



JRGAC

Flag football

Rules

Article 5 Flag Football

Section 5.1 rules

- 1) No flag guarding. No blocking or contact. Cannot use a player as an escort when running the ball. A 5 yard penalty will be assessed at the spot of the foul.
- 2) Five second rule for QB to pass the ball (if no pass is made, it is considered a sack). Ball will be placed at the spot of the QB and will result in a loss of down.
- 3) No fumbles. All players must have a mouth piece being used properly (a penalty will be assessed if not in use).
- 4) 40 yard fields. 10 yard end zones. First down marker will be placed on the 20 and then moved to end zone if made. A team has 4 downs to either get a first down or a touchdown, if not then field flips with change of possession.
- 5) Two time outs per team per half. Two 20 minute halves with a running clock. There is a 4 minute warning in the second half only. Clock will stop on time outs. After the 4 minute warning clock will stop for incomplete passes, and if a player runs out of bounds.
- 6) If the ball snaps over the QB's head, he is the only person that can pick up the ball. The QB is only allowed to try to pick up the ball one time. Defense cannot recover the ball.
- 7) Extra point attempts: ball must be snapped from the 3 yard line between the centers legs and kicked from the 10 yard line.
- 8) Home team gets choice of offense or defense. Second half visitors choice.
- 9) All penalties are 5 yards except a defense pass interference more than 10 yards, then it will be a 10 yard penalty unless penalty is declined.
- 10) Touch down is 6 points. Extra points are as follows: 2 points if kicked successfully, 1 point if a team goes live from the 5 (no run zone), 2 points from the 10 live (pass or run).
- 11) Overtime, home team gets choice to play offense or defense first. They will go for 1 point or 2 point conversions. If second overtime is necessary the away team gets choice of offense or defense first. If a third overtime is needed both teams will be forced to kick for 2 points and will be backed up 5 yards each made attempt until there is a winner.
- 12) Offense must have a minimum of 3 players on the line of scrimmage. Center is eligible.
- 13) 4th, 5th grade may have one coach on either side of the ball on the field. 6th and 7th grade one coach on offensive side only. All coaches must stop coaching once the QB starts cadence.
- 14) 30 second play clock.
- 15) Player cannot jump over defensive player on the ground or dive to advance the ball.
- 16) Two referees will be required. League reserves the right to add additional referees if needed.
- 17) Defensive players can line up on the ball except for a blitzers must line up 7 yards from the line of scrimmage. Absolutely no contact by a defensive player on an offensive player. A 5 yard penalty will be assessed at the end of the play if contact is made.
- 18) **No out of control screaming at referees by coaches. First offense will be a 15 yard penalty. Second offense will be ejection and a one game suspension. Ejected coaches must exit to the parking lot immediately. Game will not resume until coach leaves.** See league rules for appeal process.
- 19) Home team must provide down marker holders.
- 20) All parents must stay in the stands. Only coaches, players, team moms (if approved), trainers and designated photographers allowed on field.

- 21) An interception has to be returned for a touchdown, if it is not then a change of possession occurs.
- 22) If there is a penalty within 5 yards of scoring the referee has the right to award a touchdown.
- 23) If a player shows up without a uniform he/she is not eligible to play unless additional uniform is available. All jerseys must be tucked at the start of each play.
- 24) All forfeits a team will be awarded 42 points.
- 25) There are 2 no run zones. 25 yard line to 20 yard line, and from the 5 yard line to the end zone.
- 26) Any contact with the QB while in the motion of throwing the ball is considered roughing the passer (15 yard penalty). From the 20 yard line and the penalty is 1/2 the distance to the goal.
- 27) If a defensive player brings an offensive player to the ground while grabbing a flag a 5 yard penalty will be added to the end of the run.
- 28) Once a defensive player establishes his/her position offensive player must make an athletic move around them.
- 29) If an offensive player fumbles the ball in the air and a defensive player catches it before it hits the ground it will be ruled a turnover **(there is no striping of the ball)**.
- 30) Game time ball sizes are as follows: 4th and 5th- junior football, 6th and 7th youth football.
- 31) All passes must be over hand or a shovel pass (no underhand forward passes).
- 32) Max point differential is 42 points. At this time the winning team must flip the field at every change of possession (explanation: if team is rostered at 11 players 4 must come off the field and be replaced with the remaining kids not in play, if teams roster is 14+ all players on field must be changed out). This must continue until the point differential becomes less than 42 points. 32.5) If a team has a Bye game they will only be awarded 21 points.
- 33) Tie breakers for playoff seeding are as follows:
 - 1) head to head
 - 2) plus minus point differential
 - 3) common opponent record
 - 4) coin flip
- 34) Bunch formations are aloud HOWEVER the inside receivers must be no closer then 3 yards from the center.

****March 1st rosters are due.**

****Final rosters are due the Wednesday before week 4.**

****All players must play a minimum of 3 games to be eligible for the playoffs.**

Section 5.2 Flag Football Equipment Requirements

- A) Team must provide a jersey with team name and a number on back. (each team will be issued a team color by the league).
- B) Players shall wear a triple threat flag football belt that has three flags permanently sewn on the belt. Any color is acceptable as long as the color does not match the color of the shorts/pants worn.
- C) Mouthpieces are required to be properly worn during play.
- D) No baseball hats or jewelry is to be worn while on the field for the safety of the players.

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