



# **JR PALADIN FLAG FOOTBALL RULES**

## **League Two**

### **Grades: 1<sup>st</sup> & 2<sup>nd</sup>**

#### **Players and Coaches**

1. *Coaches must strive to provide equal time for all players present. A player will be allowed to participate in a game even if the player has missed a practice, however all players are expected to attend practices regularly.*
2. *Each player must wear their team's designated team shirt for games. Rubber or plastic cleats or regular tennis shoes are allowed. No metal spikes are permitted.*
3. *Players are mandatory to wear mouth guards*
4. *Teams will consist of no more than 10 players.*
5. *Coaches will be allowed in the huddle for all age groups.*
6. *Coaches will have the option of quarterbacking their teams in the Kindergarten age group only.*
7. *Score will be kept in the 1<sup>st</sup> & 2<sup>nd</sup> grade divisions.*
8. *Practices will be held during the week for 1 hour on a certain day for each team.*
9. *Games will be played on a certain day for 1 hour.*
10. *Games will 30 minute halves.*
11. *There will be no championship game at this level. Season ends after regular schedule. Coaches will decide on medals for competition.*

#### **Field Size and Dimensions:**

1. **The field will measure 70 yards long, including two 10-yard end zones, and will measure 30 yards wide. The field will be divided in half by a mid-field 1st down line.**
2. **There will be four designated 5 yard "No run zone" areas, one outside each end zone and one on each side of the midfield 1st down line.**
3. **No running plays may begin when the ball is spotted within these zones and being advanced towards either the goalline or 1 st down line.**
4. **There will be an "X" marked 12 yards outside each goalline where the ball will be spotted if a team elects to attempt the 2-point conversion.**

## **Timing and Substitutions**

1. Teams must have a minimum of five players present for games. If a team is short players at game time, players may be borrowed from the other team.
2. Games will be played 7 on 7.
3. At the beginning of the game, possession and which end of the field each team will defend will be determined by a coin toss involving each team's captains.
4. Each game will consist of two 20-minute running clock halves with a two minute break between halves. If the score is tied at the end of regulation time, the game will move immediately to overtime.
5. Overtime will commence as follows:
  - o Coin toss with winner of toss deciding offense/defense
  - o Ball is spotted at 12-yard "X" and team is given four downs to score.
  - o If a touchdown is scored, it will be followed by a PAT
  - o Other team will take over possession at 12-yard "X" and given chance to score.
  - o Game ends when, after each team has received an equal chance to score, the score is no longer tied.
6. Teams will be given two one-minute timeouts per half. Timeouts do not carry over between halves or overtime.
7. Substitutions may be made during any dead ball.
8. Once the ball is spotted, the offensive team has 30 seconds to snap the ball. Teams will each receive one warning before a delay-of-game penalty will be called.
9. The offensive team may have between one to four players on the line of scrimmage for each play. A center is required on the line of scrimmage and the quarterback must be in the backfield.
10. One player may be in motion at a time, and must do so 1 yard behind and parallel to the line of scrimmage. No player may go in motion towards the line of scrimmage.
11. All offensive players must come to a complete stop for one second before the ball is snapped unless they are the player in motion.
12. Movement by a set player or a player in motion who runs toward the line of scrimmage while in motion is considered a false start.
13. The center must snap the ball with a rapid and continuous motion between their legs to a player in the backfield, and the ball must completely leave their hands. The snap must go between the center's legs and not to the side.
14. Offensive players can be split to any distance from the spot of the ball.
15. Defensive teams can assume any formation they would like.
16. Blocking is permitted, blockers must use traditional flag football blocking methods. Arms crossed holding their own jersey at shoulders

## Start of Possessions

1. First Downs and Scoring
2. Every possession will start at the "No rush zone" line outside the goal line that the team is defending, with the exception of intercepted passes.
3. Teams can earn one 1st down during their possession, when they cross the midfield 1st down line. They will have four downs to either cross the midfield line or the goalline.
4. If a team fails to either earn a first down or a touchdown before the end of their set downs, the ball goes to the other team and is spotted back at the "No rush zone" line for the goal they are defending.
5. A touchdown will be scored when the ball carrier's feet cross the goal line. Each touchdown will be worth six points.
6. After scoring a touchdown, the scoring team will be given the choice of attempting a 1-point conversion or 2-point conversion. If the 1-point PAT is elected, the ball will be spotted at the "No rush zone" line. A 2-point PAT will be spotted at the 12-yard "X." The team will be given one down to attempt the PAT.
7. A safety will be scored when the ball carrier is ruled down in their own end zone, or when an offensive penalty occurs in the end zone while the ball carrier is also in the end zone.

## Live Ball/Dead Ball

1. The ball is live at the snap of the ball and remains live until the referee blows the play dead.
2. Play is blown dead when any of the following occur:
  - o The ball hits the ground
  - o The ball carrier's flag is pulled or falls off.
  - o The ball carrier steps out of bounds
  - o A touchdown, PAT or safety is scored
  - o The ball carrier's knee or elbow hits the ground
  - o The receiver catches the ball while not in possession of all of his flags
  - o Any inadvertent whistle
3. There are no fumbles. If the ball is dropped, it is spotted where the ball carrier's feet were at the time of the drop.
4. In the case of an inadvertent whistle, the offense may either take the ball where it was when the whistle blew, or choose to replay the entire down.
5. The line of scrimmage and neutral zone will be determined from the spot of the ball at the end of each play. Any offensive or defensive player that enters in to the neutral zone prior to the snap of the ball will be penalized. Referees may give courtesy warnings to each team to allow them to move prior to the snap of the ball.
6. A player who gains possession of the ball while in the air will be considered in bounds as long as one foot comes down in the field of play before they go out of bounds.
7. Prior to the snap, the defensive team may not mimic offensive team signals or otherwise try to confuse the offense. Any instance will be penalized by an unsportsmanlike conduct penalty.
8. At the end of every play, the ball will be spotted in the middle of the field where the referee ruled the ballcarrier down.

## Running the Ball

1. The quarterback may not directly run with the football. He may scramble in the offensive backfield but he may not at any time cross the line of scrimmage while in possession of the football.
2. Handoffs, pitches or laterals behind the line of scrimmage are permitted. Handoffs can be to the side, in front or behind of the offensive player. Pitches or laterals must be made to the side or behind.
3. player who has received a handoff, pitch or lateral may perform a forward pass provided they are behind the line of scrimmage when they do so.
4. Once the ball has been handed off, any defensive player is permitted to enter the defensive backfield.
5. Runners are not allowed the fully leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull will be considered flag guarding and will be penalized. Spin moves are allowed provided the runner does not leave their feet.
6. Runners will not be penalized for leaving their feet, if in the opinion of the referees they did so to avoid a collision with another player.
7. Running plays are not allowed in the "No rush zone," but a team may perform a handoff prior to a legal forward pass.

## Passing

1. All passes must occur from behind the line of scrimmage. They must be thrown forward, and must be received beyond the line of scrimmage.
2. Once the ball is handed off, the seven-second rule is no longer in effect.

## Receiving a Pass

1. All players are eligible to receive passes on every play.
2. The quarterback becomes an eligible receiver if he has handed the ball off behind the line of scrimmage.
3. A player is considered to have made a reception if he has possession of the ball and one foot lands inbounds.
4. In the case of simultaneous possession, the ball belongs to the offense.
5. Passes may be intercepted.
6. Interceptions are returnable provided they do not occur on the PAT. 10. Rushing the Passer
7. Any defensive player that intends to rush the passer must be seven yards behind the line of scrimmage at the snap of the ball.
8. At least one defender must rush on every play. There is no limit to how many players the defense can rush.
9. Teams can rush any number of defenders until up by 20, at which point they may rush only one until the lead has been cut to 10.
10. The rush line will be marked with a cone by the referee
11. Players not rushing the quarterback may line up on the line of scrimmage.
12. Once the ball has been handed off, all defensive players may cross the line of scrimmage.
13. If the rusher leaves the rush line early, they may go back and re-establish rusher status before legally rushing.

14. If the rusher leaves the rush line early and the ball is handed off before they cross the line of scrimmage, they may cross the line of scrimmage.
15. The rusher does not have to be identified before the play.
16. Rushing players may attempt to block the pass, but may not make contact with the offensive player. The ball is considered a part of the body until the quarterback releases it.
17. Moving offensive players may not attempt to impede rushers in any way. It is their responsibility to get out of the path of any oncoming rushers.
18. If the offensive player does not move after the snap, then it becomes the rusher's responsibility to avoid the stationary player.
19. If the quarterback's flag is pulled behind the line, the ball is spotted where the quarterback's feet are when the flag is pulled.
20. If a sack occurs when the quarterback is in their own end zone, a safety is scored.

### **Flag Pulling**

21. legal flag pull occurs when the ball carrier is in full possession of the ball. · Defenders may dive to pull flags, but no tackling is allowed.
22. It is illegal to attempt to cause a fumble.
23. If a flag falls off during play, the ball carrier is ruled down immediately after they retain possession of the ball.
24. A defensive player may not intentionally pull the flags of a player who is not in possession of the ball.
25. Flag guarding is not allowed. Flag guarding is defined as any attempt by the ball carrier to obstruct the defender's access to the flags by stiff-arming, dropping their heads, hands, arms or shoulders, or intentionally covering the flags with their jersey. If during the ball carriers running motion, the ball carrier's hands deflect a defender from pulling the flag, this would also be considered flag guarding.

### **Penalties**

1. Referees will call all penalties
2. Penalties are assessed from line of scrimmage unless otherwise noted.
3. Games may not end on a defensive penalty unless it is decline by the offense.
4. Penalties are assessed live ball before dead ball. For instance, if offensive pass interference occurs during the play and then unsportsmanlike conduct is called after the play is over, the pass interference penalty is assessed first, then the unsportsmanlike conduct.
5. Penalties whose yardage would exceed half the distance to the goal line will be assessed at half the distance to said goal line.
6. Penalties and their subsequent yardage: Defensive Penalties Offside 5 yds from LOS & automatic 1st down Illegal rush 5 yds from LOS & automatic 1st down Illegal flag pull 5 yds from LOS & automatic 1st down Roughing the passer 10 yds from LOS & automatic 1st down Taunting 10 yds from LOS & automatic 1st down Defensive pass interference Ball spotted at infraction, automatic 1st down Defensive holding 5 yds from spot & automatic 1st down Stripping 10 yds from spot & automatic 1st down Unnecessary roughness 10 yds from spot & automatic 1st down Offensive Penalties Offside/False state 5 yds from LOS & loss of down Illegal forward pass 5 yds from LOS & loss of down Delay of game 5 yds from LOS & loss of down Impeding the

**rusher 5 yds from LOS & loss of down Screening/Blocking 5 yds from spot & loss of down  
Charging 10 yds from spot & loss of down Flag guarding 10 yds from spot & loss of down  
Unnecessary roughness 10 yds from spot & loss of down**

**ALL RULES CAN BE AMENDED BY THE AUXILARY PROGRAM DIRECTOR**