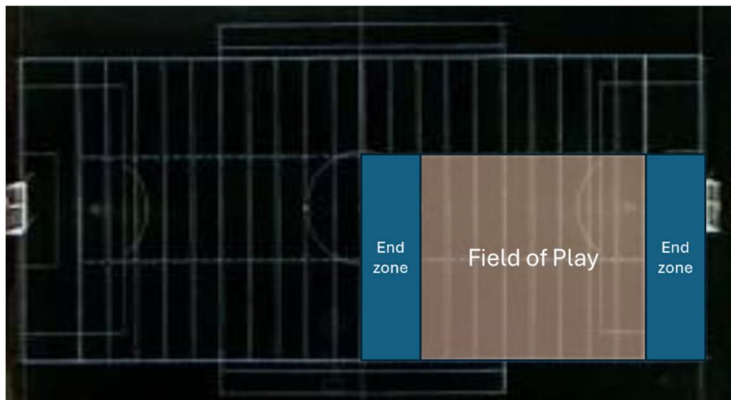


CCJFA FLAG FOOTBALL RULES

Rule 1. Field A. The field will be 40 yards long from goal line to goal line with the end zones being 10 yards each. B. The field will be divided into four (4) zones of ten (10) yards each. C. The field will be narrowed from regulation field width to having a width between the inside edge of the hash lines on one side and normally established sideline on the other. Cones may be set along the inside edge of the hash lines to make the bounds more visible and continuous for players.



Rule 2. Equipment A. **Shoes** Any flat soled or completely molded cleat shoes are acceptable. Removable cleats, baseball or track spike, or any shoes that have steel or metal tips are prohibited. All players must wear appropriate shoes.

B. **Protective Equipment** Helmets, shoulder pads, thigh pads and any other padding is prohibited. Any question as to the legality of the equipment shall be decided by the referee. The use of any hard and unyielding substance cannot be used to protect any injury, no matter how well padded or covered.

C. **Flags** Each player on the field (7 offensive and 7 defensive) must wear flags at the waist. The flags must be attached to a belt, and the belt will be worn snug around the waist. Illegal alteration, securing, or substitution of flags or belts will result in the removal of the player or players from the game and a 10-yard penalty from the previous spot if by the offensive team. The penalty on the defensive team will be marked off from the succeeding spot or the previous spot, whichever is the most advantageous to the offended team. Teammates must wear the same-colored flags which will be provided by CCJFA.

Rule 3. Length of Games and Time Outs A. **Periods** The game shall be played in four quarters. Each quarter will be 8 minutes. In all games the clock will run continuously, stopping only for time outs, injuries, and for any other reason the referee deems necessary. B. **Half Time** Half time will be five (5) minutes.

C. **Time Outs** Each team shall have two (2) 30 second time outs per game. Timeouts may be called by any player on the field or the coach.

Rule 5. Players and Substitutions There will be free substitutions as long as players being substituted for are off the field prior to the next snap or are out of the area of play and are departing the field in haste. There will be no "Hideout" plays. All players must be within fifteen (15) yards of the ball from the time the ball is marked ready for play and the ball is snapped.

Rule 6. Playing Regulations A. Coin Toss At the beginning of the game, a coin toss will be held with the winner getting his/her choice of goal or ball possession. The loser of the toss will have the option at the beginning of the second half.

B. Ball in Play The ball shall be put into play at the 10-yard line in the beginning game, at the start of the second half, and after any score.

C. Huddle After the official marks the ball ready for play, the offense will have 30 seconds to put the ball into play or be penalized 5 yards for delay of game.

D. Motion A player must be going parallel to or away from the line of scrimmage to be legally in motion. Only one player at a time shall be in motion.

E. Offside If either the offense or the defense enters the neutral zone after the ball has been marked ready for play, they are offside. This is a dead ball foul and the penalty will be marked off (5 yards) without delay.

F. First Downs A team will be allowed four (4) downs to advance the ball to the half-way point awarded a first down. Then there is first and goal from there. If the team fails to reach a first down the ball will be placed back at the 10-yard line and the opposing team gains possession. **G. Stances** Players may line up in 2-3-4 point stances.

H. Line of Scrimmage The offensive team must have at least three (3) people on the line of scrimmage at the snap. The defense has no maximum or minimum. No defensive player may be lined up "heads up" with the center.

I. Screening Only screen blocking is permitted. Screen blocking shall be defined as obstructing the rusher's path to the ball carrier. There can be no independent movement of the elbows. A ten (10) yard penalty will be assessed for illegal blocking. Hands must be in front with elbows touching ribs, no pushing or shoving. A blocker may not leave his feet to block. The rusher may not run over the blocker. The rusher may not pull the blocker toward him or violently push the blocker away from him. A ten-yard penalty will be called if the rusher touches the blocker.

J. Passing Defense may rush 5 seconds after snap of the ball. Illegal rushing will result in a 5-yard penalty and replay of down or result of play whichever offense chooses. All players of both teams are eligible pass receivers. A pass receiver must come down inbound with any part of his body, in possession, for a legal forward pass to be complete. If a receiver comes down with one foot inbounds and one foot out of bounds simultaneously, the pass is incomplete. All sidelines and end lines are out of bounds. A double reception always goes to the offensive player.

K. Running All players from both teams are allowed to carry the ball no weight restrictions.

M. Pulling the flags. The ball carrier is down and the ball is dead when the flag belt is detached from the player's body or when any part of the ball carrier's body (other than the hands or feet) touches the ground. A defensive player may leave his feet to pull the flag, but not make contact with the ball carrier. When the belt is pulled it must be held over the head to let the official know the play is over. Tackling is prohibited. Tackling is grasping or encircling the body of the ball carrier with the hand or

arm, thus impeding his progress. Grabbing the ball carrier's clothing shall be penalized as tackling. The penalty is ten (10) yards from the end of the run.

N. Fumble When a backward pass or fumble hits the ground it is dead where the play started from.

O. The Center Snap The center snap must be one continuous motion between the center's legs. A false movement shall constitute encroachment. Five (5) yard penalty.

P. Penalties All live ball fouls require a coaches choice from the offended team. Penalties are. 1. Slugging, kicking, or kneeling 2. Illegal use of hand, forearms or elbows 3. Tackling 4. any act which could cause injury 5. Any un-sportsmanship-like conduct. 6. Abusive language toward opponents or officials.

Q. Coaching One coach from each team is allowed on the field at all times

R. Officials Each team will provide one official each. The team that wins the coin toss at the beginning of the game will keep the time for the game.