



JOHNSON COUNTY

Park & Recreation District

Flag Football League Rules

(Updated 7/23/2024)

General

- JCPRD Youth Flag Football Leagues will follow NFL Flag rules unless specified in this document.
- 5 players vs 5 players on the field.
- Game Time: Four 10-minute quarters – 5-minute half time break.
- Play Clock: 30 seconds (official discretion may be used in cases of obvious stalling).
- Field Dimensions: 30 yards x 60 yards.

Equipment

- Game Balls: Provided at game site. 9U & 12U – Junior Ball.
- Flags: Provided at game site.
 - o Players should tuck in their shirts and are encouraged to wear shorts or pants without pockets.
- Team Shirts: Provided by JCPRD.

Scores & Standings

- Scores and standings will be kept for all divisions.
- Score will be stopped once the difference reaches 35 points. The game will continue but the score will no longer be updated.

Game Play

- To begin the game, the offensive team takes possession of the ball at its own 10-yard line and has 4 downs to cross midfield. Once a team crosses midfield, it has 3 downs to score a touchdown.
 - o If the offensive team fails to cross midfield, on 3 downs, and elect to “punt” on 4th down, possession of the ball changes and the opposition starts its drive from its own 10-yard line.
 - o If the offensive team goes for it on 4th down and does not cross field, the opposing team will start its possession from the spot.
- Offensive teams must declare 4th down intent, either “punt” or “play”, when asked by the referee prior to the “Ready for Play”.
- If the offense fails to score after crossing midfield, the ball changes possession and the new offensive team starts its possession at its own 10-yard line.
- Teams will have the option to try for a 1 point or 2 point conversion after scoring a touchdown. Conversion distances will be 5 yards for 1 point and 10 yards for 2 points.



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- Interceptions thrown on conversions are returnable. Defensive team will earn the number of points being tried by the offense if they return the conversion all the way back to the opposite end zone.

In Game Rules - Offense

- Blocking: Intentionally blocking defenders is not allowed. Incidental contact within the flow of the game is acceptable.
- Catches: Player needs one foot established in bounds at time of possession.
- Flags: Flag falls off, then play is whistled dead.
- First Down: Offensive team has 4 downs to cross the midfield first down line.
- Fumbles: Play is ruled dead when the ball touches the ground. Fumbling team retains possession unless it is 4th down.
- Overtime: Each team will take turns getting 1 play from the defense's 10-yard line. If one team fails to score, then the game is over. If the score is still tied after the first overtime, then the team that possessed the ball first in the first overtime will play defense first in the second overtime. If more overtime periods are needed, then teams will continue to alternate possessing the ball first.
- Pre-snap: Only one player may be in motion at a time. Motion must be lateral to the line of scrimmage.
- Snap: The ball must be snapped/handed backward to a player in the backfield to be entered into play. The ball does not need to be snapped between the legs.
- Touchdown: A player crosses the plane of the goal line with any part of the football. A touchdown is worth 6 points.
- Quarterback: The quarterback is the player that receives the snap from the center. They may not directly run the ball at any time, even if they are rushed. They must hand off or pass the ball to another player.

In Game Rules – Defense

- Blitz: Defensive players must be 7-yards back from the line of scrimmage (LOS) to be eligible to rush the quarterback.
 - Multiple players may rush the quarterback, as long as they were behind the 7-yard official when the ball was snapped.
 - If a team leads by 18+ points, they may no longer rush the quarterback.
- Interceptions: The ball is still live/in play until ruled dead by an official.
- Tackle: A “tackle” is made by removing the ball carrier's flag. Once a defender removes a flag, they should hold it up so that an official can see it.



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Penalties

- Dead Ball: Illegal carry – An act by a ball carrier in which they intentionally fail to avoid contact with the defender to gain an advantage. This play will be whistled dead. No yards will be penalized.
 - *This will be treated as a warning on the first offense, but a player committing this penalty multiple times will be penalized with unsportsmanlike conduct for ensuing violations.*
- 5-Yard Penalties:
 - Delay of Game
 - Elbowing
 - Guarding Flag
 - Holding
 - Illegal Pass
 - Illegal Rush
 - Illegal Motion
 - Tackling
 - Tripping
 - Offside
 - False Start
- 10-Yard Penalties:
 - Unsportsmanlike Conduct (Can also result in a full half suspension at the discretion of officials)

Field Layout

