

MOL Football

Rules and Regulations

On behalf of the MOL Board of Directors, we would like to welcome you to MOL, and thank you for taking your time to volunteer, coach or referee. It is our intention that all board members, coaches and referees read and understand this document, so that all of us begin the season with the same understanding of our rules and how we intend to referee the games.

The objective of MOL football, our rules, and how we referee the games, are very simple:

- Create a fun and enjoyable experience for all of our players
- Promote fair play
- Protect the safety and well being of all players involved
- Achieve these objectives by communicating with and educating the players/coaches first, and by penalizing as a last resort

Coaches Code of Conduct

The MOL Board of Directors has high expectations for our coaches. Not only do we expect you to provide a wonderful experience for your team members, but we also expect you to be examples for your players, your parents, and our young referees. Therefore:

- We expect coaches to ensure the good sportsmanship of themselves, their players, and their parents.
- We ask that all communication with referees be respectful and only between you and the referee. Communication with referees should be limited to questions and interpretations, not for complaints or attempted influence.

Expectations for MOL Referees

MOL referees are typically local high school or junior high kids that have previously played MOL. While there is only a minimal up front training program, we do mentor the referees on a weekly basis and set forth the following expectations:

- We expect our referees to be familiar with the rules as presented in this document
- We expect referees to hustle and be involved in every play
- We expect referees to blow the whistle loudly and decisively to signal a play is over
- We expect the ball to be spotted accurately where the flag was pulled
- We expect our referees to talk to the kids and help them learn the rules
- We instruct our referees to call as few penalties as possible. Penalties are only to be called when there is a clear safety issue or a clear advantage gained by a rule violation. For example, minor movement on the line of scrimmage prior to the snap, that doesn't give either team an advantage, should not be called. If an official is not sure, we ask them not to call a penalty. Coaches, please convey this to your parents! Parents who are not aware of our refereeing philosophy are typically our biggest problems!
- If the referees are not sure about something, we ask them to ask for help. Supervisors and board members are always at JM to step in if appropriate.

MOL Rules Overview

General

MOL games will be played under generally accepted football rules, with modifications/clarifications outlined below. Several of our rules are unique to flag football in an attempt to protect the safety of our players, designed to compensate for not

wearing pads and helmets. If a situation arises during a game that is not covered by the rules as stated below, the coaches/referees may consult the MOL Board Member overseeing the game for a ruling. That ruling will be final.

- All games will be played on an 80 yard field with 10 yard end zones. Field lines will be drawn at the 20 yard lines and mid field.
- Each team will field nine players. A minimum of seven players is needed to play the game, otherwise the game will be forfeited.
- Prior to the posted date of the first practice game, each team may practice two times. After the practice game, teams may practice one time per week. No exceptions!
- Games will be scheduled by the league scheduling manager. If the JM fields are closed due to rain/inclement weather conditions, the game will be rescheduled at the discretion of the league scheduling manager.
- All players are expected to play a minimum of half of the game. This may be accomplished in several ways – players can play two full quarters, can play all offensive or defensive snaps, or any other appropriate system. There is free substitution.
- The game is flag football. All plays end when the offensive player's flag is pulled (absolutely no tackling) or by an incomplete pass, fumble, or offensive player stepping out of bounds.
- First downs will be determined by advancing 10 yards (as measured by chains)
- Spotting of the ball – when a player's flag is pulled, the ball will be spotted at the spot where the flag is pulled (not where the ball is). At the goal line, the ball carrier must have one foot on the goal line or in the end zone before the flag is pulled to be a TD/extra point. If the ball carrier reaches the ball over the line, but a foot is not on the line/in the end zone before the flag is pulled, it is not a touchdown/extra point.
- Games will be four, 12 minute quarters. Time will be running time, with the following exceptions:
 - final two minutes of each half, when the clock will stop on plays out of bounds, incomplete passes, first downs (until the chains are properly positioned) and penalties
 - each team will be able to call three time outs per half – 45 seconds each
 - the clock will stop for a two minute warning
- One coach for each team may be on the field during play to call offensive plays, set defenses, etc. However, once the ball is snapped, the coach on the field must be silent until the play has ended.
- The referees will conduct a coin toss prior to the game. The team that wins the toss may choose to start the game on offense or defense. The team that loses the toss may determine which direction they want to attack/defend. The second half will be the opposite of the first half.
- There will be no kickoffs in games. After a score (touchdown or safety), the other team will begin play at their own 20 yard line.
- Rough play with an attempt to injure or intimidate will not be tolerated! Where we all know football is a physical game – even flag football – MOL will not tolerate rough play that demonstrates an intent to injure or intimidate.

Equipment

- All players must play with league issued jerseys, league issued flags (worn over the jerseys), and shorts that have no red in them (due to flags being red).
- All players must wear mouthguards during games, and are strongly encouraged to do so during practice.
- Players may wear rubber molded cleats. Screw-in cleats are not allowed.
- Hats and jewelry are not allowed.
- Casts are not allowed, even if wrapped.
- Prior to the start of each game, players will line up for a referee inspection to ensure the equipment rules above are followed

Offense

- Huddle - all players must be in the huddle prior to the snap. “Sleeper” plays are illegal. This rule does not prohibit running a no huddle offense.
- Time in huddle – we expect coaches to call plays quickly and get their teams to the line of scrimmage to run the play. It is optimal for the players to run as many plays as possible. If the referee believes a team is taking excessive time in the huddle or at the line of scrimmage (more than 30 seconds), he will offer one warning before calling a penalty for delay of game.
- Legal formations – the offensive team must have at least five players on the line of scrimmage and the remaining players in the backfield (at least one step off the line of scrimmage). There must be two players lined up within one yard of the center on the line of scrimmage.
- Shifts/motion – the offensive team may shift or motion a player, but they must be set for one full second before the ball is snapped.
- Eligible receivers – In the AFC and NFC, the two “guards” lined up within one yard of the center are not eligible. All other players are eligible receivers. In the PAC12, all players are eligible.
- Legal snaps – the ball may be snapped to the quarterback either under center or in shotgun formation. If a shotgun snap hits the ground, the referee has the discretion to blow the ball dead if, in his judgment, a possible recovery of the muffed snap creates a dangerous situation (possible head to head contact as the QB is trying to pick up the ball). If a muffed snap is fielded cleanly and no dangerous situation is created, the play will go on. If the play is blown dead, the ball will be spotted at the original line of scrimmage, loss of down.
- Passing – the ball may be thrown to any of the eligible receivers, and must be thrown from behind the line of scrimmage. The passer may not throw the ball away to avoid a sack. If the referee deems that the passer did not throw the ball in the vicinity of an eligible receiver, in an effort to avoid a sack, intentional grounding will be called and the ball will be spotted at the point of the throw.
- Running – a player carrying the ball may not:
 - Charge, or intentionally run into a defender. The runner must make a best effort to avoid contact with the defender.
 - Flag Guard, either by intentionally covering the flag with the hand or ball, or by intentionally knocking the defenders hand away from the flag. A ball carriers normal course of running shall not constitute flag guarding.
- **The runner will be marked down when:**
 - the flag is pulled by a defender
 - the flag falls off the ball carrier, and is then touched by the defender with one hand on any part of the ball carrier’s body
 - the runner steps out of bounds
 - any part of the runner’s body - other than his feet or hands - touches the ground
- Receiving – a receiver must have full control of the ball before the ball hits the ground, or one foot in bounds before stepping out, for a legal catch. A reception is considered good if the player receiving the ball is down, but catches the ball before it hits the ground.
- Blocking – all blocking is to be done with semi extended or extended arms, with open hands, where the blocker’s hands may contact the front of the defender’s body, in the area above the waist and below the neck. There will be absolutely no blocks below the waist, in the back, or above the shoulders, and absolutely no tripping. Grabbing the jersey, or holding the defensive player in any way, is not allowed.
- Blocking away from the line of scrimmage - blocks away from the line of scrimmage can only be “screen” blocks, not “run through” blocks. Examples are lead blocks from running backs, pulling guards, and “crack back” blocks from wide receivers. While players can still block away from the line of scrimmage, they are expected to screen the defender, NOT run through the defender. If such a block is deemed to be overly aggressive and/or knocks a defender off his feet, a penalty shall be assessed.
- Fumbles – once a player secures possession of the ball, there are no fumbles in MOL. If the ball is inadvertently dropped, stripped, or in any way lost by the offensive player, the ball is dead at that point.
- Hard counts – there are no hard counts, or double “go” counts allowed in the PAC12. Going after the first “go” is allowed in the NFC and AFC. However the referee will enforce a delay of game penalty if he feels the offense was simply trying to draw the defense offside with no intent to snap the ball.

Defense

- Alignment – defensive players may align themselves as they wish, with two exceptions:
 - no defender may line up directly over the center
 - defensive backs must line up at least two yards from wide receivers. “Bump and run” coverage is not allowed.
- Offside – if a defensive player lines up past the tip of the football (in the neutral zone), he is technically offside. If a player either lines up offside or jumps a snap count, they have the opportunity to get back onside before the ball is snapped, as long as they do not touch an offensive player – and as long as the referees determine the “jump” was not an intentional effort to cause the offense to move prematurely. The referee will only call an offside penalty when contact with an offensive player is made, the offside is deemed intentional, or the offside creates an advantage for the defense.
- Flag pulling – the defender may make any reasonable attempt to pull the ball carriers flags, with the exception of running through, or tackling the ball carrier. It is legal for a defender to “square up” the ball carrier and attempt to pull both flags, as long as they break down prior to doing so. If the ball carrier is near the sideline, the defender must still attempt to pull the flag – they may not shove the ball carrier out of bounds. An attempted “force out” will be considered a tackle, and penalized as such.
- Tackling in the open field to prevent a touchdown - if the referee determines that a defender intentionally tackles an offensive player in an attempt to prevent a touchdown, a touchdown shall be awarded.
- Taking on blocks – defensive players can use their hands to ward off blockers, push or pull the blocker out of the way, and/or spin away from a block in attempt to get to the ball carrier. A defensive player is prohibited from striking a blocker above the shoulders. A defensive player may never strike the center while his head is still down looking to deliver a shotgun snap (commonly referred to as “canning the center”)
- Pass rush - a defensive player may not make contact with the QB above the shoulder area, when the QB is in the throwing motion. A MAJOR Roughing the Passer penalty will be assessed if contact is made to the head or neck area of the QB while in the throwing motion.
- Pass defense – defenders cannot bump the receiver at the line of scrimmage, and may not alter the receivers route in any way while the ball is in the air.
- Interceptions in the end zone may be run out, or if the interceptor is downed in the end zone, the ball will be placed at the 20 yard line.

Special Teams

- Point After Touchdown (PAT) – the scoring team has the option to go for one point or two. For one point, the ball will be spotted three yards from the goal line. For two points, the ball will be spotted five yards from the goal line. A defensive interception on a PAT is a dead ball and the attempt fails.
- Punts – an offensive team can choose to punt. If so, they are to inform the referee. The kicking team gets a “free punt,” meaning that neither the offensive or defensive team may cross the line of scrimmage until the ball is punted. Both the offensive and defensive teams must have at least five players on the line of scrimmage. Also, a dropped snap may be picked up and punted (no dangerous situation is created).

Overtime

If the game is tied at the end of regulation, we will play overtime. MOL overtime rules:

- A) There will be a coin flip prior to overtime. The winner of the coin flip may choose to play offense or defense first during the first overtime period. If there are subsequent overtime periods, teams will alternate who plays offense first
- B) Each team gets four opportunities to score from the 10 yard line. If they score, they may choose to go for one point or two. If after an overtime period one team is ahead, they are the winner. If the game remains tied, we play subsequent overtime periods: maximum of three during the regular season, or until there is a winner during playoffs
- C) A change of possession results in the team losing any remaining opportunities in the overtime period.

Penalties

- Penalties will be assessed as either “Minor” or “Major” penalties. In the PAC12, Minor penalties will be three yards and major penalties five yards. In the NFC and AFC, Minor penalties will be five yards and major penalties will be 10 yards.
- No MOL penalty will result in an automatic first down. A first down will only occur if the assessed penalty yardage results in a first down.
- Any penalty called for “rough play” with an intent to “injure or intimidate” can also result in the following, at the sole discretion of the referee:
 - A) the player being removed for the remainder of the offensive/defensive series
 - B) the player being removed from the game and the incident being reported to the League Commissioner for possible additional discipline
- If a player has been removed for a series, and is called for rough play again, that player will be removed from the game.
- A “tackling” penalty assessed to a defender whose tackle is judged to prevent a touchdown will result in a touchdown being awarded.
- See all MOL penalties, designations, etc. on the attached “Chart of Penalties”

Chart of Penalties

Penalty	Minor/Major	Assessed from...	Down
Delay of Game	Minor	Line of Scrimmage	Repeat
Illegal Formation	Minor	Line of Scrimmage	Repeat
Off sides	Minor	Line of Scrimmage	Repeat
Illegal procedure	Minor	Line of Scrimmage	Repeat
Illegal forward pass	Minor	Line of Scrimmage	Loss of down
Intentional grounding	Minor	Ball placed at spot of foul	Loss of down
Ineligible receiver downfield	Minor	Line of Scrimmage	Repeat
Charging	Minor	From spot of foul***	Loss of down
Flag guarding	Minor	From spot of foul***	Loss of down
Offensive pass interference	Minor	Line of Scrimmage	Repeat
Illegal use of hands/holding/block in the back	Minor	Line of Scrimmage	Repeat
Block below the waist	MAJOR	Line of Scrimmage	Repeat
“Run through block”	MAJOR	Line of Scrimmage***	Repeat
“Tackling”	MAJOR	From spot of foul	Repeat
Defensive pass interference	MAJOR	Line of Scrimmage	Repeat
Roughing the passer	MAJOR	Line of Scrimmage	Repeat
Personal foul/Rough play	MAJOR	From spot of foul***	Repeat

*** Such penalties called on the offense behind the line of scrimmage shall be assessed from the line of scrimmage

Appendix

Playoff Tiebreaker Rules

1. Most Wins
2. If teams are still tied, then Least Losses
3. If teams are still tied, then Head-to-Head among the tied teams (only if all tied teams played each other)
4. If teams are still tied, then Lowest Points against in games among the teams that are tied (only if all tied teams played each other)
5. If teams are still tied, then Lowest Points against in all games against common opponents among all tied teams
6. If teams are still tied, then Lowest Points against in all regular season games
7. If teams are still tied, then coin flip

If a tie involves more than two teams, once the tie is broken and a winner determined, the tie breaker logic ‘resets’ and is applied to the remaining teams in the tie.

Replacement Players

If a coach has 7 or more players, the team plays, and the opponent is not obligated to match a lower number of players. If a team has less than 7 players, that team forfeits the game. (Coaches are encouraged to play a game for fun in a forfeit situation, since MOL is about kids playing football, not team records.)

If necessary, a team can use “replacement players” to get a team from 7 to 9 players. The rules for replacement players are as follows:

- Replacements can only be used for the 8th and/or 9th player, not a 10th or more
- Replacement players must be of equal or later pick position from the draft
- Replacement players cannot be first or second round selections, only third and lower
- Opposing coach and division commissioner have to agree to the use of replacement players; replacement player’s existing coach should be notified out of courtesy
- If a replacement player has been added and then an original player attends (unexpectedly bringing the total player count to 10), the replacement player can play up to half the game
- Players from a lower division are not allowed for safety reasons, players from a higher division are not allowed

Please remember that this is MOL, and things happen. The best solution to this problem is in the draft. Coaches should not draft their favorite baseball team, or 9 travel soccer players. One of the main things that kids remember about their years in MOL is being on teams with kids from throughout our communities.

Girls Specific Rules Addendum

Campolindo Stadium — 2026 Season Only

The following rules are specific to girls' divisions and apply only to games played at the Campolindo stadium during the 2026 season. Unless modified below, all general MOL rules, coaches' code of conduct, and referee expectations described elsewhere in this document remain in effect. Where a girls' rule differs from the standard (boys') rule, the girls' rule governs for these games.

Section 1 — The Basics

- 2026 games will be played in the Campolindo stadium, with two contests played simultaneously.
- 7 players per team on the field. 5 players minimum to play a game.
- First downs are gained when the ball crosses the 15-yard line or the 30-yard line, in either direction.
- No kickoffs. The ball is placed at the 5-yard line or the 40-yard line.
- Field: 45-yard field with 5-yard end zones, using the high school sidelines (painted).

Section 2 — Offense

- At least 4 players must be on the offensive line of scrimmage (LOS).
- No player is required to line up near the center.
- The ball must be snapped from the ground.
- The snap of the ball must be backward. It can go sideways but must travel perceptibly backward. One foot or more away from the LOS. Otherwise, it will be penalized as an illegal snap.

Running the ball

- The QB gets one direct run per 4 downs, unless the defense blitzes — in that case the QB may run on an unlimited basis.
- A direct handoff to a running back counts as a direct run.
- A pitched ball is considered a pass, not a direct run.
- **No Run Zones**: Direct runs, either by the quarterback or via a handoff, are not allowed within 5 yards of each first down (the 15- and 30-yard lines), or within 5 yards of the goal lines. These areas are known as “No Run Zones.” They are marked on the sidelines, with bright yellow cones.
- Any blitz by the defense nullifies the No Run rule.

Passing

- All offensive players are eligible receivers.
- Intentional grounding is allowed, but only in the event the QB is scrambling. Ball must be thrown Out of bounds or near out of bounds. Ball is returned to the original LOS. Intentional grounding is a judgement call by the referee, if no attempt to throw the ball out of bounds or near it and is grounded in the field, with no player in the vicinity, it is up to the referee's discretion.
- Forward passes must be thrown from behind the line of scrimmage.

Blocking

- There is no blocking in MOL girls' football. Any screen must be set by a player who is stationary when in the vicinity of the ball carrier — whether behind the LOS or in the open field.

Section 3 — Defense

- Pass rushers may raise their arms to knock down or intercept a pass. Any contact with the QB's arm results in a 10-yard penalty.
- The defense may rush one player, who must line up at least 7 yards from the LOS.
- The defense may blitz on an unlimited basis with two players. Both blitzers must line up at least 7 yards from the LOS before blitzing.
- Interceptions in the end zone may be returned. If not returned, the ball is placed at the 5-yard or 40-yard line.
- Bumping or impeding receivers is not allowed.
- The defense is not required to have any players line up on the LOS.

Section 4 — Scoring and Time

- 4 quarters of 12 minutes each.
- Running clock, except during the last two minutes of each half.
- Clock stops for timeouts, incomplete passes, out-of-bounds plays, and any penalty. The clock does NOT stop on a first down.
- Clock stops at the 2-minute warning.
- Each team gets 2 timeouts per half.
- A touchdown is scored when the girl in possession of the ball has one toe (or more) on, or across, the goal line. It does not matter whether her body OR the ball is across the goal line. No diving

Punting

- There are no punts. A coach “punting” simply moves the ball to the 5-yard or 40-yard line. “Punts” must be declared by the on-field coach.

Section 5 — Equipment

- No alteration of jerseys at the waist (no midriff cutting). Sleeves may be cut off.
- Red shorts are banned. Shorts with red stripes are also banned.

Section 6 — Overtime and Playoff Tiebreakers

- Identical to the boys' divisions.

Section 7 — Penalties

- Minor penalty: 3 yards (5th–6th grade), 5 yards (7th–8th grade).
- Major penalty: 5 yards (5th–6th grade), 10 yards (7th–8th grade).

Many penalty rules are identical to the boys' game. The differences for girls are listed below.

- Intentional grounding is not a penalty.
- There are no ineligible receivers.
- Charging is a MAJOR penalty; the charging ruling is at the discretion of the referees. The ball carrier must make an effort to avoid defenders.
- Illegal contact with the QB's arm: MAJOR penalty.
- Illegal pass rush (rushing from less than 7 yards off the LOS): minor penalty.
- Movement of the ball being an official snap, not “ready, set, hut”. ANY inducement by quarterback to get rusher offsides is a dead ball.