

# DOWNEY JUNIOR ATHLETIC ASSOCIATION, INC.

## FLAG FOOTBALL RULES

The official rules of the National Federation of State High School Athletic Association shall govern D.J.A.A. flag football except where they are in conflict with those set forth below:

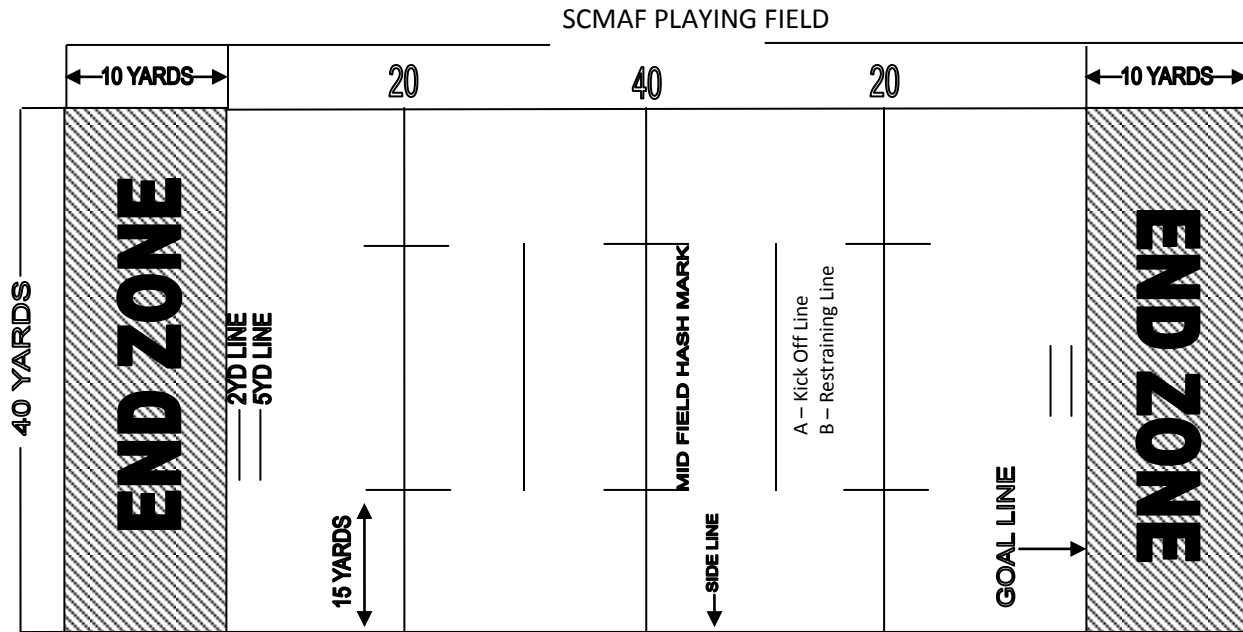
### I FLAG FOOTBALL:

Flag football is similar to regulation football except two (2) teams consisting of eight (8) players each, play it. The ball carrier cannot be tackled. Player is downed by having the flag taken from the hips. Three officials shall administer the game, but subject to their availability, there may be two. Two officials (subject to their availability) will generally be used in the lower divisions (Peanut – Mustang)

- A. **REFEREE:** General supervision and control of the game. He is the head official
- B. **UMPIRE:** Jurisdiction over legality of action in the neutral zone and on lines of scrimmage, and timing the game. (If available)
- C. **HEAD LINESMAN:** Jurisdiction of marking position of ball for each down, the box, lines of scrimmage, and rules in advance of other officials (If available)

### II THE FIELD AND MARKINGS

- A. The field shall be a rectangular area with lines, dimensions and markers as shown on the accompanying diagram. **Fans must remain 3 yards away from the playing field (See diagram No. 1) whether it is marked or not.**



**3-YARD fan line is for both sides of the field**

### III PLAYER EQUIPMENT

- A. Home team will wear red flags and the visiting team will wear yellow flags.  
NOTE: Teams will be assigned red or yellow flags that are of a contrasting color to their uniform shorts. (i.e. if your team has red shorts your team will be assigned yellow flags)
- B. Jerseys MUST be tucked into pants/shorts
- C. Three (3) flags issued by DJAA and centrally located on the hips, is to hang freely from a regulation belt issued by DJAA

**PENALTY UNDER SECTION C:**

*Unsportsmanlike conduct .....12 yards*

- D. Mitey Mite through Soph will not be issued or allowed to use flags with orange belt clips. Blue, yellow and red belt clip flags are the only colors permitted in those divisions. The Peanut, Pee Wee and T.I. divisions are the only divisions permitted to have orange color flag belt clips.

**PENALTY UNDER SECTION C:**

*Unsportsmanlike conduct .....12 yards (1<sup>st</sup> offense during the regular season)*

***Forfeit of game (2<sup>nd</sup> offense during the regular season)***

**\*\*\*All incidents of this nature must be reported on an Incident Report by referees\*\*\***

### IV PERIODS, TIME FACTORS AND SUBSTITUTIONS

- A. Length of periods: the clock running for a game shall be forty (40) minutes; clock stopping after each score, with periods and intermission as follows:
  - 1. Four (4) each ten (10) minute quarters
  - 2. There will be a one (1) minute rest period between quarters
  - 3. There will be a five (5) minute rest period between halves
  - 4. During the second (2<sup>nd</sup>) and fourth (4<sup>th</sup>) quarters, the last 2 (2) minutes will be run on a stop clock basis. The clock will stop on incomplete forward passes or balls ran out of bounds.
    - a. Games that have been played to at least half time and are delayed for inclement weather or unplayable condition (Head Umpire, Head Of Officials, City Official, Head of current Sport, or DJAA President's discretion) shall be considered a completed game. If the game is suspended at half time the score will stand. If the game is suspended in the 3<sup>rd</sup> or 4<sup>th</sup> quarter, the score will revert to the last completed quarter. Games suspended prior to half time will revert back to a 0-0 score and will be rescheduled only if it will affect the final trophy standings of the league. If the game is not replayed it will be counted as a tie.
    - b. Games suspended due to lack of referees will be rescheduled
- B. **Ending Period**
  - 1. Approximately two (2) minutes before the end of each half, the referee shall notify the field captains and their coaches of the time remaining.
- C. **Charged and Official's Time Outs:**
  - 1. Official time outs by referees in case of injury or emergency shall not be charged to either team.
    - a. Injury time out called by referee shall result in the injured player leaving the game for at least one play
  - 2. Four (4) time outs per team are allowed in the game

#### D. Mercy Rule

1. A running clock will be used in the final two minutes of the fourth quarter when one team is ahead by (20) twenty or more points. If the lead is reduced below 20 points, then it will go back to being a stop clock.

#### E. Ball ready for play and delay

1. The offensive team has thirty (30) seconds to put the ball in play after it has been placed for a down, and the referee gives the ready-for-play signal

**PENALTY:** *For delay of game .....5 yards*

2. All games must start on time. Time and dates designated by the Sports Commissioner. **NO GRACE PERIOD** (Also refer to Playing Rules and Regulations Section XIII)

**PENALTY:** *Forfeiture of game*

3. Home team will have the sideline selection prior to the start of the game. Visiting teams must take opposite sideline
4. The ball is dead where it touches the ground after a fumble, except the offensive team may not gain advantage by a fumble. In such case, the ball would be dead at the spot where the loss of possession took place. The ball is also dead where it touches the ground after a muff or bad pass from center (Exception: Pass from center to punts)
5. Series of downs and number of downs
  - a. If the offensive team fails to advance the ball to the next zone in four (4) downs, it loses possession of the ball to the opponents at the point where the ball is declared dead. If any part of the ball touches a 20 yard line, a new series of downs begin.

#### V The Kick Off

1. Receiving team's restraining line on all kick-offs is ten (10) yards from the ball. A minimum of (3) three players of receiving team must be within five (5) yards of its restraining line.
2. Kick -offs must be made from a tee or held on the ground by a player with the long axis of the ball vertical.

**PENALTY:** *For free-kick infraction.....5 yards*

3. All kick-offs, except after a safety, will be made from the 30 yard line. Kick-off after safety will be made from the 20 yard line. **Ball may be kicked from any point between the hash marks on these lines.** Kicking team may not recover. If kick-off goes beyond goal line, it shall be put in play, by snap, at the receiver's 20 yard line. If kick-off goes out of bounds anywhere else, it will be put in play, by snap, at the 30 yard line or spot where it went out, whichever is greater. (All divisions)
4. After the kickoff if any player touches the ball and it hits the ground prior to the player gaining control, the ball is called dead at the point it hits the ground.

#### B. Scrimmage Kicks

1. The offensive team must notify opponents before punting. Once the offensive team has declared punt and the defensive team has started aligning into it's receive formation, (Official's judgment) a time out must be taken in order to reverse the team's decision for another down attempt.

**PENALTY:** *For not notifying of punt – unsportsmanlike conduct.....12 yards*

2. Neither team may cross the line of scrimmage until the ball is kicked. The receiving team must have at least five (5) players on the line of scrimmage when the ball is kicked.

**PENALTY:** *For illegal position.....5 yards*

3. The punt must be executed as soon as the kicker has control of the ball. Definition of control; when ball is received by the kicker, punt must be executed immediately as in regular football. If the hike from center is muffed or over kicker's head, the punter must kick the ball from the spot he picked up the ball. Kicker may not return to the spot where he was standing prior to snap. Punt must be executed from behind lines of scrimmage.

**PENALTY:** For delay of game.....5 yards

4. After the punt, if any player touches the ball and it touches the ground prior to the player gaining control, the ball is called dead at the point it hit the ground.

## **VI Position and Action during the snap**

- A. Any offensive formation is legal. There must be at least one (1) player on the line to a maximum of seven (7) players on the line of scrimmage at the snap.

**NOTE:** The line of scrimmage is defined as not more than one (1) foot behind the placement of the ball.

**PENALTY:** For illegal position.....5 yards

- B. The ball must be centered by a lineman and **between his legs** to an eligible receiver

**PENALTY:** For illegal snap.....5 yards

- C. All plays must start from the huddle with all players present. No hideout plays permitted

**PENALTY:** For illegal position.....5 yards

- D. Quarterbacks may **NOT** run the ball pass the line of scrimmage on a direct exchange from and interior lineman.

**PENALTY:** For illegal procedure.....5 yards

- E. Running plays: during the scrimmage down, the ball may be handed forward behind the line:
  1. To any lineman who has clearly faced his goal line by moving both feet in a half turn and is at least one (1) yard behind the line of scrimmage when he receives the ball
  2. To a teammate, who at the snap, was behind the line of scrimmage

- F. Player in Motion:

At the time of the snap, there may be only one (1) offensive player in motion and then only if her/her motion is not toward the line of scrimmage. Except for the player under the snapper, the player in motion shall be at least one (1) yard behind the line of scrimmage and did not establish him/herself as a back by stopping for at least one (1) full second while no part of his body is breaking the vertical plane through the waistline of his/her nearest teammate who in on the line of scrimmage.

**PENALTY:** For illegal procedure.....5 yards

## **VII Scoring, Safety and Overtime Procedures**

- A. The game is won by the team which accumulates the most point. Points are scored as follows:

Touchdown	6 Points
Safety	2 Points
Successful Conversion attempt (run or pass) from 2 yard line	1 Point
Successful Conversion attempt (run or pass) from 5 yard line	2 Points

Forfeited game (offended team)	1 Point
Forfeited game (opponents)	0 Points
Suspended Game due to rain delays or unplayable field conditions	Refer to IV. 4a

## B. SAFETY

1. When the ball becomes dead behind the offensive team's goal line, it is a safety and will be put in play on that team's 20 yard line by a kick-off, or punt.
2. It is a touchback when: See Rule 8, Section 2, Article 1, 2, & 3, in Football Rule Book. The team whose goal line is involved shall put the ball in play on its 20 yard line by a snap.

## C. Winner of game that ends in a tie (THE DJAA OVERTIME RULE)

The tie breaker system will be used when a game is tied after four periods. Regular football-playing rules apply with the following exceptions:

1. A coin toss will be held immediately following regulation play. The winner of the toss shall choose one of the following options:
  - a. Offense or defense, with the offense at the opponent's 20-yd line to start the first series.
  - b. Which end of the field shall be used for both series of that overtime period
  - c. The loser of the toss shall exercise the remaining option for the first extra period and shall have the first choice of the two options for subsequent even-numbered extra periods.

**NOTE:** The winner of the toss may not defer his choice
2. Extra periods: An extra period shall consist of two series (one by each team) with each team putting the ball in play at the 20-yd line (unless moved by penalty). Both series are played toward the same goal line.
3. Team Series: Teams which begin their overtime period outside the 20-yd line due to penalty will NOT receive another any first downs for crossing the zone-line-to-gains in the process. Teams may receive another set of downs by penalty only (automatic first down)
4. Scoring:
  - a. When a team scores, they must attempt a two (2) point conversion. The team on defense first will then begin its series of downs.
  - b. The team that scores the most points in the overtime period is declared the winner.
  - c. If both teams fail to score in any overtime period the winner will be determined by the team that has gained the most net yardage from the 20-yd line.  
*EXAMPLE: If Team A finishes its possession at the 22- yd line and Team B finishes its possession at the 25-yd line, Team A shall be declared the winner.* (The officials will mark the dead ball spot after completion of Team A's fourth down to determine the line to gain for Team B)
  - d. If the teams are tied in score or in yardage at the end of an overtime period, the overtime procedure will be repeated until there is a winner.
5. Interceptions: Team B may intercept the ball and return it for a touchdown. In this case they will win the game. If they do not score on the interception, the ball will be played on the 20-yd line to begin their series of downs. In this case Team A will receive zero net yards for their possession.
6. Timeouts: Each team shall be allowed one timeout for each overtime period. The timeouts not used during the regulation periods may not be carried over into the overtime period(s). Unused overtime timeouts may not be carried over to other overtime periods.

## VIII CONDUCT OF PLAYERS AND OTHERS

### A. Blocking, use of hand or arm, and helping runners

1. Ball carrier must take evasive action; however, he may not spin (make more than one complete turn without advancing) or use his hands or arms to ward off a player protect his flags.
2. It is illegal for a member of the defensive team to pull the flags off of an offensive player unless he is in possession of the ball
3. No crack back, crab blocks, body blocks, or leaving free to block. An offensive player may use only the standing block, the forearms must be folded to his body upon initial contact with the defensive player.

Although open hand blocking is allowed by the offensive player, the hands must stay open while facing the defensive player and the elbows must be bent on initial contact. The defensive players are restricted in the use of their hands, to pushing the shoulders and body of the offensive blockers. Slapping or striking is not allowed.

4. No deliberate roughing or canning of center. Centers must be allowed to come to a blocking position.

**PENALTY:** For VIII 1,2,3, & 4: For personal fouls ...12 yards...Disqualifications if flagrant

## B. PERSONAL FOULS;

1. No players shall strike, kick, knee, trip, clip, pile on, tackle, straight-arm, hurdle, while it is a runner, rough another player or intentionally push out of bounds.

**PENALTY:** For personal foul.....12 yards....Disqualification if flagrant

2. A defensive player may not play on a protected ball. A ball in possession of a passer shall be considered protected. **A player who is at least three (3) yards from QB may make an attempt at blocking or intercepting the pass.**

In addition to the above, the defensive player must make a definite effort to avoid charging into the passer, who is either in the process of throwing the ball or has thrown the ball from behind the neutral zone. No defensive player shall charge into the passer who is standing still or fading back, as he/she is considered out of the play after the pass attempt.

**PENALTY:** Roughing the Passer.....12 yards Automatic 1<sup>st</sup> Down ....Disqualification if flagrant

## C. UNSPORTSMANLIKE CONDUCT

1. All players must have their flags positioned properly prior to snap

**Penalty:** Illegal participation – 5 yards

2. If during the normal course of play, a ball carriers flags become dislodged without contact from the opposing team, the play will continue until ball carrier is tagged

Definition of Tagging: Tagging is placing one (1) hand anywhere between the shoulders and knees of an opponent with the ball. The tagger may leave his/her feet to make the tag. Pushing, striking, holding are not permitted. If the player trips the runner in his/her attempt to make a diving tag, it is an unsportsmanlike penalty.

**Penalty:** 12 yards from spot of foul

Willful removal of flags by offensive player will result in a penalty

**Penalty:** 5 yards from previous spot and loss of down

3. Ball carrier or pass receivers must have his flags on at the time he has possession of the ball.

**PENALTY:** Ball becomes dead at that point, no advancement after reception

4. No player shall spike the ball at any time during the game.

**PENALTY:** *Personal Foul.....12 yards on kickoff, if after a touchdown*

5. Each team will be required to fill out a line-up card which will include players name and uniform number. This will be done and turned into the Head Official **prior** to kickoff

#### **D. PLAYING TIME AND TEAM SPOKESMAN**

1. Any player that shows up for a game by game time shall play in that game. **All players must play entire game on either offensive and/or defensive.**

**NOTE:** Receiving team on kickoffs and punts is considered part of offensive. Kicking team on kickoffs and punts are considered part of defense.

- a. Any player arriving after the start of the game, but before the end of the first (1<sup>st</sup>) quarter shall NOT play in first half.
- b. Any player arriving after the end of the first (1<sup>st</sup>) quarter shall NOT play in that game.
- c. Minimum playing time rules shall apply to any player affected by 1. A. above.

**PENALTY:** *Violation for D1 a, b, or c – Forfeit of game*

2. Only one (1) coach or manager will be the spokesman for his team. He alone will be permitted to discuss the rules with the game officials.
3. The team manager is responsible for the conduct of the team, its coaches, parents, and team partisans. Officials may asses a 12 yard penalty for unsportsmanlike conduct on behalf of the above. Game will be forfeited if violation is continuous and flagrant.

#### **E. UNFAIR ACTS**

1. A team must field a minimum of seven (7) players throughout the entire game. There is no borrowing of players except in Peanut, Pee Wee and T.I.

**PENALTY:** *For unfair act – Forfeiture of Game*

2. The teams will take opposite sides of the fields during the game. Only the players, coaches and managers are permitted within its team box, located between the 30 yard lines.

**PENALTY:** For unfair acts – 12 yards Forfeiture of game if flagrant

- a. No smoking in team box  
\*\*\*\*\*NO WARNING – 12 YARD PENALTY\*\*\*\*\*

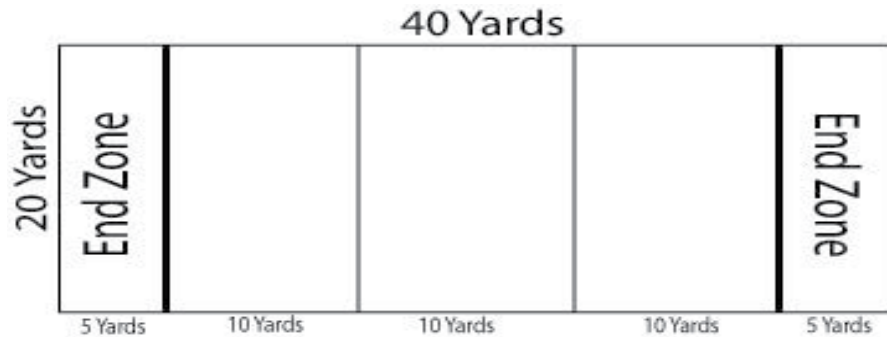
IX UNIFORMS  
Refer to IIA

X SHOES  
Refer to IIB

XII SAFETY EQUIPMENT  
Refer to IIA

XIII SPECIAL RULES GOVERNING LOWER DIVISION TEAMS FOR FLAG FOOTBALL

- A. In the Peanut, Pee Wee, T.I. and Mitey Mite division, one (1) coach per team will be allowed on the playing field during the game.
- B. In the Mustang division, one (1) coach will be allowed on the field only during his team's offensive series
- C. No scorekeeping in Peanut, Pee Wee or T.I.
  - 1. All extra point attempts shall be from the 2 yard line
- D. There will be an 8 minute running clock throughout game for Peanut, Pee Wee
- E. In Peanut and Pee Wee divisions, teams will play with six (6) players on the field
  - 1. Length of game shall be four (4) – eight (8) minute quarters
  - 2. Five (5) minute rest between each half
  - 3. Regular playing time rules are still in effect, refer to section VIID
  - 4. In Peanut and Pee Wee the kickoff shall be from their own 10 yard line
  - 5. Field dimensions for Peanut and Pee Wee shall be as follows



Revised 8/31/11  
Board of Directors

