

JFFL RULEBOOK 2018

Revised for Winter League



INTRODUCTION

THE GAME – The game shall be played between two teams of eight players a side (a team may start with 7 (seven) players)

Team representatives, including players, team managers, coaches, and group members, are subject to the rules of the game and shall be governed by the decisions of the Officials assigned to the game. A referee's decision to forfeit is final! Re-scheduling of games and the elimination of games and or combining of divisions to create a competitive balance is solely the commissioner's choice.

Official time is kept by each head referee per field. Game time starts on official scheduled time or soon as previous game ends.. To prevent forfeits and be able to play a game, Team A can start with 4 players. Team B can then have 5 on offense and 6 on defense. Team A can start with 5, team B with 5 on offense and 7 on defense etc. Teams can temporarily pick up players from another team to field 8, until their own players arrive, then temporary players must be replaced by rostered player as they are ready for play.

ROSTERS - Rosters will be filled out prior to the start of every season or tournament. New player(s) can be added to roster every week. **ANY ACTS OF INELIGIBLE PARTICIPANTS WHO ARE NOT ON THE ORIGINAL ROSTER, WILL RESULT IN THE TEAM FORFEITING THE GAME IN HAND AND/OR COACH AND PLAYER WILL BE SUSPENDED 1 OR MORE GAMES.**

- A. Each team should have home & away jerseys with at least 4-inch sleeves with numbers (failure to do so will result in the team being penalized 15 yards per half)
- B. Each team may elect to use a player from another team on a full-time basis with the following caveats:
 1. That player will have to declare his primary team and MUST play for that team in the event where both teams meet.
 2. The player must fill out and take a roster spot for BOTH teams.
 3. Only 1 player can be added under this rule. For example, TeamA cannot add to their roster players from TeamB and TeamC.
- C. Protests regarding illegal players must be filed by the team manager and or any league official to the referee before the end of the game. After a confirmation reviewal by the commissioner, the offending team will be notified, and that game will be forfeited as well as possible further disciplinary action.
- D. Teams will be notified when roster deadlines are posted.
- E. Rosters will be limited 20 players* per team (season & tournaments). Removed players can be replaced but then must be renewed if they return. Otherwise the player will be considered illegal.
- F. To add or drop a player, teams must inform scorekeeper or field supervisor at the scorer's table and each dropped player will be confirmed by managers initials (see paragraph E).
- G. League will have random roster checks. Each player must have I.D. If a player doesn't have any I.D., they must correctly answer their information on the roster.

FORFEITS

- A. If a team must forfeit a game for any reason, then that team must pay a \$50 forfeit fee by their next scheduled game or else that game will be forfeited and as a result that would be two forfeited games which equals expulsion from the league.
- B. If a team gives 24-hour notice that it will not be able to field a team then they are free and clear of paying the \$50 forfeit fee, but it does go down as a loss.
- C. A team that wins by forfeit (the game never starts) will be awarded a 14-0 score. If a game is forfeited during the game, then the winning team can elect to keep the standing score or take a 14-0 score.
- D. If a team is not ready for play at game time, with at least 4 players, that team will forfeit the game.

SCHEDULING

- A. League games will not be rescheduled due to individual or team conflicts with other leagues, private commitments etc. The only exception is if the opposing team agrees and a common time and is approved by League officials.
- B. Every effort will be made to accommodate scheduling concerns when league schedules are drawn. There are no guarantees that particular needs will be met.
- C. Games canceled due to circumstances beyond the commissioner's control will be rescheduled as needed to insure proper completion of the league.

LENGTH OF GAME – Playing time shall be 44 minutes in duration divided into TWO 22 – MINUTE PERIODS, with a FIVE-MINUTE halftime intermission. In the case of overtime there will be a TWO-MINUTE INTERMISSION. Due to daylight restrictions these times intervals may be altered by the official's discretion.

COIN TOSS/READY FOR PLAY

A. Managers will meet at the center of the field with the game officials prior to the start of each game for the coin toss. The visiting team calls the toss. The winner of the toss shall choose one of the following options:

- 1) To receive
- 2) To defer
or
- 3) Direction

Should the winner of the toss defer, the loser of the toss shall have the option of kicking or receiving in the first half or direction. Should the winner of the toss choose to kick or receive, the loser of the toss will choose which goal to defend. Should the winner of the toss defer in the first half, for the second half they shall have the option of kicking, receiving, or choosing which goal to defend.

B. ALL players must have their flags on and shirts tucked in (shirts must be long enough to stay tucked in, or in no way cover any portion of the flags or belt) when at the line of scrimmage. If a player does not have his flags on at the snap of the ball the referee shall blow his whistle and stop play to advise that player, however, the **CLOCK DOES NOT STOP**. **EXCEPTION:** if, within the final two minutes of a half, a player does not have his flags on by the time of the snap of the ball it is a delay-of-game penalty.

MERCY RULE – When Team A Leads Team B by 17 or more points inside the two-minute of the second half, the game is over. When Team A Leads Team B by 35 or more points at any time in the second half, the game is over. Team B, if down by 35 or more points starting the second half, has one drive to attempt to score starting the second half only if a score and extra point will keep team B within 35 points.

I. THE FIELD

A. The field shall be of regulation size. Adjustments will be made because of facility limitations.

- 1) 100 x 50 yards with fixed 1st downs at the 20-40-40-20-yard lines.
- 2) Or, 80 x 40 yards with fixed 1st downs at the 20-40-20-yard lines.

B. Field Lines

- 1) The lines shall be painted, chalked, or burned for identification. Pylons or actual yard markers will be placed on the outer edges of the lines.

II. EQUIPMENT

A. **GAME BALL** – The game ball shall be a regulation size NFL football. The ball shall not be underinflated. It is recommended that the game ball shall be a Wilson Official NFL ball. The referee shall be the judge of the condition of the ball. Each team is responsible for their own ball.

B. **Uniforms** – Uniforms are mandatory with numbers. Teams should have home and away matching color shirts. **IF TWO TEAMS HAVE THE SAME COLOR SHIRTS THEN IT IS THE RESPONSIBILITY OF THE VISITING TEAM TO WEAR A DIFFERENT COLOR.** (league will provide shirts)

C. **Flags** – May be either Triple Threat Flags or Velcro flags. The flag belt must have 3 flags. The color of the flags must contrast with the color of your pants. The flags must be at least 15 inches in length.

- 1) A towel can be worn by the center only and it will be treated as a flag if pulled.

D. **SHOES** – Shoes must be athletic cleats with rubber bottoms only. Screw in's o.k. No boots or Polyurethane cleats and **absolutely no metal cleats!**

E. **OTHER EQUIPMENT** – any exposed metal like knee braces or ankle braces must be covered. Knee or elbow pads are all right only if made of cloth or foam material. Casts or other potentially dangerous equipment may not be worn. **No pockets on pants/shorts.** **ABSOLUTELY NO JEWELRY**

III. THE CLOCK

A. **Game Time** – The game consists of two 22-minute halves with a 5-minute halftime.

- B. Running Clock – First half runs 22 minutes continuously. 1st half the clock runs continuously for 21 minutes then there is a 1 minute warning before the half. 2nd half, the clock runs continuously for 20 minutes, then there is a 2-minute warning. Outside of the 2nd half 2-minute warning, the only time the clock stops are for an injury or time-outs, or by the discretion of the referee.

NOTE: Due to daylight restrictions the winter league will have a 1-minute warning per half.

The referee will stop the clock, at the one/two-minute warnings, and he will inform both teams of the stoppage.

Within the one/two minute warnings the clock will be stopped on:

- Incomplete passes
- Out of Bounds
- Penalty and administration (DEPENDING ON LAST PLAY)
- Team Time Outs
- Touchdowns and extra points
- Referees discretion
- Fair catch on a punt
- Change of possession
- At 2:00 warning (or the first end of play that after 2:00 min crosses)

The clock will be started again at the snap of the ball

- C. HUDDLE – Huddle clock is 30 seconds. The offensive team is responsible for retrieving their own ball and without delay getting in the huddle. The “play” clock, or huddle clock, starts once both teams are on their respective side of the scrimmage line and official blows whistle ready for play. **If a team is intentionally slow to returning attempting to run time off the clock the referee will start the huddle clock at his discretion.**
- D. TIME OUTS – Each team has 3-time outs per half. Time outs do not carry over into the next half. The referee can declare a discretionary time out at any time. **Any player can call a time out.** Time outs will be allowed one minute maximum. The referee shall warn both teams ten seconds before a charged time out ends.
- E. CHANGE IN PLAYING TIME – A period may be extended by an untimed down only when, during the last timed down, one of the following occurred:
- A touchdown was scored; the point-after attempted is part of the same half
 - There was an inadvertent whistle and the down is to be replayed; the down must be replayed as part of that half
 - There was fair-catch interference and the offended team accepts an awarded fair catch; the half may be extended and down replayed.
 - If there was a fair-catch interference and the offended team accepts the distance penalty; the half must be extended and down replayed.
 - If there was a deliberate foul by the kicking team and the penalty is not declined; the half must be extended.

IV. PUNTS

A. PUNTS

- 1) All punts are declared. No fakes. After such an announcement the punt must be attempted. EXCEPTION: If a penalty occurs anytime during this down which results in the punting team being in position of fourth down again, then the punting team must re-declare intention.
- 2) There is no rush on punts. The return team must have four players on the line of scrimmage and there is no contact or movement until the ball is punted. The punter must be at least five yards behind the snapper. Snapper must snap between legs. There are no direct snaps in the punting formation. After receiving the snap, the punter must punt the ball immediately and in a continuous motion. **IF THE PUNTER DROPS THE SNAP, THEN THE BALL IS DEAD, AND IT IS THE RECEIVING TEAMS BALL AT THE SPOT OF THE BALL HITTING THE GROUND.**
- 3) Punts that hit the ground first can be picked up and advanced by the receiving team. A punt that fails to cross the line of scrimmage is dead where it lies after the ball comes to rest or is downed by either team and is the receiving team’s ball.
- 4) If the punt goes out of bounds, then it is the receiving team’s ball where it went out of bounds.
- 5) Any punt that goes out of the end zone is a touchback and the ball is placed at the 20-yard line.

- 6) If a punt comes to rest in bounds and untouched and no player of any team attempts to secure it, the ball becomes dead and belongs to the receiving team at the dead-ball spot.
 - 7) Teams only have 5 seconds after official signals ready for play to decide on their declaration. Delay of game will be called.
- B. FAIR CATCHES – Fair catches are legal. The receiver must wave his hand in an obvious motion clearly above his head to signal a fair catch.
 - C. MUFFED PUNTS – If a receiver in an attempt to catch the ball drops the ball then the play is dead, and the ball is spotted at that point. **There are no fumbles.** A muffed punt is always the receiving team's ball.
 - D. PENALTIES – If a “dead ball” foul occurs (movement), after the administration of the penalty, the kicking team can change their mind and elect to go for it rather than punting.
 - E. RE-DECLARATIONS – If a team has declared a punt and changes its decision they will be charged a time out. If a team is out of time outs they may not redeclare.

V. BLOCKING*

- A. All blocking is with the arms extended out (“Open Hand” blocking). Blocking must take place between the opposing player's waist and upper chest.
 - B. You cannot dive at a player to make a block (no leaving your feet!)
 - C. “Crack back” blocks are illegal (unless done with extended arms) and subject to severe punishment! Blocking at the knees, lying down, fore arm “shivers”, or blocking in the back is illegal!
 - D. Blocking can take place anywhere on the field. Down field blocking is illegal when the ball is in the air and ball is thrown past the line of scrimmage.
 - E. Blocking in the back is legal ONLY when you have initiated contact on the player's front side and the defender then “rolls”. If you maintain contact, a block in the back (remember with extended hands) is legal. If you release your block on a defender and he then “rolls” you cannot regain your block by blocking his back.
 - F. If your arms collapse after your initial block, that is okay. It's going to happen. **Your first move must be with the arms extended.** When they collapse you would be in a more “traditional” blocking mode of using your body more than your arms is legal.
- G. 2-on-1 blocking is legal.**

VI. RUSHING*

- A. A team can rush any number of players.
- B. The initial contact with an offensive player must be with his arms extended. No fore arms or closed arms technique. Throwing a blocker to one side or the other is illegal. “Swim” and “Rip” moves are illegal.
- C. **When rushing the center,** you cannot interfere with the center until center makes a football move or attempts a block. You cannot line up nose to nose with the center. If the center is releasing to go out for a pass, no intentional contact can be made with the center until the center is in an upright position. A center releasing into a pass pattern must make every effort to gain an upright position, as soon as possible after snapping the ball.
- D. **ROUGHING THE PASSER**
 - 1) You cannot run into or through the quarterback. If you attempt to block the pass and you come down on the quarterback in the slightest way or if his follow thru hits you when your hands are up you will be penalized.
 - 2) **Hitting the ball while it is in the QB hand is roughing.**

VII. OFFENSIVE PLAYS

- A. DOWNS
 - 1) The start of either half or touchback will result with a start of a possession on the team's own 20-yard line. Unless penalty or other circumstances dictates otherwise.

- 2) The offensive team must advance the ball to the next first down mark (20-40-20) to continue the possession or score a touchdown. Failure to do so will result in a change of possession. Assuming a punt was not declared at any point.
- B. PASSING – Pretty basic; All players are eligible to catch a pass; only one forward pass can be thrown per down.
- 1) Passer’s arm in motion and ball is in hand; the passer is down if deflagged.
 - 2) Direct snaps are legal: EXCEPTION: On a declared punt, the punter must be at least five yards back, and must kick the ball immediately.
 - 3) There is no intentional grounding penalty.
 - 4) If a ball carrier’s knee hits the ground, the ball is dead at that spot.
 - 5) When a receiver goes in the air for a catch near the sidelines or goal line, he must have at least one foot in bounds when he hits the ground. (One foot must be in bounds for a completed pass with no part of the body touching out of bounds). Simultaneous landing with one foot in and one foot out is out.
 - 6) **Tipped pass; if** the ball is tipped or deflected in its route, then there can be no pass interference unless the defender uses his hands or arms in an illegal matter such as knocking the receiver to the ground using a “closed arms” tactic. The defender must use his arms in an extending matter to “shove” the receiver away from the ball.

C. BACKWARD PASS AND FUMBLES

- 1) A backward pass or fumble may be caught in flight in bounds and advanced by any player.
- 2) A backward pass or fumble is dead at the spot when it goes out of bounds or touches the ground or the goal line. The ball belongs to the team last in possession, unless lost on downs.
- 3) The offensive team to better their spot shall not bat a fumble forward.
- 4) Pitching or lateraling the ball backwards is legal

D. HANDING OFF

- 1) You can hand off the ball forward only if the receiving player is behind the line of scrimmage.
- 2) A ball carrier may hand the ball backward at any time.

E. MOTION

- 1) Only one player can be in motion at the snap of the ball.
- 2) Shifting is legal at any time. All players who shift still must reset for one second.

F. INADVERTANT WHISTLE – At the time of the inadvertent whistle, the team with possession of the ball has the option of replaying the down, or the result of the play **up to the time of the whistle!**

VIII. DEFLAGGING/INTERCEPTIONS

- A. REMOVAL OF THE FLAG – The ball carrier must have the ball when having his flags removed. If a flag is inadvertently removed or falls off in the course of play **one hand** touch is enforced.
- B. FLAG GUARDING – The ball carrier shall not protect his flags by **intentional or unintentional** blocking with his hands or arms in attempt to prevent the defender from pulling his flags.
- C. ILLEGAL DEFENSIVE CONTACT – The defender may not hold, grasp, push, rip or impede the offensive player in anyway in an attempt to remove the flags.
- D. DOWNED – The position of the ball carriers’ hips as the ball carrier is deflagged is the mark for the succeeding down including a score. **The ball position is not the mark.**
- E. ARM IN MOTION – The passer is down at the spot of the deflagging even if his arm is in motion.

IX. DIVING

A. DIVING IS **ILLEGAL** WHEN:

- 1) Attempting to advance the ball (diving for a first down or touchdown).
- 2) Attempting to block.

- B. DIVING IS **LEGAL** WHEN:
- 1) Attempting to make a catch.
 - 2) Attempting to grab the ball carriers' flag.

X. SCORING

A. POINTS

Touchdown	6 points
Successful Point-After	
From 5 yards	1 point
From 10 yards	2 points
**DEFENSE CAN RETURN PAT FOR THE VALUE OF THE TRY	
Safety	2 points
Forfeited Game	14-0 Final Score

(If a Forfeited game never gets started then the final is 14-0. If a game is in progress and a team has to forfeit because of reasons, then the team that gets the forfeit can elect to keep the standing score, or choose a final of 14-0.)

Game that ends in O.T. by yardage will receive 1 point.

AFTER A SCORE:

1. After each score the player scoring must walk to the nearest official (with the ball held over his head is recommended). The official will remove the belt, if the player is wearing Triple Threat Flags. If the belt, or flags, are tied or illegally fastened it is a foul.
Penalty: Player ejected from the game, play is disallowed, loss of down, and 15 yards from previous spot. If the scoring player, a team member, or fan removes the flag belt or causes the belt to come off (in the observance of an official), the score will not count and a 5 yard penalty will be assessed from previous spot loss of down
2. Penalty on a score. Team will have the choice to enforce it on p.a.t. or kickoff.

B. EXTRA POINTS

- 1) Offensive Penalties – If a “dead ball” foul occurs on the offense (false start for example), then the whistle is blown immediately, and the penalty is administered. If a “live ball” foul occurs (offensive interference for example), then the extra point is declared no good no matter the outcome.
- 2) Defensive Penalties – If the defense is whistled for a “dead ball” foul then the penalty is administered. If a “live ball” foul occurs, then the extra point will be declared good no matter the outcome.
- 3) “Dead Ball” Personal Fouls – If a personal foul occurs after the extra point attempt, the penalty will be administered either on the change of possession or on the extra point attempt.
- 4) Once the offense has declared whether they are going for one or two points, a penalty cannot change the initial declaration.
- 5) Offsetting “live ball” fouls will result in a replay of the down.
- 6) Defense can return extra points for the same points offensive team declared.

C. SAFETIES

- 1) If a safety occurs, then the defending team gets the ball at their 20-yard line.
- 2) When the ball is out of bounds behind the goal line (except from an incomplete forward pass) or when the ball becomes dead in possession of an offensive player on, above or behind the players own goal line, it is a safety.
- 3) An offensive penalty that occurs in their end zone (holding for example) results in a safety.
- 4) A snapped ball that lands in the end zone is a safety.

XI. OVERTIME

- A. 4 downs from the 20-yard line going in.
- 1) A coin toss determines who gets the choice of going first or electing to go second.
 - 2) Once a team scores a touchdown, then they elect to go for 1 point or 2 points.
 - 3) If neither team score, then the team who advanced the furthest will be declared the winner.
 - 4) If still tied after the first overtime session game will be call a tie
 - 5) In playoffs, overtime will continue until one team wins by points only. No yardage applies.
 - 6) Interceptions will change the possession and they can be not returned. If a pass intercepted, play is dead, series will be over. Ball will be placed at the 20-yard line. Zero Yards gained will be declared.
 - 7) Safeties do count (which would be a rare occurrence). If team B scores a safety over team A, team B must still go an offense. *
 - 8) Teams must run 1 whole series (4 plays). Except if team scores a touchdown, throws an interception, or loses a fumble (must be picked in the air). If fumble hits the ground play is dead and ball is marked at that point.
 - 9) Overtime winner by yardage will receive 1 point to their score

XII. INTERFERENCE

- A. PASS INTERFERENCE – During a down in which a legal forward pass is thrown, contact that interferes with a receiver (other than the initial “chuck”) is pass interference.
- 1) The defender within 5 yards of the line of scrimmage is permitted one legal “chuck” off the line.
 - 2) **“Face Guarding” is illegal.** A defender cannot wave his arms and hands in the face of a receiver in an attempt to block the ball without turning around and looking for the ball in the air. The defender must try to locate the ball.
 - 3) **There is no such rule as an “Uncatchable” pass** in flag football. Pass interference can take place on a ball that may clearly be over or under thrown.
 - 4) **Tipped pass** – See Rule V.B (6).
- B. OFFENSIVE INTERFERENCE – After the ball has been snapped and until a receiver has touched it, there shall be no pushing off or illegal use of hands when the ball is in flight.
- 1) Blocking down field (any blocking that is not taking place on the line of scrimmage) down field blocking is illegal when the ball is in the air and ball is thrown past line of scrimmage.
- C. FAIR CATCH INTERFERENCE – While any kick is in flight the kicking team shall not touch the ball, touch the receiver or obstruct the receiver’s path to the ball. This prohibition applies even when no signal is given.

XIII. UNFAIR AND UNSPORTSMANLIKE ACTS

- A. PERSONAL FOULS – No player shall commit a personal foul during a period or an intermission. Any act prohibited hereunder, or any other act of unnecessary roughness is a personal foul.
- 1) No player shall block in a matter that would cause his feet, knees, or legs to strike an opponent (all blocking shall be with feet in contact with the ground).
 - 2) There shall be no hurdling, tripping, or clipping.
 - 3) There shall be no contact with an opponent who is on the ground.
 - 4) The ball carrier shall not be thrown on the ground.
 - 5) There shall be no unnecessary roughness of any nature.
 - 6) The ball carrier shall not deliberately drive or run into a defensive player.
 - 7) The center may not be touched until he has begun his pass pattern (is in an upright position), attempts a block or makes a football move.
 - 8) No lowering of the head, or shoulder, by the ball carrier.
 - 9) No spiking or throwing of the ball whether in anger or in celebration.

ANY UNSPORTSMANLIKE ACT CAN RESULT IN THE PLAYER BEING SENT TO THE SIDELINES FOR A SERIES OF DOWNS. IF THE SAME PLAYER IS SENT OFF FOR A SECOND TIME THAT PLAYER IS EJECTED FROM THE GAME AND HAS 2 MINUTES TO LEAVE THE PARK. THIS TYPE OF GAME EJECTION, HOWEVER, CAN WARRANT AN ADDITIONAL GAME SUSPENSION.

- B. **PROHIBITED ACTS** - A penalty shall be assessed if any player, substitute, coach, or others to the rules commits any unsportsmanlike act including, but not limited to:
- 1) Abusive or insulting language including “trash talk”.
 - 2) Any acts of unfair play.
 - 3) Managers, coaches or others on the field of play at any time.
 - 4) Interfering with a player or any player while the ball is live.
 - 5) Using a “hide-out sleeper play” by placing a player(s) near the sidelines who is not within 15 yards of the ball from the time of the ready-for-play signal to the snap
 - 6) The punter delaying the kick.
 - 7) Attempting to substitute a suspended player.
 - 8) A defender intentionally pulling or removing a flag from the offensive player without the ball.
 - 9) Any verbal or physical abuse to a game official or referee.
 - 10) Using the “F” word anytime! On the field or the sidelines!
- C. **SUSPENSION FROM THE GAME** – Whenever, in the judgement of any game official, the following acts are deliberate or flagrant, the players involved shall be ejected from a game: (4 play/series or rest of game depending on severity)
- 1) Using fists, kicking or kneeling.
 - 2) Using locked hands, elbows, or any other part of the forearm or hand, except according to rule.
 - 3) Tackling the ball carrier. Clear path will be declared a touchdown.
 - 4) Verbal or physical abuse of the game official or referee.
 - 5) Leaving the sidelines for the field if a fight breaks out.
 - 6) Any other deliberate or flagrant act.

XIV. SCRIMMAGE FOULS

- A. Any infraction of the following, before the snap is a foul:
- 1) The center cannot simulate the snap of the ball.
 - 2) The center must have both feet on the scrimmage line, and no part of his body shall be beyond the forward point of the ball.
 - 3) The center shall hand or pass the ball back between his legs from its position on the ground with a quick and continuous motion of the hand(s). **DIRECT SNAPS ARE LEGAL.**
 - 4) Players may not interlock their legs at the line of scrimmage.
 - 5) No three-point stances allowed. Offense or defense.
 - 6) No player may make contact or interfere with an opponent or the ball before it is snapped.
 - 7) After the ball is ready-for-play and until it is snapped, no player on defense may touch the ball, nor may any player contact opponents or in any other way interfere with them. This includes standing in the zone to give defensive signals or shifting through the zone.
 - 8) No player of the offensive team shall make a false start. A false start includes faking a charge or play. An infraction of this rule may be penalized whether or not the ball is snapped and the penalty for any resultant encroachment or contact foul by an opponent shall be ignored.
 - 9) No defensive player may simulate the “snap count” in an effort to cause illegal motion by an offensive player. (That means yelling, “hut-hut”, etc.).

In a snap preceded by a huddle or shift, all players of the offense must come to a complete stop and remain stationary in legal position without movement of feet, body, head, or arms for at least one full second before the ball is snapped.

- B. Any infraction of the following when the ball is snapped is a foul:
- 1) At least four offensive players must be on the line of scrimmage. The remaining players must either be on the line of scrimmage or their backfield line. **EXCEPTION:** One player may be between the line of scrimmage and backfield line if placed in a position to receive a hand-to-hand snap from between the center’s legs. When in such position, the player may receive the snap himself or may go directly to any back.
 - 2) All players must be in bounds and only the center may be encroaching on the neutral zone and their feet must be stationary behind the ball

- 3) One offensive player may be in motion at a time at the snap of the ball, but not in motion towards the opponent's goal line.
- 4) No offensive player who is on the line of scrimmage may receive the snap.
- 5) If a defensive player crosses the neutral zone regardless if he touches an offensive player or not, it is encroachment and is a penalty.

XV. PENALTY RESULTING IN A FIRST DOWN

A. ROUGHING THE PASSER OR CENTER

- 1) An automatic first down plus a 15-yard penalty. Penalty yardage will be tacked on to the end of any gain. If the defender contact's the passer's arm, whether or not he touches the pass, it is roughing the passer. If a legitimate attempt at the passers flags results in knocking down the passer it will be up to the judgement of the official as to whether it is a penalty. Hitting the ball in the hand before it is released is the same as hitting the arm.

B. PASS INTERFERENCE – Spot foul and automatic 1st down.

C. ILLEGAL FLAG PULL – Pulling the offensive players flags before he has the ball.

After a penalty, which leaves the ball in possession of Team a beyond its zone line-to-gain, or when a penalty stipulates a first down, the down and distance established by that penalty shall be first down with the next, zone line-to-gain.

After a distance penalty for a foul committed during a down and after Team A possession has changed during that down, the ball belongs to the team in possession when the foul occurred, and the down and distance established by that penalty shall be first down with zone line-to-gain.

E. Illegal touching:

Any offensive player, who goes out of bounds on his own volition during a passing down, loses his eligibility to catch the ball until the ball has been touched by an opponent. Penalty: 15 yards.

XVI. TYPES OF PLAY AND BASIC ENFORCEMENT SPOTS

A. If a foul occurs during a down, the type of play fixes the basic enforcement spot. There are two types of play; loose ball plays and running plays.

- 1) A loose-ball play is action during: A legal forward pass; Backward pass or fumble by the offensive team from, on, or behind the scrimmage line; Loose-ball play also includes the run which precedes a legal pass or fumble.

When a foul occurs during a loose ball play, the basic enforcement spot is the previous spot.

- 2) A running play is any action not included in a loose ball play: Behind the line a running play includes a run which is not followed by a loose ball; Beyond the line, a running play includes any run and any loose ball which starts beyond the line following the run; A run ends when a runner loses possession, and that spot becomes the basic spot of enforcement.

When a foul occurs during a running play, the basic enforcement spot is where the related run ends, which is where the ball becomes dead or where the player loses possession.

A measurement cannot take the ball more than half the distance from the enforcement spot to the offending team's goal line. If the penalty is greater than this, the ball is placed halfway from the enforcement spot to the goal line.

XVII. RESPONSIBILITY OF THE LEAGUE

- A. The J.F.F.L. reserves the right to restrict the involvement of any individual, or team, as it sees fit due to perceived, or actual, conflict with the philosophy, or purpose, of the J.F.F.L. The officials and league commissioner will carry this out.

- B. The League Commissioner will remain the final authority on all matters pertaining to this program. The commissioner and the league committee shall sit as judge for disciplinary action as required. Disciplinary action may include probation, short-term suspension, long-term suspension, indefinite suspension, and other measures as is deemed appropriate.

XVII. FOULS AND PENALTIES

A. SUMMARY

- 1) **PROCEDURE AFTER A FOUL** – When a foul occurs during a live ball, the referee shall, at the end of the down, notify the offended captain of his options. If the penalty is declined or there is a double foul, there is no loss of distance. A captain’s choice of options may not be revoked. When a foul occurs during a dead ball between downs or prior to a free kick or snap, the ball does not become live. The referee shall notify the offended captain of his options. If a penalty is declined the number of the next down shall be whatever it would have been if that foul had not occurred.
- 2) **FOULS BY BOTH TEAMS** – If off setting fouls occur during a down, that down shall be repeated. **EXCEPTION:** If each team fouls during a down in which there is a change of team possession, the team last gaining possession may retain the ball provided its foul was not prior to the final change of possession and it declined the penalty for its opponents foul.

When a foul is followed by a dead-ball foul by the opponents, the penalties are administered separately and in the order of occurrence.

- 3) **FOUL BETWEEN DOWNS** – The penalty for a foul between downs is enforced from the succeeding spot. A foul following a penalty incurred after a series ends and before the next series begins shall be first down, but the zone line-to-gain shall be established before the penalty is enforced.

SUMMARY OF PENALTIES

Penalties of 5, 10, and 15 yards are for all fields

- **Delay of Game:** Dead ball, administer from LOS; replay down; If under 2 minutes, clock is stopped and loss of down.
- **False Start:** Dead ball; administer from LOS; replay down.
- **Any illegal act by center:** Live ball; administer from LOS; replay the down.
- **Encroachment:** Dead ball; administer from LOS; replay down.
- **Less than 4 players on Offensive line at snap:** Live ball, administer from LOS; replay down*
- **Illegal motion, shift, or motion:** Live ball; administer from LOS; replay down.
- **Illegally handing ball forward:** Live ball; spot of the foul; administer from spot.
- **Shirt not tucked in:** Dead ball, give warning first; administer; replay the down.
- **Simulating the Snap Count:** Dead ball; administer from the LOS; replay down.

10 Yards

- **Offensive Holding behind LOS:** Live ball; administer from LOS; replay the down.
- **Offensive Holding Beyond LOS:** live ball; spot foul; replay the down
- **Defensive Holding:** live ball; administer from the LOS; automatic first down.
- **Illegal Block:** Live ball; administer form LOS; replay the down.
- **Delaying start of half:** administer from the 20 yard line
- **Interference with opponent or ball before snap:** Live ball; administer; replay down.
- **Offensive Pass Interference:** Live ball; administer from LOS; loss of down.
- **Illegal Forward Pass:** Live ball; administer from LOS; loss of down.
- **Illegal Use of hands:** Live ball; administer from LOS; replay down.
- **Pushing the Ball Carrier:** Live ball; spot foul; loss of down.
- **“Slapping” the Ball Out of the Ball Carrier’s or QB’s Hands:** Live ball; administer from spot.
- **Illegal Contact:** Live ball; administer from LOS; replay down
- **Center Interference:** Live ball; administer from LOS; replay down
- **Diving:** Live ball; administer from spot; loss of down.

- **Fair Catch Interference:** Live ball; administer from LOS; replay down.
- **Illegal Downfield Block:** (while ball is in the air); Live ball; administer from LOS; replay down.
- **Illegally Advancing the Ball:** Live ball; spot of foul; loss of down.

15 Yards

- **Striking, kicking, kneeling, tripping, clipping:** Live or Dead ball; administer from LOS or from the end of the run
- **Flag Guarding:** Live ball: spot foul if past the LOS. If behind LOS the penalty is marked from LOS in either case the down is not replayed.
- **Flag Guarding:** If 1st down is gained then penalty yardage is enforced starts with 2nd Down
- **Flag Guarding:** QB cannot use ball to block flag pull
- **Unsportsmanlike Conduct:** Dead ball; administer from the end of the run. Sit a series or 4 downs, whichever is longer. 2nd results in game ejection. 2 min to leave park before scores added to opponent and/or forfeiture.
- **Roughing the Passer:** Live ball; administer from LOS or from the end of the run. Automatic 1st down
- **Pass Interference:** Live ball; Automatic first down; *spot of foul*
-
- **Illegal Participation;** Live Ball; administer from LOS; Loss of down. No flags to start play. Referee can choose to issue a warning (typically only with new teams)
- **Illegal Flag Pull:** Live ball; administer from LOS; automatic 1st down. Spot foul if caught and greater than penalty yardage. Tackling or pushing out with no attempt at flag pull (clear path results in a TD).

If last man tackles the ball carrier, and no other defender between runner and goal line, it will result in a touchdown. Choice: Unsportsmanlike penalty applied on XP or next possession with a loss of down.

FORFEITURE OF GAME

- Repeatedly committing fouls in an attempt to delay the game.
- Less than 4 players at game time.
- Any flagrant foul, in addition to the yardage penalty, results in disqualification. Ejected player not leaving the park within 2 min.

ANY fighting results in ejection of the combatants and suspension up to or more than 1 year. If a team is involved in two incidents, they will forfeit their next game. Upon a third infraction, the team is disqualified for the remainder of the season.

4.4 Rule

4.4 rule is a ruling challenge. Each team has 1 per half. Before the 4.4 is called, the challenging team must call a timeout. A league official will rule on the questing call. If over turned, team will not be charged for the timeout. This is a ruling interruption challenge of the rulebook not a play outcome challenge or a judgment call.

Addendums

-No pockets on shorts/pants

-If you cross the 1st down mark but commit a penalty that backs you behind 1st down mark (eg: flag guard, holding, illegal block etc.) no 1st down is awarded. If penalty was on 4th down, penalty applied LOS.

Team must have 4 players to start. They can add players as described in introduction paragraphs of this document.

Jokers Flag Football League

Code of Conduct for All Participants

The following Code of Conduct for the Jokers Flag Football League has been adopted and approved by the JFFL Commissioners. This code will be strictly enforced by the League Commissioner and board of the JFFL Commissioners.

The word “player” refers to players, manager, coach or team

Major Offenses

No player shall:

1. Physically attack, punch, grab or threaten to strike an official.
 - a. Minimum Penalty: Suspension for the remainder of the season
 - b. Maximum Penalty: Suspension for life from participation in the JFFL organized league play or tournaments.
2. Use abusive language or verbally attack an official, play or spectator.
3. Use unnecessary rough tactics I play of a game against the body of an opposing player.
4. Physically attack as an aggressor upon any player. (Fighting)
5. Exhibit objectional demonstrations of dissent, intentional or not intentional of an official’s decision. (Touching and official)
 - a. Minimum Penalty: Ejection from the game.
 - i. JFFL Athletic Commission will review and rule on any further action
 - b. Maximum Penalty: Suspension for life from participation in the JFFL organized league play or tournaments

Minor Offenses

No player shall:

1. Consume alcoholic beverages during a game, while coming off or going on the field of play, or while on the field of play.
 - a. Minimum Penalty: Ejection from the game.
 - b. Maximum Penalty: JFFL Athletic Commission will review and rule on any further action
2. Refuse to abide by official decision.
3. Use profane, obscene, or vulgar language or gestures in any manner.
4. Appear on the file of play at any time and behave in a unusual manner.
5. Smoke while going on or coming off the field or while on the field of play.
6. Discuss publicly with spectators in a derogatory or abusive manner any play, decision, or personal opinion of other players during the game.
7. Play for more than teams than allowed by league rules
 - a. Must follow rules established in rule book
 - i. Minimum Penalty: Warning
 - ii. Maximum Penalty: Ejection from the game
 1. JFFL Athletic Commission will review and rule on any further action

Team Offenses

No player shall:

1. Refuse to leave the field of play within 60 seconds after ejection for the game, when requested by the official
2. Create a disturbance in the spectator area as a result of being ejected from the game.
3. Condone the use of non-rostered players (a player that in not currently listed ona team official roster in accordance with league rules or illegal players (a player that is currently under restrictions imposed by the JFFL Athletic Commission.

Any violation not included in the “Code of Conduct” shall be subject to review and decision by the JFFL Athletic Commission.