

# 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.

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## 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**.
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## 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.
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## 3. The Field

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

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## 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.

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## 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.

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## 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**.

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## 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.

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## 9. Passing

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

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## 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**.

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## 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.
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## 12. Blocking

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

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