



THE HAIL MARY

HOT NEWS

MICHIGAN INCLUSIVE FLAG FOOTBALL LEAGUE



GEARY PARK

COVER 2 DEFENSE

The Cover 2 Defense in 7-on-7 flag football is a zone defense that divides the deep portion of the field into two areas, each covered by a safety. Here's how it works:

- Two safeties: The deep half of the field is split between two safeties, each responsible for one side (left and right). They defend against the deep passes and are the last line of defense.
- Two cornerbacks: Play closer to the line of scrimmage, covering the flats or shorter routes.
- Two linebackers: Cover the middle of the field focusing on short and intermediate routes like slants, drags, and hooks.
- Rusher: Rushes the QB. Must start from 5 yards behind the line of scrimmage.

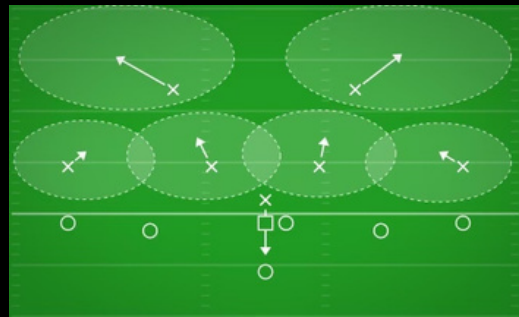
Cover 2 Strengths:

- Strong against deep passes.
- Good against quick passes.

Cover 2 Weaknesses:

- Vulnerable in the middle of the field.
- Weak flats coverage.

In 7-on-7 the defense relies heavily on discipline in the zones and quick recognition of offensive routes. The Cover 2 helps prevent big plays but requires good communication and positioning.



COVER 2 DEFENSE

PHOTOS, SPONSORS, & SCORING RULES

WEEK 2 RESULTS, STANDINGS, & WEEK 3 SCHEDULE

DOG PHOTOS, SPONSORS, & SCORING RULES

RULES



SCORING RULES

- Touchdowns are 6 points.
- Following a touchdown, an extra point can be made by converting a play from the 5 yard line or 2 extra points by converting from the 10 yard line. Running is allowed on all extra point tries.
- A team may only change its decision on a 1-or 2-point try after using a team timeout.
- If a team intercepts a pass or fumble during the try and returns it for a touchdown, the team scores 1 point.
- During an extra point try, if the defense commits a foul and the conversion attempt is unsuccessful, then the offense can attempt to try for 2 points from the 5 yard line or try for 1 point from the 2.5 yard line. If the conversion attempt is successful, the offense can either decline the penalty or attempt to try for 2 points from the 5 yard line.
- During a two-point conversion try, if the defense commits a foul and the conversion attempt is unsuccessful, then the offense can attempt to try for 2 points from the 5 yard line.
- Mercy Rule: The game will end if one team is winning by 25 points at the 5-minute mark or 17 points at the 2-minute mark or under.

WEEK 2 RESULTS, STANDINGS, & WEEK 3 SCHEDULE



WEEK 2 SCORES

SUNDAY, 14 SEPTEMBER 2025

PYLON POUNDERS	26	VS	40	THE POLAR BEARS
MVP - Emily Marshall	SCORE		SCORE	MVP - Kendell Pete

THICC & QUICK	21	VS	39	ROYAL PAIN IN THE PASS
MVP - Tom Edwards	SCORE		SCORE	MVP - Bridgette Smith



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pronto!
DINER, LOUNGE, & SHOWBAR

WEEK 3 GAME SCHEDULE

SUNDAY, 21 SEPTEMBER 2025 | 2:30 PM

THICC & QUICK VS PYLON POUNDERS

SUNDAY, 21 SEPTEMBER 2025 | 3:30 PM

THE POLAR BEARS VS ROYAL PAIN IN THE PASS



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SOCIAL
SOHO
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MICHIGAN INCLUSIVE
FLAG FOOTBALL LEAGUE

STANDINGS

POS	TEAM	W	L	T	P	F	A
1	ROYAL PAIN IN THE PASS	2	0	0	4	70	35
2	THE POLAR BEARS	2	0	0	4	70	53
3	THICC & QUICK	0	2	0	0	48	69
4	PYLON POUNDERS	0	2	0	0	40	71



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