soon as the centre lifts the ball off the ground (note: if the centre lifts the ball off the ground and does not snap the ball to the QB/HB and instead places the ball back on the ground the rusher can "touch" the centre, the play will be blown dead and a loss of down will be enforced against the offense.



15. The QB/HB must be a minimum of 5 yards behind the line of scrimmage for the play to be legal; if not, a procedure call will be made with 5 yard penalty enforced and replay of down.
16. Rusher must be given a clear path to the QB or an obstruction penalty (10 yard penalty/defense has the option to accept with replay of down, or decline the penalty) can be called on the offence (*note: see rule 9*).
17. Personal fouls and pass interference: Personal fouls will be a 10 yard penalty plus repeat the down. Defensive target pass interference is a spot foul the line of scrimmage will be at point of infraction plus repeat the down. Defensive remote zone PI is a 10 yard penalty, repeat of down. **On offensive target PI there is a change of possession to the defense at the spot of infraction.**
18. All other fouls as per H.P.F.F rules for yardage, but not an automatic first down, just a repeat of downs when required. *Note: objectionable conduct penalties are enforced as dead ball fouls, loss or gain of 10 yards no repeat of down option.*
19. Each team will be allowed one 30 second time outs per half. (There is no carry over.)
20. For post season games: If the game is tied at the end of regulation time each team will run three convert plays.
 - a) 1 point (closed) from the 5 yard line
 - b) 2 points (open) from the 10 yard line
21. Players must remain under control at all times. Note: although spinning and jumping are not illegal per say, a ball carrier that is "out of control" or jumping into a defender(s) the offensive player can be flagged for unnecessary roughness.
22. Flag guarding by a ball carrier, whether with intent or not, will result in a dead ball whistle. The line of scrimmage will be at point of infraction less the 5 yard penalty to be assessed against the offense.
23. Verbal or physical abuse of officials will not be tolerated under any circumstance and players are subject to objectionable conduct penalties will be strictly enforced. Further discipline may result in removal from the MSFL. *Note: a player receiving a second objectionable conduct penalty during a game will be removed from the field of play.*
24. Excessive physical play and/or fighting will not be tolerated and may result in removal from the MSFL. *Note: Intent to injure ruling by any player carries a 25 yard penalty and an automatic ejection of the penalized player from the game.*
25. No smoking or alcoholic beverages are permitted in the dressing rooms, or inside the facility.



26. Supplemental discipline: In addition to the suspensions imposed under the MSFL or the H.P.F.F. rules the MSFL may at their discretion investigate any incident that occurs in connection with any league play. The MSFL also reserves the right to assess additional suspensions during or after a game whether or not such offence was called by the official. Those rules outlines in the MSFL Flag Football League and H.P.F.F outline minimum sanction or suspension. A player's additional suspension and/or expulsion from the MSFL could result after the league complete a thorough investigation or any incident.
27. The MSFL reserves the right to stop play and terminate a game at any time if there is a reason to believe that the safety of the participants is in danger.