

JCAA Flag Football Rules

The following rules have been established to ensure a safe, fair, and competitive environment for all participants. Coaches and players are responsible for knowing and following these rules.

JCAA reserves the right to modify these rules at any time, with all team coaches notified of any changes during the season.

1. Team Requirements

- Games will be played 7v7. Each team must have at least **five (5) players** on the field to start and continue play.
 - A **10-minute grace period** applies **only to the first game of the day**. For all other games, **game time is forfeit time**—teams must be ready to play at the scheduled start time.
 - All teams must be **on the field and ready to play 15 minutes before their scheduled game time**.
 - All players and parents must abide by the **JCAA Code of Conduct**.
-

2. Equipment

- The **home team** will provide footballs and flags for games. If both teams agree, they may use their own ball, provided it is the correct size and approved by the officials.
 - **Athletic shoes** are required. **Metal cleats are not allowed**.
 - **Pants without pockets**
 - **All shirts must be tucked in** before gameplay.
-

3. The Field

- Field dimensions: **30 yards x 70 yards**.
-

4. Timing and Overtime

- Each game consists of **two (2) 20-minute halves**.
- The clock **only stops for timeouts and injuries** except for the **final 2 minutes of the second half**, where a **regulation clock** will be used.
- **20-second play clock** per play.
- **Within the final 2 minutes of the second half, the clock stops for:**
 - First downs
 - Change of possession

- Penalties
 - Out of bounds
 - Incomplete passes
 - Scores
 - Timeouts and injuries
 - **Extra point attempts (clock does not run)**
 - **Halftime:** 3 minutes (teams switch directions).
 - **Timeouts:** 2 per half (no carryovers).
 - **Overtime:**
 - One overtime period will be played in the **regular season**.
 - Each team will have **4 plays from the opponent's 20-yard line**.
 - Teams attempt extra points after a touchdown.
 - A **coin toss** determines the team that chooses offense or defense first (visiting team calls the toss).
-

5. Scoring

- **Touchdown:** 6 points
 - **Safety:** 2 points
 - **Extra Point Attempts:**
 - From **the 5-yard line** = 1 point
 - From **10-yard line** = 2 points
 - From **midfield** = 3 points
 - Once a team selects their extra point attempt, they **cannot change it** unless a penalty occurs. If intercepted, the ball may be advanced.
-

6. The Game

- **Coin Toss:**
 - A captain(s) from each team will meet at midfield.
 - The **visiting team calls the toss**.
 - The winner chooses **offense in the 1st or 2nd half**. The loser chooses which direction to defend.
- **Kickoffs:**
 - There are **no kickoffs**.
 - The offensive team starts at its **5-yard line**.
- **Turnovers on Downs:**
 - If a turnover on downs occurs, the opposing team takes possession at the spot of the turnover.
- **Possession Rules:**
 - Teams have **8 plays** to score.

7. Live Ball/Dead Ball

- The ball is **live at the snap** and remains live until the official blows the whistle.
- A play is **dead** when:
 - The ball hits the ground.
 - A player's **flag is pulled**.
 - A player steps **out of bounds**.
 - A **touchdown, PAT, or safety** is scored.
 - Any part of the ball carrier's body (other than feet/hands) touches the ground.
 - The **ball carrier's flag falls off**.
 - A receiver catches the ball **without both flags attached**.
 - An **inadvertent whistle** occurs.
- **No fumbles**—the ball is spotted where the player's feet were when the fumble occurred.
- **Substitutions** may be made on **any dead ball**.

8. Running

- The **quarterback (QB)** cannot run beyond the line of scrimmage **unless it is blitzed**.
- **If you call the cadence, you cannot run unless it is blitzed**.
- Once the ball is **handed off**, all defensive players are eligible to rush.

9. Passing

- **One forward pass per play** is allowed.
- The offense **can throw a backward pass**, and that player can then throw forward.

10. Receiving

- **All players are eligible** to receive a pass, including the QB (if the ball has been handed off).
- A **receiver must have at least one foot in bounds** for a legal catch.
- All offensive players must **pause for 1 second before the snap**.
- **Only one player may be in motion**, and motion cannot be **toward the goal line**.

11. Rushing the Passer

- **Blitzing:**
 - A team can blitz **any down** but can only send **2 blitzers at a time**.
 - A blitzer must **raise their hand** to indicate they are blitzing.
 - Once a blitzer **raises their hand, they must blitz**, allowing the QB to run.
 - Pass rushers must line up **at least 5 yards** from the line of scrimmage.
 - **No contact** may be made with the QB—resulting in a **roughing of the passer** penalty.
-

12. Blocking

- Players may block **with their hands** but **cannot:**
 - Blindside an opponent.
 - Take anyone to the ground.
 - Throw their body into another player.
-

13. Punting

- Punting (punt throw) is **allowed**, but **no returns** are permitted.
 - A **touchback** results in possession at the **10-yard line**.
-

14. Flags

- Flags **must not be wrapped or tied** and will be checked after every score.
 - Players **must wear flags** while on the field.
 - A player **without flags** is down upon touch.
 - **Flag guarding** results in a **5-yard penalty**.
 - **Early flag pulls** (before possession) result in a **10-yard penalty** or the offense may take the ball at the spot of the foul.
 - If a QB's **flags fall off**, the play is dead and replayed.
-

15. Penalties

- **5-Yard Penalties:**
 - Delay of game
 - Too many players on the field
 - False start / Offside
 - Illegal motion
 - Illegal forward pass (loss of down)
 - Flag guarding
- **10-Yard Penalties:**
 - Tackling

- Tripping
 - Defensive pass interference (automatic first down)
 - Offensive pass interference (loss of down)
 - Holding / Clipping
 - Roughing the passer
 - Early flag pull
 - **Unsportsmanlike conduct** (possible ejection)
-

16. Additional Rules

- Centers may **snap between legs or side-snap**.
 - **Coaches may be on the field for 9U only.**
 - **Ejections:**
 - Any player/coach ejected must **leave the property immediately**.
 - A second ejection results in **season suspension**.
 - If a team leads by **3 TDs**, a **running clock** is used, and the leading team **cannot blitz** unless the score is within 1 TD.
 - **DBs/Linebackers can press but must be 5 yards off the ball if blitzing.**
-