SOUTH JERSEY NFL FLAG

SJNFL

NFL FLAG

OFFICIAL LEAGUE RULES

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I. GAME

1. At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.
2. The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Possession changes to start the second half to the team that started the game on defense.
3. The offensive team takes possession of the ball at its 5-yard line and has four (4) downs to cross midfield. Once a team crosses midfield, it has three (3) downs to score a touchdown.
   a. If the offensive team fails to cross midfield, on 3 downs, and elect to "punt" on 4th down, possession of the ball changes and the opposition starts its drive from its own 5-yard line. If the offensive team goes for it on 4th down and does not cross field, the opposing team will start its possession from the spot.
   b. Offensive Teams MUST declare 4th down intent; “Play or Punt”, when asked by the referee and prior to the ‘Ready for Play’.
   c. Teams may use a timeout only to change the declaration of “Play” at any time prior to the expiration of the play clock.
   d. If the declaration is “Punt” the ball changes possession and will be placed at the opposing Team’s 5-yard line, 1st down, with ***NO*** option to change the declaration.
   e. If the offense fails to score, after crossing midfield the ball changes possession and the new offensive Team starts at its 5-yard line
4. Teams change sides after the first half. Possession changes to the team that started the game on defense.
5. **There is NO “4th Down Option” in Rookie (8U) & Jr. Rookie (6U)**
6. Teams may use their own footballs (must be appropriate size) when playing, however, they may use the same ball if necessary.

   –6u/8u: Black or Blue NFL Flag issued ball. (Junior Size)

   –10u–17u: White or Brown NFL Flag issued ball. (Youth Size)

   *–17u may use a High School size ball if they choose to.

II. TERMINOLOGY

Boundary Lines	The outer perimeter lines around the field. They include the sidelines and back of the end zone lines.
Line of Scrimmage	(LOS) an imaginary line running through the point of the football and across the width of the field.
Line-to-Gain	The line the offense must pass to get a first down or score.
Rush Line	An imaginary line running across the width of the field seven yards (into the defensive side) from the line of scrimmage.
Offense	The team with possession of the ball.
Defense	The team opposing the offense to prevent it from advancing the ball.
Passer	The offensive player that throws the ball and may or may not be the quarterback.
Rusher	The defensive player assigned to rush the quarterback to prevent him/ her from passing the ball by pulling his/her flags or by blocking the pass.
Live Ball	Refers to the period of time that the play is in action. Generally used in regard to penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.
Dead Ball	Refers to the period of time immediately before or after a play.
Whistle	Sound made by an official using a whistle that signifies the end of the play or a stop in the action for a timeout, halftime or the end of the game.
Inadvertent Whistle	Official's whistle that is performed in error.
Charging	An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with a shoulder, forearm or the chest.
Flag Guarding	An illegal act by the ball-carrier to prevent a defender from pulling the ball-carrier's flags by stiff arm, lowering elbow or head or by blocking access to the runner's flags with a hand, arm or ball.
Shovel Pass	A legal forward pass across the LOS underhand, backhand or by pushing the ball forward.
Lateral	A backward or sideway toss of the ball by the ball-carrier.
Unsportsmanlike Conduct	A rude, confrontational or offensive behavior or language.

III. ELIGIBILITY

1. A player's age must fall within the specified age-range as provided by the league..Age is subject to verification upon request of a valid birth certificate.
2. All players must present a waiver that is signed by a legal guardian or parent.All players acknowledge and must adhere to the SJNFLFL Code of conduct and are subject to penalties as set forth by the league. In extreme cases the league reserves the right to take any action that is deemed appropriate in any given situation.

IV. EQUIPMENT

1. The League provides each player with flag belts, NFL Flag jersey, and shorts.. Flags and the league provided jersey must be worn at all times during game competition. Jerseys should not be altered, defaced or display anything outside of what was provided to the player. Teams will use footballs furnished by the league. Players who do not use league approved equipment shall be deemed ineligible for play.
2. Players must wear shoes. Cleats are allowed, however cleats with exposed metal are not allowed and must be removed.
3. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads, and kneepads. Braces with exposed metals are not allowed.
4. Players must remove all watches, earrings and any other jewelry that the officials deem hazardous. Winter Beanies are allowed.
5. Players' jerseys must be tucked into the pants if they hang below the belt line. If jersey is too short, the belt must be wrapped tightly over the jersey without hindrance of flags being exposed. Players should make every effort to tuck jerseys in.
6. Players must wear the NFL Flag Jersey & Shorts they are given by the League or else they are NOT allowed to participate in their games.
7. Players cannot wear only compressions or pants without the proper NFL Flag Shorts given.
8. Flag Belts should not be the same color as a players shorts. (BLACK)
9. Players are allowed to wear custom Flags or Flag Belts.
10. Players / Coaches are responsible for players belts to be clear of any substance that would give a competitive advantage.This is subject to inspection at any point in the game and if an official deems there is an illegal substance found, the player may be ejected and the team could be subject to immediate forfeiture of the game.
11. ALL Players must wear a mouthpiece when playing! No exceptions.

V. FIELD

1. The field size is 25 yards wide, 50 yards long, with two 7-yard end zones and a midfield Line-To- Gain. No-Running Zones precede each Line-To-Gain by 5 yards.

2. No Run Zones are in place to prevent teams from conducting power run plays.While in the No Run Zones (a 5 yard imaginary zone before midfield and before the endzone), teams may not run the ball in any fashion. All plays, including those that begin with a handoff, must be pass plays.

3. Stepping on the boundary line is considered out of bounds.

4. Each offensive squad approaches only TWO No Run Zones in each drive (one zone 5 yards from midfield to gain the first down, one zone 5 yards from the goal line to score a TD).

VI. ROSTERS

1. Home teams wear dark jerseys, visiting teams wear white jerseys.
2. Teams must field a minimum of four (4) players at all times. If a team only has 4 players, they will be forced to play 4 on 5 and that team must still utilize the play rotation sheets.
3. All teams must follow player rotation fair play time sheets.
4. All coaches must present opposing coaches their play rotation so the opposing coach can verify the substitutions. If a discrepancy is found, this should be reported immediately at the beginning of the period to an official.
5. Failure to adhere to play rotation sheets will result in forfeiture of game.
6. Please refer to Fair Play time attachment for further details regarding injury, substitutions and detailed breakdowns.
7. If a player has not shown for practice or at least 3 out of the 8 regular season games, they are *NOT* eligible to participate in the playoffs. Unless an injury with a proven doctors note.

VII. TIMING

1. Games are played on a 40 minute continuous clock.The clock stops only for timeouts by a team or official.
2. Games will be broken down into FIVE (8) minute periods and halftime will be at the end of the second 8 minute period. Halftime will be 1 minute long. At the end of periods 1,3 and 4 play will stop for a period of 30 seconds to make substitutions. Field position, down number and game situation will continue where the game was left off previous to the substitutions.These substitutions breaks are not a time out and the play clock will start at the end of the 30 second break.Teams that can not field their team within that period will be charged a time out and the game will be stopped. If a team is out of timeouts, this will result in a team unsportsmanlike penalty.
3. Each time the ball is spotted, a team has 30 seconds to snap the ball. No warnings will be issued and a delay of game penalty will be enforced.

   Jr. Rookie has a 40 second play clock. Rookie has a 35 second play clock.

4. Each team has two (2) Time Outs per game and can use them at their discretion. Time outs will be 30 seconds long.
5. Officials can stop the clock at their discretion.
6. In the event of an injury the clock will stop and then restart when the injured player is removed from the field of play.
7. **If the score is tied at the end of 40 minutes (8U–17U; not 6U), the game will go into overtime.**

VIII. OVERTIME
REGULAR SEASON + PLAYOFFS

ROOKIE, JV-BLUE, JV-SILVER, SUPER JV, VARSITY

THE GAME CANNOT END IN A TIE!

1ST OVERTIME

Each team gets 1 play from opponents 5-yard line worth 1 point.

2ND OVERTIME (*If necessary*)

Each team gets 1 play from opponents 10-yard line worth 2 point.

3RD OVERTIME (*If necessary*)

Each team gets 1 play back at their own 5-yard-line, the team with the most yards will be the winner.The team with the most yards will be awarded 1 point added to their final score.

-JR. ROOKIE CAN END IN A TIE, THERE IS NO OT IN JR. ROOKIE-

IX. TIMEOUTS

1. Each team has two (2) 30 second Timeouts per game and can use them at their discretion.
2. No team timeouts are permitted in overtime
3. A team is allowed to use a time out to question an official's rule interpretation. If the rule is interpreted incorrectly, the time out will not be charged and the proper ruling will be enforced. Officials should all agree upon any controversial call in order to give each team the full benefit of each call. If the ruling is correct the team will be charged a time out.
4. There is no video review, therefore Coaches cannot challenge the call on the field.

X. SCORING

1. ***Touchdown:*** 6 points
2. ***PAT*** (point after touchdown) ***1 point*** (5-yard line) or ***2 points*** (10-yard line)
   a. Note: 1 point PAT is pass only; 2 point PAT can be run or pass.

   Jr. Rookie (6U) **ONLY**: 2 point PAT is pass only from the 5-yard line ; 1 point

   PAT can be run or pass is from the 10-yard line.

3. Interceptions returned for scores during regular game play are worth six points, conversions or overtime are worth two points
4. ***Safety:*** 2 points

   a.) A safety occurs when the ball-carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone.

5. A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 5-yard line) or a 2-point conversion (from the 10-yard line). Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty.

6. After one team is winning by 28 points or more (MERCY)

   –**See Page 13 for NEW Mercy Rule!**

   –The maximum point difference a team can win by is 33.**

7. ***Forfeits are scored 28-0 for the winning team.***

XI. MERCY

1. After one team is winning by 28 points or more (**MERCY**), the **TOP 2 Players (*Based on Performance in the game*, *Not on the Rotation Sheet*)** will come out and the bottom 2 players on the rotation sheet will enter the game).

   – The maximum point difference a team can win by is 33.**

2. ***(NEW) The losing team will have **1 DRIVE** starting at **MIDFIELD** to score. If they score, the game will return to regular play.

   If the team fails to score after 1 DRIVE, *the Official Game is over and the score is final*.

   ***HOWEVER**, The Game will continue as a "controlled" game scrimmage, so all the players can play the full game. Stat Books will be collected & totalled by the Division Coordinator/Field Monitor Present at the time.*

XII. COACHES

1. At the Jr. Rookie (6u) level, coaches are permitted on the field to assist players as it is an instructional division. Coaches will also be responsible for spotting the ball. For Rookie (8u), JV Blue (10u), JV Silver (12u), Super JV (14u), Varsity (17u), coaches are NOT ALLOWED on the field.They can call their team or QB to the sideline for instruction.
2. The 30 second play clock will be in effect at all times for JV Blue — Varsity, 35 seconds in Rookie, 40 seconds in Jr. Rookie, and if coaches need to communicate or run out of time, they have an option to utilize one of their time outs (If available).
3. Coaches are expected to adhere to NFL FLAG philosophies, coaching guidelines, and codes of conduct from the South Jersey NFL FLAG Code of conduct.
4. Only two (2) coaches per team are allowed on the sidelines (Head Coach & Asst. Coach), with an addition to one stat person. Parents/Spectators can not stay on the sideline and must report to designated parent area.
5. Head Coaches are responsible for keeping the proper personnel for their sideline. If a sideline exceeds the amount of personnel, you will first receive a warning to remove the extra personnel from your sideline. The second time you are told will result in a Unsportsmanlike/Delay of Game Penalty.
6. Head Coaches are also responsible for the conduct of their parents/fans spectating the game. If a spectator is in any way in violation of the league's code of conduct, they will be removed from the complex in addition to a warning on the coach with a 10-yard penalty.
7. The Stat Keeper is NOT another Coach, that being said, they are not allowed to give instruction or communicate with the players on the field.

XIII. LIVE BALL / DEAD BALL

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
2. The official will indicate the neutral zone and line of scrimmage. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regards to the neutral zone, the official may give both teams a “courtesy” neutral zone notification to allow their players to move back beyond the line.
3. A player who gains possession in the air is considered in bounds as long as one foot comes down in the field of play.
4. The defense may not mimic the offensive team signals, by trying to confuse the offensive players, while the quarterback is calling out signals to start the play.
5. Any official can whistle the play dead.
6. Play is ruled “dead” when:
   a.) The ball hits the ground.
   b.) The ball carrier’s flag is pulled.
   c.) The ball carrier steps out of bounds.
   d.) A touchdown, PAT, or safety is scored.
   e.) The ball carrier’s knee or arm hits the ground.
   f.) The ball carrier’s flag falls out. (Play is dead at spot of flag falling out)
   g.) The receiver catches the ball while in possession of one flag. (Play is dead at the point of the reception)
   h.) The 7 second second pass clock expires.
   i.) (10U-17U Only) The 7 second failure to pass/cross LOS after a handoff/backwards-pass clock expires.
   j.) An inadvertent whistle is performed (at the spot where the ball was whistled dead).
7. In the case of an inadvertent whistle, the offense has two options:
   a.) Take the ball where the whistle blew.
   b.) Replay the down from the original line of scrimmage.
   Note: There are no fumbles. The ball is spotted where the ball hits the ground.
8. A team is allowed to use a time out to question an official’s rule interpretation. If the rule is interpreted incorrectly, the time out will not be charged and the proper ruling will be enforced. Officials should all agree upon any controversial call in order to give each team the full benefit of each call. If the ruling is correct the team will be charged a time out.

XIV. RUNNING

1. The ball is spotted where the runner's feet are when the flag is pulled, not where the ball carrier has the ball. If one foot precedes the other, the forward foot marks the spot.

2. The quarterback cannot directly run with the ball.

3. Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs. **Centers SNEAK PLAY is not allowed**.The QB is not allowed to handoff to the center. If the center does receive a handoff, the play is dead.

4. Absolutely NO laterals or pitches of any kind. All passes must be released overhand with a 1 handed release! A passes that are thrown underhand **AND/OR** a 2 hand release is deemed as an *illegal pass* and will result in a 5-yard penalty from the original LOS.

5. "No-Run Zones," located 5 yards before each end zone and 5 yards on either side of midfield, are designed to avoid short-yardage, power-running situations. Teams are not allowed to run in these zones IF the subsequent line is LIVE. (Reminder: Each offensive squad approaches only TWO No Run Zones in each drive - one 5 yards from midfield to gain the first down, one 5 yards from the goal line to score a TD 5 yards).

6. The player who takes the handoff **OR** backwards pass can throw the ball from behind the line of scrimmage.

7. Once the ball has been handed off in front or behind the quarterback, all defensive players are eligible to rush. Same goes for a backwards pass from the quarterback to another offensive player horizontally aligned behind the quarterback, once that player catches the backwards pass, all defensive players eligible to rush.

8. Runners may not leave their feet to advance the ball. Diving, leaping or jumping is considered flag guarding. If a player is in the motion of a football move and leaves their feet on a cut or a spin, this is not considered jumping. If the player blatantly jumps, then the penalty will be enforced as a spot foul.

9. Spinning is allowed, but players cannot leave their feet to avoid a flag pull.

10. Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.

11. No blocking or "screening" is allowed at any time.

12. Offensive players must stop their motion once the ball has crossed the line of scrimmage. No running with the ball carrier.

13. Flag Obstruction – All jerseys MUST be tucked in before play begins.The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding and the player will be down at the first point of attempted flag pull.

XV. PASSING

1. All passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage. A player is only considered over the line of scrimmage if at least his or her foot or both feet, crossed the line of scrimmage, resulting in a “Illegal Forward Pass” PENALTY.
2. The QB may throw the ball with any type of release…(underhand, overhand, 1 or 2 hand release) **NEW***
3. The quarterback has a 7-second “pass clock.” If a pass is not thrown within the seven seconds, play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule no longer is in effect.The count will go 1,2,3,4,5,6. [whistle] or 1,1000, 2,1000, 3, 1000, 4, 1000, 5 1000, 6 1000 then a whistle, **NEW***
4. The quarterback may throw the ball away to avoid a sack. Pass must go beyond the line of scrimmage. Failure to do so will result in “Intentional Grounding” .

BACKWARDS PASS + DOUBLE PASSES BEHIND THE L.O.S

5. The ball can be thrown and caught behind the line-of-scrimmage. Once the QB throws a forward pass, the receiver has to go!
6. The QB may throw the ball behind them to an offensive player in the backfield, while horizontally behind the QB. If caught, that player has the option to run or throw the ball down field! In that case it would become a double pass… The QB is not to “lateral” (underhand) toss to an offensive player behind them, the ball must be released overhand.
7. Players can throw the ball backwards, behind the line of scrimmage an unlimited amount of times.
8. On Pass Only situations, when throwing the ball forward, it must go beyond the line of scrimmage.
9. A backwards pass behind the line of scrimmage will be considered as a handoff.
10. The CENTER cannot receive a handoff or backwards pass.

XVI. THE "SCHULZ RULE" / QB OPTION RULE

1. - Varsity, Super JV, JV Silver ONLY- The "Schulz Rule"/QB Option is in affect.
2. After the ball is snapped to the QB, he has 7 seconds to release the ball. If the QB hands off the ball. The RB can run or throw the ball.
3. Once the RB places at least one hand on the ball (Even if it's not a full handoff/the QB still has possession) the 7 second "Schulz Clock" will begin to countdown.
4. This is the count: 1000 1, 1000 2, 1000 3, 1000 4, 1000 5, 1000 6, (technically, on the 7th second, is when the play is dead)

   – Once you hear 1000 6, and you failed to cross the line or throw the ball, the play is dead.

5. It is not penalty… the ball is dead, and goes back to the line of scrimmage.

XVII. RECEIVING

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line).
2. Only one player is allowed in motion at a time.All motion must be parallel to the line of scrimmage and no motion is permitted towards the line of scrimmage.
3. A player must have at least one foot inbounds when making a reception.
4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
5. Interceptions change the possession of the ball at the point of interception.
6. Interceptions are the only changes of possession that do not start on the 5- yard line.
7. Interceptions are returnable for touchdowns, but on conversions after touchdowns they are worth 2 points (safety) if returned successfully.

XVIII. BLITZING

1. All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Only one player can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.

2. Once the ball is handed off, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.

3. A special marker, or the referee, will designate a Rush Line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.

a.) A legal rush is:

i.Any rush from a point 7 yards from the defensive line of scrimmage.

ii. A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.

iii. If a rusher leaves the rush line early, they may return to the rush line, reset and then legally rush the quarterback.

iv. If a rusher leaves the rush line early and the ball is handed off before they cross the line of scrimmage, they may legally rush the quarterback.

b.) A penalty may be called if:

i.The rusher leaves the rush line before the snap and crosses the line of scrimmage before a handoff or pass – Illegal Rush (5 yards LOS and first down).

ii.Any defensive player crosses the line of scrimmage before the ball is snapped – Offsides (5 yards LOS and first down).

iii.Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed – Illegal Rush (5 yards LOS and first down).

c. Special circumstances:

i.Teams are not required to rush the quarterback, seven second clock in effect.

ii.Teams are not required to identify their rusher before the play

iii. If rusher leaves the 7-yard line before the snap, he/she may immediately drop back to act as a defender with no offside penalty enforced.

BLITZING

(continued...)

4. Players rushing the Quarterback may attempt to block a pass. However, contact should be avoided with the quarterback.This will be called as a roughing the passer penalty. Incidental contact will be subject to the officials interpretation of the contact and its overall effect on the play.

5. Offense cannot impede the rusher in any way.The rusher has a CLEAR PATH to the QB and any interference that would impede his/her path to the QB will be considered screening.The defense may attempt to block a pass provided they do not strike the passer. The exception is If the offensive player does not move after the snap, then it is the rusher's responsibility to go around the offensive player and to avoid contact.

6. Blocking the pass and then striking the passer will result in a 10-yard penalty.

7. A Sack occurs if the QB's flags are pulled behind the line of scrimmage.The ball is placed where the QB's feet are when the flag is pulled.

a.) A Safety is awarded if the sack takes place in the offensive team's end zone.

8. At the 6u level there is NO blitzing.

9. 8u, can ONLY blitz on **Pass only situations**.

XIX. FLAG PULLING

1. A legal flag pull takes place when the ball carrier is in full possession of the ball.
2. Defenders can dive to pull flags, but cannot tackle, hold, or run through ball carrier when pulling flags.
3. It is illegal to attempt to strip or pull the ball or pull from the ball carrier's possession at any time.
4. If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends and the ball will be spotted where the flag fell out.
5. A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball. If the player pulls the flags as a ball is bobbled, or the offensive player drops the ball, no penalty will be issued.
6. Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping of head, hand, arm or shoulder, or intentionally covering flags with the football or jersey.
7. When the flag is pulled defensive players may drop the flag where they pull it or hand it back to the offensive player. (*Defensive players are NOT to throw or toss the flag when they pull it*).

XX. FORMATIONS

1. An offensive team must have a minimum of one player on the line of scrimmage (the Center) and up to four players on the line of scrimmage.The quarterback must be off the line of scrimmage.

   a.) One player at a time may go in motion parallel to the line of scrimmage.

   b.) No motion is allowed towards the line of scrimmage.

2. Offensive players must come to a complete stop for one second before the ball is snapped unless he/she is the one player in motion.
3. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
4. The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands

XXI. UNSPORTSMANLIKE

1. If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. No appeals! FOUL PLAY WILL NOT BE TOLERATED.

2. Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player/coach or players/coaches will face either an unsportsmanlike penalty or be ejected from the game. If a spectator or player are ejected from the game for any reason, the game will stop and will not continue until the player, coach, or spectator leaves the field. The league will then review the situation to determine a possible next step of discipline, including but not limited to verbal, written, final written and suspension. Suspensions will be proposed to the conference Committee members (GM, VP, DOC etc) and the final vote will come. There will be NO APPEALS!

3. Players may not physically or verbally abuse any opponent or official.

4. Ball carriers MUST make an effort to avoid defenders with an established position.

5. Defenders are not allowed to run through the ball carrier when pulling flags.

6. Fans must also adhere to good sportsmanship:

a.) Yell to cheer on your players, not to harass officials or other teams.

b.) Keep comments clean and profanity free.

c.) Compliment ALL players, not just one child or team.

UNSPORTSMANLIKE
(continued...)

7. Fans are required to keep fields safe and kids friendly:

a.) Keep younger kids and equipment such as coolers, chairs and tents away from the sidelines.

b.) (SOUTH) Spectators and coaches must be 5 yards off of the field. Boundaries will be established and identified coned to mark the area. This is to provide a safer environment for our players.

C.) Coaches must stay 5 yards off of the field during plays to provide a safer environment for our players.

8. Please refer to Code of Conduct for further details regarding social media, harassment, sexual harassment and any other unacceptable behavior. All players and parents have received and reviewed these forms at walk-in or online registration.

XXII. PENALTIES

i. General:

1. The referee will call all penalties.
2. Referees determine incidental contact that may result from normal run of play.
3. All penalties will be assessed from the line of scrimmage, except as noted (spot fouls).
4. Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
5. Games and halves cannot end on a defensive penalty, unless the offense declines it.
6. Penalties are assessed Live Ball then Dead Ball. Live Ball penalties must be assessed before
play is considered completed.
7. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

ii. 5 Yard Penalties

- Illegal Equipment
- Offside
- Illegal Motion (more than one person moving, false start, etc.)
- Illegal Forward Pass (QB throws the ball with **any** body part on or beyond the LOS)
- Offensive pass interference (illegal pick play, pushing off/away defender)
- Screening, Blocking or Running with the ball carrier
- Delay of game
- Defense Illegal contact (holding, blocking, etc.)
- Defense Illegal flag pull (before receiver has ball)
- Defense Illegal rushing (starting rush from inside 7-yard marker)

iii. 10 Yard Penalties

- Roughing the passer
- Taunting
- Unsportsmanlike conduct.

After scoring and touchdown is good, offense receives a 10 yard penalty from the yard line of PAT attempt after touchdown (one warning to the player and team before ejection)

PENALTIES (continued...)

iv. Spot Fouls

• Flag Guarding..... 5 Yards & Loss of Down, if original spot resulted in first down on third down, team will maintain possession but will start at the new spot with 2nd down

• Charging.....10 Yards & Loss of Down

• Defensive Pass Interference.....First Down

• Stripping..... .....5 Yards & First Down

• Offensive Unnecessary Roughness.....10 Yards & Loss of Down

• Screening, Blocking, or Running with the Ball Carrier..... 5 Yards & Loss of Down

• Defensive Unnecessary Roughness.....10 Yards & First Down

v. Defense

• Offside.....5 Yards from LOS & First Down

• Illegal Contact (Holding, Blocking, etc.)..... 5 Yards from LOS & First Down

• Illegal Flag Pull (Before Receiver has ball).....5 Yards from LOS & First Down

• Illegal Rushing (Starting rush from inside 7-yard marker).....5 Yards from LOS & First Down

• Roughing the Passer ..... 10 Yards from LOS & First Down

• Taunting ..... 10 Yards from LOS & First Down

• Unnecessary Roughness.....Spot Foul, 10 Yards & First Down

• Stripping..... Spot Foul, 10 Yards & First Down

• Defensive Pass Interference.....Spot Foul & First Down

vi. Offense

• Illegal Motion (More than one person moving, false start, etc.).....
.....5 Yards from LOS & Loss of Down

• Illegal forward pass (Throwing a pass beyond the LOS, 2-handed or underhand release)..... 5 Yards from LOS & Loss of Down

• Offensive pass interference (Illegal pick play, pushing off/away defender).....
.....5 Yards from LOS & Loss of Down

• Flag guarding..... Spot Foul, 5 Yards & Loss of Down

• Screening, Blocking, or Running with the Ball Carrier..... Spot Foul, 5 Yards & Loss of Down

• Charging..... Spot Foul, 10 Yards & Loss of Down

• Delay of game..... 5 Yards from LOS & Loss of Down

• Offensive Unnecessary Roughness..... Spot Foul, 10 Yards & Loss of Down

• Offside.....5 Yards from LOS & Loss of Down

• Impeding the blitzer.....5 Yards from LOS & Loss of Down

XXIII. CONCUSSION PROTOCOL POLICY

1. A participant who is suspected of sustaining a concussion or a head injury in a practice, game or competition must be removed from practice, play or competition at that time.
2. Any SJNFLFL participant who has been removed from practice, game or competition due to a head injury or suspected concussion may not return to SJNFLFL activities until the participant has been evaluated by a licensed medical professional and receives written clearance to return to play from that licensed practitioner.
3. Coaches:At the time of incident, contact a league representative and advise them of the situation. An injury report on the participant that obtained injury must be filled out.
4. SJNFLFL values each participant, all decisions are made in the best interest of the children and that when any doubt exists as to the health of the participants, they sit out. Please check www.cdc.gov/concussion for Center for Disease Control (CDC) signs and symptoms chart for concussions.

XXIII. CONCUSSION SYMPTOMS

- *brief loss of consciousness after the injury memory problems*
- *confusion*
- *drowsiness or feeling sluggish*
- *dizziness*
- *double vision or blurred vision headache*
- *nausea or vomiting*
- *sensitivity to light or noise*
- *balance problems*
- *slowed reaction to stimuli*

XXIV. FAIR PLAY TIME

Fair Play Time Rotation Details

Player rotation models have been put in place for several reasons. The primary is to ensure that all players have an opportunity to get prime play time throughout the game. Under the new format, all players will play at least 2/5 of any given game and all players must sit at least 1/5 of the game.

Games will now be broken down into 5 periods of 8 minutes per period. Players will play the entire 8 minute period on offense and defense. Exceptions such as injuries and unique circumstances, which are outlined below. Halftime will be designated at the end of the 2nd period

There are 7 different possible scenarios in this new play time structure including models with anywhere from 4 to 10 players.

With 4 or 5 players on a team on that given day, the formula is very simple, all players will play the complete game. If teams can only field 4 players, the opposition must still maintain their play rotation but the game will be played 4 v 5.

When it gets to 6 up to 10 players per team, the formula changes but remains simple. Prior to the coin toss, coaches will identify their players and assign them a number according to the play rotation chart.]

In most templates 1,2,3,4,5 will play the first, third and fifth periods. The second and fourth periods will change based upon how many players you have. For example in this 8 player format, players 2 and 4 will play with 6,7,8 in the second period and players 1 and 3 will play with 6,7,8 in the fourth period. Obviously several scenarios will take place, so please reference the Gameday Lineup Card for all possible solutions.

The suggestion to all coaches is to put together a mock gameplan of play time just assigning your players a number and how you would like to rotate. The process is very simple if you write out your team and assign them their numbers.

Your lineup can change from week to week as a coach sees fit. There could be a situation where you want to get someone more play time the following week and you are promoting them to the top 5.

FAIR PLAY TIME (continued...)

GAMEDAY REQUIREMENT

The league will provide coaches with a rotation form that needs to be filled out assigning players to their respective number. Coaches will be required to hand in their lineup to the OPPOSING COACH prior to the coin toss in order to enforce compliance of the rotation.

SITUATIONAL SUBSTITUTIONS

Situational substitutions have been eliminated with one exception, and that is in the final 4 minutes of the game.At this point all players should have all required playtime and to ensure competition is not sacrificed, the final four minutes of the game, any substitution will be allowed.

INJURIES

If an injury occurs and a player must leave the game for a period of time, the HIGHEST remaining number on the bench will be the player substituted. For example if you are in period 4 and you have 6,7,8, 1 and 3 on the field and player 7 gets hurt, you will then sub in player number 5 not anything lower.This avoids an injury and the top player comes in off of the bench and matches up against a lesser player. If a second injury occurs, the same process is repeated. If other unique circumstances should arise, such as players leaving a game early, ejections etc, the same process shall be repeated.

MERCY RULE

If a game goes into mercy, the team with the lead will be forced to sit their top 2 players, based on talent, on the field and insert the lowest 2 remaining players on their bench. If the losing team takes the game out of mercy, it will revert back to the play rotation sheet and whoever is supposed to be on the field at that time can rejoin the game.

OVERTIME

Coaches will be allowed to set their own lineup as well as substitute at will in an overtime period.

GAMEDAY LINEUP CARD

A full sample of all possibilities, player rotation and any other info can be found on the gameday lineup card.These cards will be in the coaches stat book and additional blank forms available at the conferences concession stands.

FAIR PLAY TIME
(continued...)

PLAYERS ARRIVING LATE AND HOW THE ROTATION SHOULD BE HANDLED

Players arriving to the game late will be slotted in at the bottom of the rotation sheet.

The Game will not stop to accommodate the new rotation.
Any player arriving late must enter the game before Halftime. Not at half time or even 1 minute in to the 2nd half.
They must arrive and rotate in before the 2nd period is over!
If they arrive after the conclusion of the 1st half, they will not be eligible to enter the game!

PLAYERS LEAVING EARLY

A Player that has to leave the game for an unforeseen reason will be considered “injured” and the injury rules will be put into effect and will revert to the injury rule in rotation.

FAIR PLAY TIME
(ROTATION SHEET)

GAMEDAY LINEUP CARD for:

Identify Proper Player Rotation based on number of players and Rotation Models to the right

Player #	Player Name
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

COACH:	
DATE:	
Division	

Insert Team Name above

6-Player Rotation

Q1	Q2	Q3	Q4	Q5	Total Play Time
1	6	5	4	3	1- 40 min 6- 32 min
2	1	6	5	4	2- 32 min
3	2	1	6	5	3- 32 min
4	3	2	1	6	4- 32 min
5	4	3	2	1	5- 32 min

7- Player Rotation

Q1	Q2	Q3	Q4	Q5	
1	6	4	2	1	1- 32 min 6- 24 min
2	7	5	3	2	2- 32 min 7- 24 min
3	1	6	4	3	3- 32 min
4	2	7	6	4	4- 32 min
5	3	1	7	5	5- 24 min

8-Player Rotation

Q1	Q2	Q3	Q4	Q5	
1	6	1	6	1	1- 32 min 6- 16 min
2	7	2	7	2	2- 32 min 7- 16 min
3	8	3	8	3	3- 32 min 8- 16 min
4	2	4	1	4	4- 32 min
5	4	5	3	5	5- 24 min

9-Player Rotation

Q1	Q2	Q3	Q4	Q5	1- 32 Min 7- 16 min
1	6	1	6	1	2- 32 min 8- 16 min
2	7	2	7	2	3-24 min 9- 16 min
3	8	3	8	3	4- 24 min
4	9	4	9	4	5- 24 min
5	2	5	1	5	6- 16 min

10-Player Rotation

Q1	Q2	Q3	Q4	Q5	
1	6	1	6	1	1-5 24 min
2	7	2	7	2	6-10 16 min
3	8	3	8	3	
4	9	4	9	4	
5	10	5	10	5	

XXV. CODE OF CONDUCT

ALL SJNFLFL Players, coaches and spectators must adhere to the Code of conduct set forth by SJNFLFL

Upon registering your child a code of conduct form was completed either on paper or electronically.

SJNFLFL Follows the NJ Model Athletic Code of conduct as a baseline

Any verbal or physical altercations of adults will result in an immediate season suspension of coaching and observing their childs games. Any child involved with this type of behavior is subject to the same penalty. This also includes social media, emails or any occurrence that is deemed unacceptable by SJNFLFL. Any form of sexual harassment or misconduct will also fall under these guidelines. A decision involving any violation of the above stated guidelines will be investigated and a decision voted on by the South Jersey NFL Flag Board within 72 hours. The participant will then be notified of the decision either electronically or verbally.

No Refund will be granted due to the suspension of a player, parent, or whole family.

CODE OF CONDUCT

(continued...)

If a coach or spectator, was suspended in the previous season, they are NOT allowed to Coach, Keep Stats, or have any contact with a team in instructional aspect, whether it be practice or games for the following 2 Seasons (*1 Calendar Year*). They cannot monitor or step on the playing field. They have to watch from the spectator area.

If a spectator is asked to leave the complex, they're child will be asked to leave as well.

Each complex, North & South, has Code of Conduct rules as well that are strictly enforce. Please respect the rules of each Complex.

XXVI. PRACTICE EXPECTATIONS

1. 60 Minute Practice No Exceptions – Violation could be subject to forfeiture of that weeks game
2. Only 1 practice per week
3. Always Open with a stretch -5min (Legs,Arms, Etc.)
4. Quick drills to keep players engaged
5. Always institute a flag pulling drill in each practice
6. Be Courteous of other teams practice time
7. Do not leave trash behind (water bottles, mouthpieces etc)
8. Encourage parents to work at home specifically on the core skills practiced
9. Do not practice in inclement weather

XXVII. STAT TRACKING

1. All coaches are provided a scorebook at the beginning of the season.These will be located at the concessions stand at the beginning of each week. It is the expectation that a coach returns the book before they leave the field that day, so game statistics can be entered into the website and game results are recorded.
2. Stats are recorded for Passing (Attempts, Completions,Yards,TD) Rushing (Attempts,Yards, TD, 2pt) Receiving (Receptions,Yards,TD, 2pt), Defensive Interceptions, Defensive Touchdowns, Defensive Safeties, Sacks and Flag Pulls.
3. Statistical Manipulation- If stats are inflated, severely inaccurate or blatantly padded, that weeks stats will be subject to elimination after a video audit has completed. Potential season award eligibility for that player will also be reviewed by the SJNFLFL BOARD.

XXVIII. PLAYER ATTENDANCE

1. All Players must practice a minimum of 2 hours before participating in their first game of regular season.
2. If a player has an unexcused absence, it is up to the coach's discretion to allow the player to participate in games.

Unexcused: Vacation, other recreational sports, skipping…

Excused: Sickness, injury, death in the family, school sports…

3. All players must play a minimum of 3 out of the 8 regular season games to be eligible to participate in the Playoffs.

XXVIIII. PLAYOFFS

IN THE PLAYOFFS…

1. All Teams must field a 4-Man Minimum Roster.

2. Only the Head Coach + Assistant Coach are permitted to be on the sideline. No 3rd person doing stats, your assistant coach may take stats in playoffs (*Stats are optional in Playoffs*).

3. If a player or coach is *ejected* from one game, they are disqualified for the remainder of the playoffs.

4. Mercy ends the game. (*28 points or more*)

XXX. GAMEDAY OFFICIALS

1. Only the Referee's or Field Monitors assigned to the field, have the jurisdiction to make a call on the field.

2. **ONLY** The President, Director of Football Operations, Vice President, and the General Managers/Commissioners can oversee and make/overrule a call on the field…. No one else!

3. The President, Director, GM, and Vice President oversee the behavior & conduct of the coaches, players, fans, spectators… ect.