



2025 FLAG FOOTBALL BULLETIN

CALENDAR OF EVENTS

Date	
Sept. 6th	Regular season games begins
Set. 20th	Final Rosters due on Global Drive
Oct. 6th-10th	Week for make-up games
Oct. 20th-25th	Tournament dates 11U-18U

Administrative Rules by Division

	11U	13U, 15U & 18U
Field	30 x 70 yards	30 x 70 yards
# Players on the Field	5 Players	5 Players
Game Ball	Junior	Junior (13U), Youth (15U), Regulation (18U)
Timing	(2) 20-minute halves Clock stops for timeouts or injuries	(2) 20-minute halves Clock stops for timeouts or injuries
Half Time	3 minutes	3 minutes
Time Outs	1 per half - 30 -seconds 1 floating time-out per game to clarify a call	1 per half - 30 -seconds 1 floating time-out per game to clarify a call
Mercy Rule	If a team gains a 28-point advantage, the game will end.	If a team gains a 28-point advantage, the game will end.
Tie Games	Regular season games that are tied after regulation will remain a tie – No Overtime	Regular season games that are tied after regulation will remain a tie – No Overtime
Season Length	7 regular season games Post Season Invitational Tournament	7 regular season games Post Season Invitational Tournament

Looking for Volunteer Coaches!

Join your child on the field this fall! Become a volunteer coach!

In a few easy steps YOU can be a volunteer coach for our Flag Football program! For additional questions please contact the league director or Sheu Oduniyi at soduniyi@minneapolisparks.org

1. Agree to our Coaches Code of Ethics: <https://www.volgistics.com/ex/portal.dll/ap?ap=2022039025> (once per year)



2. Complete Concussion Awareness Training: A link will be emailed to volunteers.
3. Background checks: Volunteers must provide an email address. Volunteers will receive an email asking them to complete a background check online. **To avoid any delay to the start of your volunteering, be aware that once it is sent, you will have 3 days to complete the online form before the link will expire.**

MPRB Flag Football Schedules:

9.11.2020

1. Youth MPRB Flag Football schedules will be viewable through our online league management software. It is a web-based program and can be viewed from anywhere.
2. Park directors will be notified when they are available for viewing you will then use the following steps to get your team's schedule.
3. Website: www.teamsideline.com/sites/minneapolisparcs
 - a. On the top menu bar, click on **Game Schedules – Choose your Division** ○ Teams can also use the "Find Team Schedule" search bar
 - b. Teams can view the whole season schedules, or they can click on "teams" and just view the schedule for their team (great tool for parents & coaches)
 - c. Special notes will be displayed above the standings (i.e. tournament information)
 - d. Teams can check scores of other games & view standings once the scores have been reported.

Administrative Rules:

- **Post Season Invitational Tournament Information** • The Tournament Entry Fee is \$50 per team.
- The Tournament is an "Invitational" meaning that only players/teams that have been asked to take part can compete.
- Seeding is done prior to the end of the regular season. This is done to ensure that we give participants and staff enough time to organize their schedule.
 - Seeding is final once tournament schedule is sent out.
- All 13U to 18U teams will be invited to participate
- Tiebreakers ○ Winning percentage ○ Head-to-Head ○ Head-to-Head Differential ○ Total Points Against ○ Total Points Differential ○ Lowest Number of Forfeits ○ Coin Toss
- **Team Rosters and Coaches**
 - Maximum 10 players per roster – Extensions must be approved by League Director
 - Maximum of 2 non-Minneapolis residents per roster
 - Maximum of 3 MPRB certified coaches per team. This includes all team personnel (photographers, first aid, etc.)
- **Coaches must remain on the sideline the entire game.**



- Mouthguards are required to be worn by all participants in MPRB youth flag football. Youth that wear a retainer/braces will have to purchase their own specialized mouthguard, [Athletic Mouthguard for braces](#)
- **Participation Rule**
- Every player dressed and attending a game **MUST** play a minimum of **4** plays per half. Players must participate in at least 3 regular season games to be eligible for the post season tournament.
- **Team Forfeit Rule:** Teams must have 5 players ready to play by game time or a forfeit will be declared.
- **Jewelry shall not be worn by players during warm-ups and/or competition.** (Medical alert bracelets are not considered jewelry and must be taped to the body and alert may be visible).
- Ejections: Any ejection (player or coach) will be reviewed by the League Directors and may result in additional suspension of penalty.

9.11.2020

- Please see the [Youth Sports Team Policies and Guidelines](#) for additional MPRB rules & guidelines.

Playing Rules:

- The MPRB plays by rules published by the NFL Flag Football.
- The NFL Flag Football rulebook can be found at the following link –
 - Download- [NFL Flag Rules 2025](#)



*You are joining the **MPRB Kids Zone***

**By registering your child in MPRB Youth Athletic leagues
you
are joining the *MPRB Kids Zone* and agree to the following:**

- Kids are #1
- FUN is more important than winning
- Let the coaches do the coaching
- Fans cheer positively (no public displays of anger)
- Respect the officials
- Inappropriate language will not be tolerated
- Keep the facility & grounds clean
- All parks and schools are tobacco & alcohol free

Thank you for supporting MPRB athletics!

**The Minneapolis Park & Recreation Board will provide all participating youth with a positive
9.11.2020 and safe environment. We welcome your ongoing support of our program.**