

FIELD DEMINTIONS

1. Length: 60yards
2. Width: 25 yards
3. First down marks: Mid-Field
4. No run zones: Within 5 yards before the first down and within 5 yards of the End Zone of the offensive team.

GAME CLOCK

1. Two 14-minute halves with a running clock format except for the final minute of the second half, where a pro clock will be used during this time. The clock will stop on incomplete passes, out of bounds, change of possessions, & extra point attempts. However, if there is a 9-point lead in the second half the clock can only be stopped with a time-out.
2. Clock will start after penalties when the referees are set when the penalty is on the offense. When the penalty is on the defense, it starts on the snap of the ball.
3. Each team receives one 60 second time-out **per game**, unless they were taken away at the beginning of the game. For violating the start of game time rule.
4. If a team can play after their grace period has run out, then they will lose all of their time-outs for that game.

CLOTHING

1. **NO POCKETS:** turning you shorts inside out or taping your pockets is not permitted.
2. **NO METAL CLEATS!!!!**
3. Only prescription glasses or sunglasses may be worn.
4. Hats are allowed but must be worn backwards. However, if it falls off during play, it will be treated like a flag and the player must be touched.
5. All players must have league approved flags.

6. If a player has a towel tucked in their shorts, this will be treated like a flag, and a defender may pull it. If it falls out during play, they can be touched and will be down.

COIN TOSS

1. Whichever team wins the coin toss can select offense or defense. The team who lost the toss will then get to choose which goal to defend. At the start of the second half, the ball will go to the team who started on defense in the first half and the teams will switch sides of the field.

SUBSTITUTIONS

1. Players may substitute in during a dead ball but must be on or off the field before the snap of the next play.
2. When a player enters the huddle on offense another player must come out. If the same player leaves the field, you will be flagged for “Illegal substitution”. You cannot break the huddle with 5 players.

FLAGS

1. Once the receiver touches the ball the defender can pull the flag. If the catch is made the ball is spotted at the point of the flag pull even if the receiver juggles the catch and gets possession farther down field. This eliminates players intentionally tipping the ball to themselves for additional yards. It doesn't matter if the tip was intentional or not. If a defender touches the ball after the receiver touches it, the rule starts over again.
2. If a player starts the play without a complete set of flags and receives the ball in any way they are down at the point of the possession. However, if a player gets it in the end zone it's a safety.
3. If a player's flag falls off without being pulled by the opponent he is not down but must be touched to be down.
4. If the center snaps the ball without a complete set of flags he is down at the line of scrimmage. If it is under a minute, the clock will continue to roll.
5. It is an Illegal flag pull if on a throwback the flag is pulled late in the opinion of the referee, or when a referee thinks that a defender pulls a flag of someone not with the ball on purpose.

POSSESSIONS

1. All possessions begin on the 5-yard line except for interceptions.
2. Each possession is 3 plays to make a first down (at Mid-field) or the ball goes over on downs. If a first down is made, then you have 3 downs to score or the other team takes over.
3. Interceptions can be returned. Ball is spotted where the ball is when the flag is pulled.
4. If an interception occurs in the end zone and the player takes a knee, the ball will be placed at the 5-yard line. The player can return the ball if he chooses.
5. Once a team gets a first down by crossing mid-field, that team cannot get another first down by crossing mid-field again during the same offensive possession.

SNAPPING THE BALL

1. The ball **MUST** be snapped between the legs.
2. Once the mark is spotted by the referee & the 7-yard mark is set, a team will have 25 seconds to snap the ball.
3. For the center to receive a hand-off, they must receive it from the side, not on his back. All other players may receive it on their back.
4. Center **MUST** have both flags on when centering or he is down when the ball is snapped.

PASSING

1. Only **ONE** Backward pass or Lateral is allowed in all Divisions. More than one and the play will be blown dead.
2. Shovel passes are permitted.
3. Quarter back has 5 seconds to pass the ball if there is no rush. If the quarterback is being rushed, they have all day to throw.
4. If there is no rush and the quarterback does not get the throw off in 5 seconds, it will be a loss of that down & the clock will not stop. It is **NOT** a penalty.

5. A backwards pass or lateral that is dropped will be spotted where the ball lands & the clock **WILL NOT STOP**.
6. Quarterbacks or any other player attempting a forward pass can jump to throw a pass even if being chased by the rusher. However, if he does not throw the ball before he lands, he will be penalized for Flag guarding. Flag guarding in the end zone is a safety. Otherwise it is 10 yards from the spot of the foul and loss of down.
7. Intentional grounding will be called if all receivers are past the line of scrimmage and the quarterback attempts to throw the ball away to avoid a sack. However, if the ball hits or goes beyond the line of scrimmage no penalty will be called. Intentional grounding in the end zone will result in a safety. This is a referee's judgment call.

RUNNING THE BALL

1. Unlimited hand-offs behind the line of scrimmage.
2. Quarterback does not have to be lined up behind the center.
3. One lateral or pitch is allowed behind the line of scrimmage. If the pitch is forward, the receiver is only allowed to run. If it is backwards, they may run (as long as they are not in a no run zone) or pass.
4. The no run zone is located 5 yards from the end zone & 5 yards the mid-field line. The line itself is part of the no run zone.
5. The player who receives a hand-off may pass as long as they does not cross the line of scrimmage.
6. Quarterback cannot run unless it is handed off or passed back to him.
7. The quarterback cannot intentionally bounce the ball off other players then catch it and run.
8. On all hand-offs the quarterback must completely let go of the ball.

RECEIVING THE BALL

1. **ALL PLAYERS** are eligible to receive passes, except players behind the line of scrimmage in a no run zone.
2. The receiver **MUST** have at least one foot in bounds when making a catch.

FORWARD PROGRESS

1. The ball's forward progress is measured from the farthest advancement of the ball, not the hips.
2. The defense has the option, if the ball is dropped, to choose where it landed or where it left the player's hand.

SCORING

1. Touchdown= 6 Points (Co-rec div. Female catches a TD or runs for one gets 9 points) and a Safety = 2 points
2. Extra Points: From 5 yards out = 1 point, from 12 yards out= 2 points. Holding after an interception on an extra point or two-point conversion attempt will result in a 10 yard penalty assessed NEXT TIME the intercepting team is on offense (could be the next half).

DEAD BALLS

1. Any time the ball hits the ground.
2. Dipping is allowed however if a player's hand touches the ground, they are down.
3. There are no fumbles. If a player is running and drops the ball and another player catches it before it hits the ground, it will be a change of possession.
4. When a flag is pulled.
5. If a player's flag falls off, he is not down. A defender must touch him from the shoulders down. If the referee believes he was touched, regardless of the fact, he is down.
6. When the ball carrier's knee touches the ground.
7. When the ball carrier steps out of bounds.
8. If there was no hand-off or pitch and the quarterback passes the line of scrimmage, the play is over: **NO PENALTY**. The clock continues to run.

9. If non original quarterback crosses the line of scrimmage in a no run zone, play continues but flag is thrown. The defense can intercept the ball if thrown.

RUSHING THE QUARTERBACK OR CROSSING THE LINE OF SCRIMMAGE

1. An official will spot the 7-yard rushing mark: if the offense is in hurry up or not and the referrer is slow marking the rush line, the rusher must make an attempt to be 7 yards away himself.
2. Rusher must be 7 yards beyond the line of scrimmage when the ball is snapped.
3. Any number of players may rush.
4. If the rusher enters the 7-yard neutral zone before the snap, he must get back behind the 7-yard mark before the snap of the ball or they **CAN NOT** rush that down. After the ball is snapped, they **CANNOT** go back to the 7-yard mark and then rush. They are not allowed to rush that play.
5. Rusher may go for the flags or to block the pass. They **CANNOT** hit the quarterback's hand or arm. This is Illegal contact and a penalty will be called.
6. No player can intentionally knock the ball out of another player's hand. This is a penalty.
7. The rusher has a direct line to the quarterback only if they position themselves with no player in their line. If they line up with a player between themselves and the quarterback, they will not have the right of way. If the rusher changes his direction before they cross the line of scrimmage, they lose the right of way.
8. Once the ball has been handed-off or pitch, all defensive players can cross the line of scrimmage and rush even if they are not behind the seven-yard mark. If the quarterback has not released the ball only the players behind the 7-yard rush mark can cross the line of scrimmage or it is an Illegal rush.
9. If the rusher pulls the flag before the ball is released, it is a sack even if the quarterback's arm is going forward.
10. Impeding the rush cannot be called if it is an Illegal rush.

OVERTIME

1. Flip for possession.

2. Ball starts out on the seven-yard line where you get One play.
3. Both teams get equal possessions, **NO SUDDAN DEATH.**
4. Go for extra points 1 or 2.
5. NO TIES.
6. Interceptions may be returned for scores.
7. Re-flip after every 2 overtimes.

PENALTIES

1. Offensive penalties are 10 yards from the line of scrimmage & loss of down, except flag guarding which is 10 yards from the spot of the infraction and loss of down. However, if a first down is gained on third down and the flag guarding happened past the first down marker there will be a 10-yard penalty plus you lose first down making it second down and goal from the spot.
2. Defensive penalties are 10 yards from the line of scrimmage & automatic first down, except defensive pass interference which is a spot foul.
3. On a defensive pass interference, the offense has the choice of either a first down at the spot of the foul or 10-yard penalty from the line of scrimmage and a first down.
4. During the final minute of either half, if there is an offensive penalty the clock starts when the ball is set, and the referees are ready.
5. Flag throwing rule: Deliberately throwing a flag away from an opponent in the last minute of a game will- stop the clock, 10-yard penalty, and an automatic first down.
6. If Mike Itani or Jason Masters, were to see any unnecessary roughness They can and will come on the field and call the penalty themselves.
7. It is a penalty to hit the ball out of the opponent's hand.
8. If an offensive player laterals the ball and it is dropped, the defense has the choice to have the ball spotted where it hit the ground or where the ball was when it left his hand. It is considered a lateral if the player throws the ball down short of the first down.

9. **ABSOLUTELY NO CUSSING.** Your **ONLY WARNING** is before the game. First offense is loss of down & 10-yard penalty. Second offense 5-minute ejection. Third offense is an automatic ejection.

OFFENSIVE PENALTIES

1. Illegal motion- more than one man in motion at the same time, or forward motion before the ball is snapped.
2. Illegal pass- Quarterback releasing the ball beyond the line of scrimmage.
3. Interference- Pick play, pushing off defender, holding, or illegal contact.
4. Flag guarding- swiping away a defender's hand during a flag pulling attempt.
5. Stiff arming- pushing away a defender.
6. Illegal contact- Blocking, holding, picks, pushing player out of bounds.
7. Off-sides/False start- Forward movement prior to the snap or lining up off-sides.
8. Moving screen- Running along with the ball carrier in order to prevent the defense from a flag pull.
9. Charging- When a defender is set an offensive player cannot run them over or throw their hips into the defender.
10. Unsportsmanlike conduct- Excessive contact, rough play. Two unsportsmanlike penalties and you will be thrown out of the game and be subject to a suspension. You **CAN** be ejected for the remainder of the game if Mike Itani, Jason Masters, or the referees think it warrants it on the first penalty. This is also a spot foul or a 10-yard penalty, defenses choice.

DEFENSIVE PENALTIES

1. Off-sides
2. Illegal flag pull- Intentionally pulling a flag before a player touches the ball.
3. Illegal flag pull- Pulling the flag late in the referee's judgment of the quarterback who throws the double pass.

- 4. Holding- 10-yard penalty from the line of scrimmage if the ball is not thrown yet. If a player is held while running with the ball, it's the choice of the offense to take the play were the flag is pulled or a 10 yard add on and automatic first down from the spot of the hold.**
- 5. Pass interference- If ball is thrown, then spot of the foul or 10 yards from line of scrimmage or offenses choice.**

ADDRESSING THE OFFICIALS OR JAX FLAG FOOTBALL STAFF MEMBERS

- 1. Only the designated team captain may ask the referee questions about the rule clarifications or interpretations.**
- 2. Players cannot question judgment calls.**
- 3. Do not get too close to the referee. The referee has a 2-yard buffer zone which he may enforce as unsportsmanlike conduct if you get in their face.**
- 4. During controversial matters teams will go to their respective sidelines while the referees discuss the ruling. If you don't agree with the call understand it is part of the game that is not perfect, and we all must deal with it. Every attempt is made to give you the fairest games possible.**
- 5. All teams are required to have a copy of the league rules. If you believe the referee has made a mistake as far as the rules go, call time-out, find a member of the staff or consult your rule book and then present your case in an adult like manner. If you are right, your time-out will not be charged. If you are out of time outs a 10-yard penalty and loss of down will be enforced. You are responsible to know the rules.**
- 6. Verbally abusing any member of the staff or anyone on the property will get you ejected quickly and possibly suspended from the league. Continue this from the sideline and your team will forfeit its game.**
- 7. Referees, players, & staff members are to show respect for each other. Repeat offenders of poor sportsmanship will not be tolerated.**