

JCPS Flag Football Rules

1. All games will be 40 minutes in length with a running clock. There will be two 20-minute halves with a five-minute break between halves. Each team will be allowed **two 30 sec** timeout per half. A flip of the coin will determine who has the first possession and jersey.
2. The field will be 40 yards in length, plus a 10-yard end zone, with all possessions starting at the 40-yard line. No matter where the defense stops the offense, the next possession begins at the 40.
3. Each team will have seven (7) players on the field at all times. The offense has to have a player snap the ball to the QB to start play. The center cannot be eligible for a pass. The offense may deploy a total of five receivers. There are no running plays.
4. The QB has four seconds to release the ball. If not, the play is blown dead, and the ball will return to the LOS for the next down. The count will be kept by the officials, but tournament personnel will administer the time clock.
5. A double pass is not allowed, but passes may be completed behind the LOS.
6. One first down may be achieved per offensive possession. A first down is earned by reaching the 20-yard line within four downs. After converting a first down, the offense will have four plays to score from the spot where the player was last tagged. In all, an offense can initiate eight total plays within a series.
7. A touchdown scores six (6) points. The offense may choose to go for a one-point conversion from the five-yard line or two points from the 10-yard line. There are no field goals or PAT kicks. Score will be kept by the tournament administrator assigned to each field.
8. The defense will earn one point when it stops the offense from scoring. An interception is worth three points. Once the ball is intercepted, the ball will be marked down and possession changes. There are no defensive touchdowns. No points are awarded to the defense on conversion attempts.
9. There are no fumbles. The ball is dead when it hits the ground. The ball carrier is down when the flag is pulled, and the ball is spotted at the spot of forward progress. There is no rushing the QB.
10. There will be no blocking (hands extended in the attempt to block a defender), however shielding will be permitted. The defender is allowed one hand check at the LOS only.
11. Offensive holding, blocking and pass interference is a 10-yard penalty from the LOS. Defensive tackling, holding, pass interference, and illegal contact is a 10-yard penalty from the LOS. Any **flagrant** penalty will result in the ejection from the rest of the game. A second individual violation will mean tournament expulsion.
12. The tournament administrator will monitor slow play of approximately 30 seconds between snaps. A play in progress during the final whistle will be completed. The game cannot end on a defensive penalty, unless the offense declines it. Regular substitutions **rules** apply.
14. The clock will stop only when the referee believes that it is necessary to halt the game. If a player is injured he must leave the field for at least one play.
15. In case of tie after regulation, an overtime tiebreaker will occur, beginning with a coin flip to determine possession. Each team will have four plays to score from the 20-yard line, until the tie is broken. Two-point conversions are allowed, but there is no defensive scoring in overtime.

Each Team agree on score change of possession. Home team keeps score.