

FLAG FOOTBALL OUTDOOR RULES

PLAYER RESTRICTIONS: All Jersey Club Sports participants must be at least 21 years old before the season starts.

SUBS: All subs must register online before the start on the game and pay \$10 per game at the field. Click on the "Register a Sub" link on the homepage.

Non-roster subs can play 3 games before they must register for the team.

NON-ROSTER SUBS WILL NOT BE ALLOWED DURING THE PLAYOFFS unless the sub is replacing someone injured on the roster.

Non-roster subs can NOT play QB.

Any sub found playing illegally will be removed from the game and your team will be charged a forfeit.

Day of the game- Teams cannot pick up players from other teams before your game unless you are under 8 players. Players must be approved by both team Captains. You can pick up a max of 2 players.

SPORTSMANSHIP: Unsportsmanlike behavior may result in that player or the team being suspended from participating in all Jersey Club Sports. Being ejected from a game may carry a suspension. The referee has the right to remove a player(s) from a game.

GAME UNIFORMS: Jersey Club Sports t-shirts are your team's uniforms. All players MUST wear their current Jersey Club Sports t-shirt during games. If you lose your team shirt a new shirt must be purchased for \$10. **Shorts or pants with pockets are NOT allowed.** No exceptions. No taping of pockets
Cleats or sneakers. No cleats with metal spikes.

GAME EQUIPMENT: Each team must use a ball that is equal to or greater than the dimensions used in NCAA football.

FORFEITS: Teams without the minimum number of players (5) at the start of the game will have to forfeit the game. Please email Jersey Club Sports by 4pm on the preceding day if you need to forfeit. If your team forfeits your team will lose 1 point in the standing. Your opponent will be awarded a score of 14-0.

PLAYOFFS: Top four teams from each division make the playoffs. The tie- breaker to decide the playoffs will be decided in this order:

- Team with most wins
- Head to head matchup
- Point differential

REFEREEING: Jersey Club Sports will provide a Head referee for each game. Only team captain can discuss rules with the referee.

A. GAME CLOCK:

Game clock will start right on the hour. We will not wait for players to be ready. You can play short if you need to. Get your flags on and be ready to play!

The referee will have the two captains do rock-paper-scissors. The winning captain will have the first choice of which half they want the ball OR direction. The losing captain can then choose from whatever option is left over. Teams flip-flop directions and possession after half time.

Clock in the second half WILL stop in the LAST 2 minutes: only if the game is within **16 points** the clock will stop on:

- Out of bounds, first down, incomplete passes, scoring plays and change of possession
- QB's may "down the ball" to stop the clock
- If QB downs the ball on a gender play to stop the clock (regardless of the QB's gender) the next play will still be a gender.)
- The game clock will NOT stop on a fumble.

1. Time: Play will be divided into two 23-minute halves, with a two minute half-time.

2. Timeouts: Only the team captain or quarterback is allowed to call a time-out. Each team is allowed two (2) time-outs per game. One timeout per half. An unused timeout from the first half does not carry over to second half - use or lose it. The game clock will be stopped during a time-out, the play clock will start. The clock will continue to run if one team is ahead by 16 points or more. No time-outs can be called when a team is ahead by 16 or more.

Time will NOT be stopped during unless a time-out has been called or there is an injury on the field. If an injury occurs, that player must leave the game for one scrimmage down.

Approximately two minutes before each half ends the referee will inform each team of playing time remaining in that half. If a touchdown has occurred after time has expired, the extra point conversion will be allowed. If an accepted foul by the defense has occurred, the offended team may choose to extend the period by one down.

3. Ready for Play:

After the immediate completion of a play, the referee will place the ball at the line of scrimmage. The offense has 20 seconds to put the ball in play after it is declared ready by the ref. No player shall put the ball in play until referee blows the whistle.

If a player intentionally tries to waste time by stalling, throwing a player's flags, kicking or throwing the ball out of bounds, an unsportsmanlike penalty will be assessed.

4. Overtime (Playoffs Only):

In the Playoffs, coin toss is played by the captains with the winning team deciding on first or second possession. Teams will attempt to score in the same end zone. Each team will then have four downs to score from 20. If a team scores, they will have the opportunity to go for one or two.

A female must be used once within the first three plays or on the 1st and 4th downs when applicable. Interceptions will result in a turnover and may not be returned for any points. If a tie occurs after the first round, then teams will repeat using the same format. However, the team that defended first is now on offense first. The game will be decided when one team scores more points in the round. No first downs will be awarded except in the case of a penalty.

B. PLAYERS ON THE FIELD

8 (6 men, 2 women). There are no limits to the number of females allowed on the field at one time.

A player must leave the field on the SAME side as the field team to avoid any confusion. If a player leaves on the opposite side of the field a 10 penalty will be assessed.

C. SCRIMMAGE:

Ball must be snapped from the ground by the center to the quarterback. Possessions in lieu of kick-offs will start on the 5 yard line. All offensive players (except motion player) must be set for one full second before ball is snapped. The man in motion must be continuing in a parallel motion or backward motion to the line of scrimmage at the time of the snap. All remaining players must be on the line or behind their backfield line. After a play, the line of scrimmage is determined by the location of the ball when the flags are pulled. For example, if a player is holding the ball out in front of them and it crosses the end zone, but their flags and waist do not when pulled, it is a touchdown.

One player may be in motion when the ball is snapped and they cannot be moving towards the line of scrimmage when the ball is snapped.

Center Position: The center must hike the ball to the QB. After the snap the center is not an eligible receiver. The center is allowed to run behind the QB to receive a handoff/pass. The center is able to hike it—under center, shotgun, or sideways hike (where you throw underhand to the QB by facing sideways). These are all legal. The center MUST hike the ball...no keeping it and sneaking it.

The center may not block the rusher in anyway.

Defensive Pass Rusher: A defender must stay at the line of scrimmage. He/she cannot drop into coverage. If he/she does not count FIVE MISSISSIPPI it is a penalty as well

as if he/she drops into coverage or a team does not have someone at the line of scrimmage it is a 5 yard penalty.

RUSHING THE QUARTERBACK AFTER 5 MISSISSIPPI COUNT:

Defense may not pursue the quarterback behind the line of scrimmage until the Referee completes a LOUD, SLOW and CLEAR 5 MISSISSIPPI count. The 5 Mississippi count will begin once the center snaps the ball.

Crossing the line of scrimmage:

- After the 5 Mississippi count defense can rush.
- The quarterback may not run until the defense chooses to rush the quarterback by crossing the line of scrimmage.
- The quarterback is only allowed to scramble past the line of scrimmage to gain yardage **once** per possession as to encourage defensive pursuit of the QB and limit the amount of time the QB spends in the pocket.
- After the 5 Mississippi count any number of defenders may rush the quarterback. If the ball changes possession in the backfield the defense may rush immediately.

D. DOWNS:

A first down is awarded after crossing the mid-field line. (20 yards) On 4th down team must declare a punt if they are punting.

E. PUNTS:

Punting is allowed (no throwing the ball). Punts can be blocked. **You are ALLOWED to run back punts!! ONLY** the person who catches the ball may return the punt (No Laterals). All others must stand still in their position from when the ball is caught. If ball hits the ground it's marked dead at the spot. If punted into the end zone it will result in a touchback.

F. BLOCKING:

No "blocking" is allowed in Jersey Club Sports flag football. This includes downfield "blocking" during an offensive play. No contact is allowed at the line or downfield by any defensive player guarding a receiver (bump and run). All players must try to avoid contact with any player on the football field. Offensive players may run behind the player with the ball to receive a lateral. A player who lines up as a running back is allowed to run behind only 1 blocker where the blocker does not touch a defensive player.

G. GENDER RELATED PLAY:

1. Open/Gender Play:

Teams must use a female as an operative player within three consecutive downs. Teams must keep track of gender plays. For an open play, the ball may be advanced by either a male or female player (ex. 2nd down / goal / open). If a female was not used within two downs, then the forced gender rule is put into effect. This means that a female must be used in the next play.

If an offensive player dives forward to gain yards, the ball will be spotted where the dive began

2. Forced Gender Play:

A female can be used on any play; however when the offense has not used a female/operative player within the last two plays, the next play must be a forced gender play. The operative player here is a female who is seen as the intended receiver in the eyes of the official, or acts as the quarterback.

If the female is the quarterback, then the play may continue without regard to special defensive coverage. A female QB cannot run unless the real QB has not run for a possession. Once a female is used in any play then the gender count is reset. If the QB is sacked or fumbles the snap on a forced gender play, the play counts as a gender play. The gender count is reset once a TD is made. The gender rule is not in effect during extra points or punts.

Gender play: if male QB is sacked on a gender play, the next play will be a gender play.

Gender Play:

1. A pass thrown to a female
2. A female receives a hand-off behind the QB.
3. A pass intended for a female (in the eyes of the referee) that is deflected by a woman, and is caught by a male
4. A pass is deflected by a male and caught by a female.
5. A female lines up as quarterback and throws a pass to a male or female.

NOT a Gender Play:

1. A female receives a hand off only to hand it back to a male behind the line of scrimmage.
2. A female snaps the ball into play.
3. A male QB intentionally throws the ball into the ground at the feet of a woman.
4. A female QB that grounds the ball.
5. A female QB throws a pass that is caught behind the line of scrimmage.

3. Defensive Coverage for a Forced Gender Play:

Anyone can cover anyone. But a woman *should* cover a woman and a man should cover a man.

4. Penalty on Gender Play:

If the foul is on the offensive player, the penalty will be assessed and the next play will be gender.

If the foul is on the defensive team, the offense will have 2 options: 1) take the ten yard penalty and repeat the gender play. 2) Decline the penalty, next play is open.

H. PASSING: No diving to get a first down or touchdown, 5 yard penalty will be assessed. A lateral is not a forward pass and can be advanced if intercepted.

1. Complete/Incomplete Pass: A forward pass is completed when caught by any player of the passing team who has **at least one-foot in-bounds**. If opponents catch the pass in-bounds simultaneously, the ball belongs to the passing team at the spot of the catch. If the player was out-of-bounds and comes back in- bounds to catch the ball, it is an incomplete pass.

2. QB Run from Scrimmage: The QB cannot run for positive yards unless a defender crosses the Line of Scrimmage after the **LOUD** Five Mississippi count. QB is only allowed to rush for yards **ONCE** per possession.

3. Turnovers: A change of possession can only occur due to downs, or an interception on a forward pass. A fumble is not a turnover (the ball is DEAD at the spot of the fumble).

I. SCORING:

1. Touchdowns are 6 points. When the ball crosses the goal line it is a touchdown.

2. Extra points are two points for a 10-yard conversion and one point for a five-yard conversion.

An intercepted extra point or two-point conversion CAN be run back. Only counts for 1 or 2 points.

3. Safeties are 2 points. The scoring team will now go on offense with the ball placed at their own 5-yard line.

PENALTIES

Penalties are assessed as either 5 yards & 10 yards, depending on the severity of the infraction.

An exception is the Unsportsmanlike Conduct Penalty.

Unsportsmanlike Conduct Penalty- **15 yards and the player must sit for the remaining half.**

This includes grabbing and holding a player, tackling or pushing, abusive or insulting language to another player or referee. If penalty is after the touchdown it will be assessed on conversion.

A player fighting or abusing the referee will automatically be ejected from the league without a warning!

Missing Flags, or flag falling off in mid routes or run: If flag falls off while he/she is in possession of the ball, play will be blown dead where the flag falls. If, flag falls off in mid route of receiver and receiver catches the ball, play will be blown dead at the spot of the catch (He/she may NOT advance the ball after catch). If ball is caught in the End zone, no foul is called and Touchdown stands.

5-yard Penalties:

- Diving
- Off-sides
- Crossing the line of scrimmage early
- False Start – All offensive players must be set for one-second prior to snapping the ball
- Picks/Blocking, no contact
- Delay of game
- Incidental Illegal Contact

10-yard Penalties:

- Flag guarding - 10 yard penalty from the spot of the foul.
Offensive Pass Interference – From the line of scrimmage.
- Picks/Blocking, with contact
- Intentional Illegal Contact – From spot of foul if penalty is on the defense + automatic 1st down, from line of scrimmage if penalty is on the offense
- Taunting/ harassment
- (10 yards LOSS of DOWN) QB runs to advance the ball MORE than once during possession.
- (10 yards LOSS of DOWN) Mandatory FEMALE PLAY goes to a male instead.

Spot Fouls:

- Defensive Pass interference + auto 1st down (if foul is committed in end-zone ball will be placed on the 1yrd line).