

Fair Oaks / Carmichael Jr. NFL Flag Football League Rules

Any rule listed in the Fair Oaks Recreation and Park District Jr. NFL Flag Football League Rules will supersede the “NFL Flag Official Rule Book”.

League Rules

GETTING THE GAME STARTED

1. A coin toss determines first possession.
2. Game length is two (2) 20 minute running time halves. Each team is allowed two (2) one minute time-outs per half. There may be an official time-out to assist an injured player at the discretion of the referee. There will be a 5 minute halftime.
3. The offensive team takes possession on its five (5) yard line and has four (4) plays to cross the first down marker. If the offense fails to make a first down, the ball changes possession and the new offensive team takes over on its own five (5) yard line.

DURING THE GAME

1. All possession changes, except interceptions, start on the offense's five (5) yard line.
2. Prior to the start of the 2nd half, teams change sides with possession of the ball going to the team that started the game on defense.
3. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one (1) warning each before a delay of game penalty is enforced.
4. Ball must be snapped between the legs, not off to the side, to start play. (Except for 5-7 year old group)

OVERTIME

1. A coin toss determines first possession. The team losing the toss will determine which end zone to defend. Each Team will get one attempt to either go for 1 point (from 5-yard line) or 2 points (from 12-yard line). The team that has the most points after their possession will win. If the game is still a tie after the 3rd overtime, the game will end in a tie.

SCORING

1. Touchdown: 6 points
Extra points: 1 point (from 5-yard line)
2 points (from 12 yard line)
Safety: 2 points & Defensive team takes possession

RUNNING

1. The quarterback cannot run the ball.
2. Direct hand-offs behind the line of scrimmage are permitted. The offense may use multiple hand-offs.
3. Minimum of one pass per 4 downs.
4. The player who takes a hand-off can throw the ball from behind the line of scrimmage. This is considered a Running Play.

5. Once the ball has been handed-off, all players are eligible to rush.
6. Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
7. The ball is spotted from where the ball carrier's feet are not where the ball is, when the flag is pulled.
8. Laterals or pitches are not allowed
9. All offensive players must stand still when the ball is in possession past the line of scrimmage.
10. **“Center sneak” play is no longer allowed. The QB is not allowed to handoff to the center on the first handoff of the play.**

No-Handoff Zone

No-handoff zones are located 5 yards before each end zone and 5 yards on either side of the midfield are designed to avoid short-yardage power-running situations. Any team within the zone can **NOT** handoff the football, a pass must be thrown by the Quarterback. Any penalty, sac or 7 seconds that brings the line of scrimmage out of the No-handoff zone **Does NOT** allow a team to run, the No-handoff zone is still in effect

RECEIVING

1. All players are eligible to receive passes (including the quarterback if the ball has been handed-off behind the line of scrimmage).
2. As in the NFL, only one (1) player is allowed in motion at a time.
3. Players must have at least one (1) foot in-bounds when making a catch.

PASSING

1. All forward passes must be beyond the line of scrimmage. Shovel passes are allowed.
2. The quarterback has a seven (7) second “pass clock”. If a pass is not thrown within the seven seconds, the play is dead, and is ruled a sack. Once the ball is handed off, the seven second rule is no longer in effect.
3. Interceptions can be ran back. This is the only change of possession that doesn't get marked on the offense's five (5) yard line.

BLOCKING

1. **No blocking or “shadow” blocking is allowed.**
2. Any attempts to cause “hard contact” between players will result in an illegal contact penalty which can be upgraded to unsportsmanlike conduct if the hard contact is considered malicious.
3. Offensive players cannot impede the defender's opportunity to make a play on an offensive player. Crossing routes are permitted. However, if it appears to the official an offensive player is doing a “chip block” (purposely getting in the defenders way on a route) a penalty can be called.

DEAD BALLS

1. Substitutions may be made on any dead ball.
2. Play is ruled "dead" when:
 - Ball carrier's flag is pulled.
 - Ball carrier's flag falls off.
 - Ball carrier steps out of bounds.
 - Ball carrier's knee hits the ground.
 - Seven (7) second passing rule comes into play
 - Ball is fumbled
 - Touchdown or safety is scored.

RUSHING THE QUARTERBACK

1. All players who rush the quarterback must be a minimum of seven (7) yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback.
2. Players not rushing the quarterback may defend on the line of scrimmage.
3. Once the ball is handed off, the seven (7) yard rule is no longer in effect. Special markers on the field or referee will designate the seven (7) yard rush line.

SPORTSMANSHIP/ROUGHING

1. If a referee or program staff member witnesses any unsportsmanlike conduct such as, but not limited to, tackling, elbowing, cheap shots, blocking, or actions deemed inappropriate to the game, the game will be stopped, the referee will assess a penalty and the player will be excused from the game.

FOUL PLAY WILL NOT BE TOLERATED

2. Trash talking is forbidden. Officials have the responsibility to determine offensive language, gestures or actions. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators.) If trash talking occurs the referee will assess a penalty for unsportsmanlike conduct and warn the offending player or coach. If it continues, the offender(s) will be excused from the game.
3. The head coach is ultimately responsible for the on field and sideline behavior of everyone associated with his team: assistants, players, guests. If proper decorum is not maintained, the offending team will forfeit and the game suspended.
4. The purpose of Fair Oaks Recreation and Park District programs is to promote and encourage safe and positive leisure time activities for all participants.
5. Showboating is not allowed and a warning will be given but may be upgraded to an unsportsmanlike conduct penalty.

PENALTIES

All penalties will be called by the referee. Referees decision is final and no protests will be allowed.

DEFENSIVE

Offsides - ***Five yards and automatic first down***

Interference - ***10 yards and automatic first down***

Illegal contact (holding, blocking, etc.) - ***10 yards and automatic first down***

Illegal FLAG pull (before receiver has ball) - ***10 yards and automatic first down***

Illegal rushing (starting rush from inside 7-yard marker) - ***5 yards and automatic first down***

OFFENSIVE

Illegal motion (more than one person moving, false start, etc.) - **Five yards and loss of down**

Illegal forward pass (pass thrown beyond line of scrimmage) - **Dead ball and loss of down**

Offensive pass interference (pushing off/away defender) - **10 yards and loss of down**

FLAG guarding - **5 yards (from line of scrimmage) and loss of down**

Delay of game - **Clock stops, 5 yards and loss of down**

*** Games cannot end on a defensive penalty, unless the offense declines it.**

***Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.**

***The coach may ask the referee questions about rule clarification and interpretations but is prohibited from questioning judgment of call.**

EJECTION'S AND SUSPENSIONS

1. Any player ejected from a game will be suspended for a minimum of one (1) game, possibly longer if warranted. In addition to the ejection, the suspension will be served at the next scheduled game.
2. Any coach/spectator ejected from a game will be suspended for a minimum of one (1) game, and may be removed entirely from the program and future programs if necessary.
3. The program coordinator reserves the right to remove any player/coach/spectator from the program that creates an unsafe or negative act during the program time.

A more in-depth Rule Book can be found online at: www.nfflag.com

Any rule listed in the Park District Jr. NFL Flag Football Parent Handbook will supersede the "NFL Flag Official Rule Book".

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