

## JCPRD 5v5 Flag Football Rules

### Roster

Your team roster is due by your first game time. All participants MUST sign the roster. Roster will be kept on file at the complex. If you add need to add players a different week, ask the field supervisor for your teams roster to update it.

Females can play in the league. However, rules will remain the same, except for scoring. (See below under scoring)

### Equipment

#### **Game Equipment**

Football: Any ball approved for AFFL, High School or College competition. If a game ball provided by the league is not used, both team captains must agree on the game ball. Each team may use their own game ball, but fairness and playability will be determined by the officials.

League will provide flag belts for all players

Any belt used for play not provided by the league will have to be approved by the officials/director

#### **Player Equipment**

Jerseys: Matching colors are required. Numbers are recommended

All shirts/jerseys **must** be tucked in at all times

No pants or shorts with pockets are allowed.

Footwear is required (**NO** metal cleats)

Mouthpieces not required but **highly** recommended.

Assorted Illegal Equipment - Players will be disqualified from a contest until the following items are removed: This will be at the **discretion** of the officials!

### Gameplay

#### **Timing**

- Two 20-minute running clock halves

- Exception: Final 2 minutes of the 2nd Half
- Clock stops and the 2-minute warning will be issued
- After 2-minute warning, the clock will stop on:
  - Incomplete pass
  - Out of bounds
  - Defensive/offensive penalty
  - 1st down (once the line of scrimmage (LOS) has been set the clock will run)
  - Change of possession
- Extra points will become an un-timed down after the 2-minute warning
- Clock starts on the snap of the ball
- Halftime: 2-minute period
- Timeouts: 2- 30 sec timeouts per half; Timeouts do not carry over
- Mercy Rule: If a team is ahead by 21 points (any combination of scores) at the final 2-minute warning of the game, the game will be called. If the game reaches a spread of more than 21 after the final 2-minute warning the game will be played out.

## Scoring

- Male Touchdown: 6 points
- Female Touchdown: 8 points
  - Any touchdown scored by a female with the exception of a hand off.
- 5-yard extra point: 1 point
- 12-yard extra point: 2 points
- Safety: 2 points

The ball will be spotted where the ball carrier's flag is pulled, not where the ball is. Ball and flags must break the plane for a 1st down or a touchdown!

## Game Play Rules

- Beginning of Contest
- Minimum players to start: 4 players
- Coin Toss: Winner of coin toss will choose to:
  - Play offense
  - Play defense
  - Defend a goal
- Beginning of the game and the second half will begin at the 5-yard mark
- After half the teams switch ends and the ball switches possession

- Zone Line to Game

- Zone line to gain will be the next 20-yard section.
- Each offensive team will receive 4 plays to get a 1st down or touchdown.
- On fourth down if a team elects to go for it and fails to achieve a 1st down or touchdown, the defensive team will take over at that spot. Spot is defined as the result of the play regardless of a positive or negative gain.
- If a team elects to not go for it on 4th down, the defensive team will take over at their own 5-yard line.

- Pre-Play Protocol and Formations

- Play clock shall be 25 seconds.
- Substitutions may occur before the offensive team breaks their huddle. As the snapper addresses the ball, no more substitutes will be allowed. If a team then tries to substitute, a delay of game penalty will be called.

- Formations:

- Offensive formations: 3 players are required on the LOS.
- Players within 3 yards of the center must go into a route.
- Motion (by offensive players)
- Offensive players may go in motion prior to the snap.
- All motion must be parallel or away from the LOS.
- Only 1 player may be in motion at the time of the snap.

- Snap:

- The offensive team will be allowed to snap the ball from an upright position, overhand or underhand to the quarterback in one continuous motion (it's not required to snap the ball between the legs).

- Blocking

- Any use of hands or any other extremity to slow or deter a defensive player will result in an offensive penalty.
- There is no blocking, shielding, or picking allowed at the LOS or down field.

- Ball Exchange

- The football may be exchanged in the following methods:
  - Hand-off (behind the LOS), **no** laterals, toss, or options
  - There may be multiple hand-offs behind the LOS, example: reverse
  - Forward pass (beyond the LOS)
- Limit of one pass per play
- May be overhand or underhand

- Ball-Handling

- Ball carriers are prohibited from certain actions while in possession of the ball:

- Diving (Example: for yardage or end zone)
- Jumping to avoid a tackle
- “Steamrolling” a defender by initiating excessive contact
- Flag guarding which includes but is not limited to:
- Stiff-arming the defensive player
- Swatting or swiping away the tackler’s hands
- Blocking flags with the ball

- Any ball that contacts the ground is automatically down at the spot

- Includes unsuccessful snaps and fumbles

- Includes your hands or knees touching the ground

- **\*\*Exception: incomplete pass\*\***

- The QB

- The QB **cannot** run the ball unless they are rushed.

- The QB has a 7-second pass clock. If a pass is not thrown within the 7 seconds, play is dead, loss of down, ball returns to the LOS. Once the ball is handed off the 7-second rule is no longer in effect.

- All players are eligible to receive passes (including the QB if the ball has been handed off behind the LOS).

- Players must have at least one foot in bounds when making a catch.

- In the situation where the QB throws the ball and the ball is deflected which results in a completion by the offensive team behind the LOS that individuals only option is to run the ball.

## **Defensive Guidelines**

- Formation

- Defensive players may line up in any formation desired.

- QB Rush: “Defensive rushers” may rush the QB upon the snap of the ball. To be considered a “defensive rusher,” players must begin the play **behind** the 7-yard mark. At the snap, those players can advance across the LOS.

- The rusher must have a straight line to the QB. The rusher however cannot line-up on center.

- All other players cannot cross the LOS **unless** the ball is handed off behind the LOS.

- There can be multiple rushers as long as they start behind the seven-yard marker.

- Tackling

- A legal tackle is one in which a flag is pulled from the offensive player that is in possession of the ball.

- Illegal tackles include but are not limited to:

- Pulling an offensive players flag before they are in possession of the ball.

- Shoving an offensive player in possession of the ball out of bounds.

- Grasping and clutching an offensive player in possession to slow or impede their progress (otherwise holding).
- If a player's flag falls off while during the play, the offensive player with the ball will be down at that spot. It **does not** become two hand touch after that!
- Interception
  - All interceptions (INT) are live. If an interception takes place in the end zone and that player's flag is pulled the ball will be placed at the intercepting team's 5-yard line.
  - In the case of an INT where the intercepting team commits a penalty, the referee will mark the spot of the infraction which now becomes the LOS. At the conclusion of the play the ball will come back to the new LOS and a 10-yard penalty will be marked off with no loss of down.

## Overtime

The overtime format will be based off of college rules. Each team will receive one possession (possession equals 4 plays) per overtime period until a winner is declared.

- Coin Flip: The coin flip will determine the order of possession for overtime.
- Possession will be taken at the 15-yard line.
- Each possession will consist of 4 plays to score. If at the end of 4 plays or on a change of possession due to turnover, that team's offensive possession ends.
- After the 2nd overtime, teams will be required to go for the 2-point conversion.
- At the end of each overtime period, the order of possession will be reversed.

## Penalties

- All **offensive penalties** will result in a **10-yard penalty** from the LOS and **loss of down**
- All **defensive penalties** will result in a **10-yard penalty** from the LOS and an **automatic 1st down**
- Any penalty **inside** the 10-yard line will be **half the distance** to the goal
- Delay of Game: Failure to snap within the 25-second play clock
- False Start: Offensive player moving from their set position prior to the snap
- Illegal Snap: Center faking a snap to draw the defensive players offside
- Illegal Shift: Two offensive players in motion at the time of the snap
- Illegal Forward Motion: Player moving towards the LOS at the time of snap
- Illegal Forward Pass: Offensive player passing the ball forward once they have established a position beyond the LOS or a pass that does not go beyond the LOS
- Illegal Formation: Not enough players on the LOS at the time of snap (3 needed)
- Illegal Block: Blocking by contact or movement to impede the process of a defender
- Illegal Participation: Once the offensive team breaks the huddle and there are more than 7 players on the field

- Encroachment: Any defensive player crossing the LOS before the hand-off that is **not** stationed behind the 7-yard mark prior to the snap
- Pass Interference: Any attempt by an offensive or defensive player to gain an advantage through illegal contact while the ball is in the air
- Holding: Any player attempting to gain an advantage in the passing game or attempting to pull a flag by clutching or grabbing a player or the uniform of the player
- Flag Guarding: Action committed by the ball carrier that prevents the defense from having an opportunity to pull the flag (includes: swatting of hands, holding the ball to block a pull, stiff arm of the defender, improper attachment of the belt, un-tucking uniform to hang over flags, etc.)
- Roughing the Passer: Contact with the QB above the belt line
- Roughing: Any action that involves excessive contact by an offensive or defensive player
- Stripping: Any defensive player that attempts to remove the ball or cause a fumble by swatting, striking or pulling on the offensive player in possession of the ball

## **Miscellaneous**

- Inadvertent whistle: Play will be stopped immediately. The officials will mark the ball at the spot when the whistle was blown. The offensive team will have the option to except the play where it stands or replay the down. These are the only options!
- Cussing/use of foul language: If a player is caught using abusive/foul language there will be an unsportsmanlike penalty assessed to the offending team. The penalty will be 15 yards from the end of the play. There are children and spectators watching these games and we don't need to deal with this.

## **Unsportsmanlike Conduct**

15-yard penalty assessed at the end of the play.

- Unsportsmanlike conduct includes but is not limited to rough play, taunting, inappropriate language and actions towards officials, opposing players, and fans. Players and fans can and will be removed from the contest and complex for unsportsmanlike conduct.
- Rough play will not be tolerated. These guidelines have been created to provide a fun and safe environment to play flag football for all participants. Excessive contact will result in penalties. It can also result in being ejected from the contest and from the league.

Anything **not** covered in the rules will be at the **discretion** of the officials or the league coordinator.

