

## Jay Community Center Flag Football Rules

In this game, the offensive team plays for a 1<sup>st</sup> down attempt at midfield and a touchdown in the end zone. Running and passing plays are allowed, although there are “NO RUNNING ZONES” 5 yds. before midfield and before the goal line. The defensive team covers receivers, rushes the passer and grabs flags to make “tackles”. Please note the following rules will be enforced more strictly than in previous age categories. Coaches please be sure you are enforcing all rules during practices to ensure less penalties in the game. The field lengths and widths have been increased for the older leagues.

Line of Scrimmage may be stated as LOS hereafter

### **The Basics**

- A coin toss will determine first possession
- Winner of coin toss decides to take possession or to decline
- Loser of toss determines direction of play
- The offensive team will take possession of the ball at the 5-yd line and has 4 plays to cross midfield. Once team crosses midfield they will have 4 attempts to score a touchdown.
- If the offensive team fails a touchdown or first down the ball changes possession and the new offensive team takes possession at its own 5 yd. line.
- All possession changes except interceptions, start on the offensive's 5 yd. line.
- All interceptions may be returned except on a conversion attempt
- Fumbles may be returned prior to whistle blow
- Teams will change sides and direction of play after 20 minute
- All 3-6 year old games are played 5 v 5 and 7+ games are played 5 v 5 and each team has to have a minimum of 4 players on field if short.

### **Timing/Overtime**

- The game lasts 40 minutes and is run on a continuous clock and will be stopped for half-time unless stated otherwise by official(s)
- Each team receives 2 timeouts per half  
.2- 30 second timeouts
- Clock can be stopped at any time by the official(s)
- If the score is tied at the end of 40 minutes, teams move directly into overtime. **A coin toss determines possession and first team to score wins.**
- Once the ball has been spotted by the official, the offense has 30 seconds to snap the ball. The official shall try to warn the team before 25 seconds has run out. **Teams WILL receive ONE warning before being penalized for delay of game.**

## Scoring

- Touchdown = 6 points
- Extra point= 1 point from 5 yd. line and must be passed  
2 point from 12 yd. line and can be ran or passed
- Safety = 2 points and loss of possession (see safety section)

## Running

- **The quarterback can cross the Line of Scrimmage with the ball 1 time per drive. (Example if your quarterback runs for a first down he is no longer eligible to run until your next possession of the ball.)**
- Offense may use multiple handoffs.
- NO RUNNING ZONES are located 5 yds. before midfield and 5 yds. before end zone
- The player receiving the handoff is eligible to pass the ball but must remain behind the Line of Scrimmage
- Only one forward pass per play
- Once the ball has been handed off all defensive players are eligible to rush.
- Spinning is allowed but the ball carrier cannot leave their feet in order to avoid a defensive player
- The ball will be spotted from the spot of the ball carriers feet when flag was pulled
- \*\*Laterals and pitches are allowed but must be done behind the line of scrimmage
- **Center Sneak is NOT allowed**

## Receiving

- All players are eligible to catch the ball, including the quarterback, as long as that player as remained inbounds prior to receiving the ball
- Only one forward pass per play
- Only one player is allowed in motion at a time
- A player who gains possession in the air is considered in bounds as long as the first foot that lands is in bounds before the second foot lands out of bounds.
- In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- Interceptions are returnable. If returned off of a conversion it is always 2 points.
- **Fumbles** are playable and returnable anywhere, but **only** in the 7+ division.  
(There will be a 3 second count given on fumbles if the ball has not been picked up or attempted to be within 3 seconds it will be ruled a dead ball.)

## Passing

- \*\*Shovel, laterals and pitches are allowed ( from behind LOS)
- The quarterback has a 7 second “pass clock”, if the ball is not passed or handed off within 7 seconds the play is dead and loss of down is in effect.
- Interceptions and fumbles may be returned
- Only one forward pass per play

## Flag Pulling

- A legal flag pull takes place when the ball carrier is in full possession of the ball
- Defenders cannot hold the ball carrier in any way. If the defensive player reaches for the flag and grabs a hold of any other article on the ball carrier and slows them down and another player pulls the flag it is considered an illegal flag pull penalty.
- It is illegal to strip or attempt to strip or pull the ball from the ball carrier or quarterback even behind the LOS.
- If a ball carrier's flag inadvertently falls out the player is immediately down and play is dead. Furthermore if the flag fell out prior to receiving the ball the play is immediately down at the spot the ball is received.
- Defensive player may not intentionally pull the flag of a player not in possession of the ball. This is also an illegal flag pull penalty
- Flag guarding is a penalty that is an attempt to obstruct the defense from accessing the flag by any means including but not limited to stiff arming, dropping of head, shoulder hand or arm, leaving shirt untucked, belt tail untucked, jumping, diving, or leaping. This is flag guarding penalty

## Dead Balls

- The ball must be snapped between the legs and not off the side to start the play
- Substitutions may be made on any dead ball  
Play is ruled dead when:
  - Ball carrier's flag is pulled
  - Ball carrier is ruled out of bounds
  - Touchdown or safety occurs
  - Ball carrier's knee hits the ground
  - Or if the whistle is blown

## Rushing the Quarterback

- All players who rush the quarterback must be a minimum of 7 yds back from Line of Scrimmage
- Any number of players can rush
- Once the ball has been handed off all players are eligible to rush
- **Absolutely no Blocking or Tackling**

## Sportsmanship/Roughing

- If the referee or any official field monitor witnesses ANY acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected for a minimum of that half, and the team will be penalized and warned.
- Second offense by any team mate of same team MAY be terms for calling the game in a forfeit
- Trash Talking is Illegal. ( by any players, coaches, or spectator) Trash talk is at the referee's discretion. If it occurs the referee will warn the team(s), player(S) or spectator(s) one time. If it continues the trash talker will be ejected from the game and MAY cause the team to forfeit the game.

- TRASH TALK OR UNSPORTSMANLIKE CONDUCT WILL NOT BE TOLERATED IN ANY WAY

## **Safety**

A safety occurs when:

- The ball carrier is declared down in their own end zone, this can occur when in the end zone the flag is pulled, flag falls out, ball carrier runs out of bounds or ball carriers knee hits the ground.
- When there is an offensive penalty committed in the end zone while the ball is in the end zone, a penalty committed outside the end zone while ball is inside the end zone is not considered a safety
- When the ball is fumbled in the end zone or out of bounds from inside the end zone
- It is NOT a safety when the 7 second clock expires
- All safeties are 2 points and loss of possession

## **Miscellaneous**

- Players must wear rubber or plastic sole shoes or cleats no boots or metal cleats are allowed
- Players shirts and belt tails must be tucked in at all times
- All players on the field must wear mouthpieces at all time
- One coach is allowed on the field during regular season play, but are not allowed on the field of play during tournament play (except for 4-6 year old leagues)
- Inadvertent whistle, play can continue if it comes to stop due to confusion by players then the referee and the coaches will decide to either repeat the down from original LOS or to call the play down at the spot of the whistle

## **Penalties**

- All penalties will be called and only called by the referee(s)
- Incidental Contact will be determined by referee(s)
- If the penalty is ruled a spot foul the loss or gain of yds. will be determined at the spot on the field the foul occurred  
Otherwise all penalties will be marked from the Line Of Scrimmage
- Only the coach may ask the referee questions about a call. No one else
- Games cannot end on a defensive play, unless offense declines it.
- All penalties can be declined by other team
- When the penalty yardage is more than half the distance to the goal, then penalty will be assessed half the distance to the goal. If a defensive penalty occurs after a touchdown the offense has the option of assessing the penalty on the conversion with half the distance to the goal or the first play of the other team's possession by placing the ball half the distance to the goal.
- Illegal motion, offensive off sides and delay of game on the offense are dead ball penalties and are immediate stoppage of play. Defensive off sides, illegal rush or any other penalty does not result in stoppage of play. At the end of the play the referee will inform the coach of the penalty and decision will be made at that time to accept or to decline.

- If there is penalties on both teams during the same play, they are offset and the play is replayed from the original Line of Scrimmage.

## Defensive Penalties

- Offsides 5 yds. from LOS, repeat down
- Illegal Rush 5 yds. from LOS, repeat down
- Too Many Players on the Field 5 yds. from LOS, repeat down
- Illegal Contact (holding, blocking, etc.) 5 yds. from LOS, and 1<sup>st</sup> down
- Illegal Flag Pull Spot foul 10 yds. and 1<sup>st</sup> down
- Pass interference Spot foul 10 yds. and 1<sup>st</sup> down
- Stripping the ball (carrier or Quarterback) Spot foul 10 yds and 1<sup>st</sup> down
- Unsportsmanlike conduct (Roughing the passer, tackling any player, unnecessary roughness are all considered unsportsmanlike conduct) Spot foul 10 yds. & auto. 1<sup>st</sup> down may Lead to ejection of game.
- Tackling a player w/clear path to End Zone Automatic touchdown and 2pt conversion
- Taunting 10 yds from LOS automatic 1<sup>st</sup> down

## Offensive Penalties

### Dead Ball Penalties:

- Delay of Game 5 yds. from LOS loss of down & clock stop
- Illegal motion/to many men on field 5 yds. from LOS loss of down
- Offsides 5 yds. from LOS loss of down

### Other Penalties:

- Illegal Pass 5yds from LOS loss of down
- Illegal Screen 5 yds. spot foul and loss of down
- Flag guarding 10 yds. spot foul & loss of down
- Pass interference 10 yds. spot foul & loss of down
- Unsportsmanlike conduct (Roughing the passer, tackling any player, unnecessary roughness are all considered unsportsmanlike conduct) Spot foul 10 yds. loss of down & may lead to ejection of game
- Taunting 10 yds from LOS & loss of down