



## NFL Flag Football League with JC Parks 2020 League Rules Modifications/Clarifications

### COVID 19 Flag Football Guidelines:

- These guidelines (linked above) shall be followed by teams, coaches, players, parents, and fans when participating in flag football practices and games at JC Parks complexes and fields. The cooperation of everyone involved will prove critical in helping to ensure compliance.

### **Equal Playing Time:**

- All players must have equal playing time (unless disciplinary action is needed - parents need to be informed).
- All players must have the same amount of playing time on offense and defense
  - We recommend half the season on offense, half the season on defense or first half of game on offense, second half of the game on defense or vice versa.
- All players must play a minimum of four positions throughout the season.
  - Minimum of two on offense, two on defense.
  - Minimum of 20 minutes at each of these four positions during the season.

### **Malicious Play:**

- If a player intentionally engages in malicious or rough play, they will be ejected from that game and must sit in the stands with their parents/guardians or leave the complex.

### **Incidental Contact:**

- If an official feels that a player made incidental contact with an opposing player, a penalty will not be called.

### **Accidental Flag Drop:**

- If an offensive player has possession of the ball and is clear of any defensive players and their flag drops accidentally, a down will not be called and they may continue running until they score or a defender is close enough that they could have pulled the flag.

### **Possession:**

- Per the online game schedules, the away team will have possession of the football to start the first half. The home team will have possession to start the second half.

### **Halftime:**

- Halftime is two minutes.

### **Designated Areas for Players/Coaches:**

- All players and coaches must remain in the designated box at midfield.
- One coach for each grade will be allowed to remain on the field at all times (offense/defense) & out of the way of play. One coach will be allowed to roam the length of the field.

### **Mouth Pieces:**

- All players must wear a mouth piece/guard at all times during the game.
- These are available for purchase at \$2 in the concession stand if needed.

**Jerseys:**

- All jerseys must be tucked in at all times during the game.
- Home team will wear dark side out. Away team will wear light side out.

**Shorts/Pants:** *(New Rule in 2019)*

- Players are allowed to have shorts/pants with pockets.
- Shorts/Pants cannot be the same color as their flag belt (bright yellow or bright green).
- Shorts/Pants cannot have a stripe down the side that is the same color as the flag.

**Shoes:**

- Cleats or tennis shoes are allowed.
- Metal spikes are not allowed.

**Flag Belts/Flags:**

- All players must wear their NFL Flag belt.
- The flags and sockets on the belts cannot be altered in any way.

**Timeouts:** *(New Rule in 2020)*

- Teams are allowed three 30-second timeouts per game.

**28-Point Advantage:**

- Once a team gains a 28-point advantage, the officials will remind the Head Coach of the winning team to “ease up”. If the official feels this agreement is not followed, the game will end.

**Football:**

- 1<sup>st</sup> & 2<sup>nd</sup> Grade teams will use the BLUE, youth sized footballs for games.
- 3<sup>rd</sup> – 6<sup>th</sup> Grade teams will use the BROWN, junior-sized footballs for games. *(New Rule in 2020)*
  - The offensive team will provide the game ball to the official. So the game ball will switch out with each change of possession.

**Scoreboard & Down Marker:**

- Home team provides a volunteer to operate the portable, tabletop scoreboard.
- Away team provides a volunteer to operate the down marker.

**Challenges:** *(New Rule in 2020)*

- Coaches are not allowed to use a time out to challenge or question an official’s rule interpretation. What is called by the officials will stand.

**Overtime:**

- 1<sup>st</sup>-4<sup>th</sup> Grade Rec games will end in a tie and will not play an overtime period.
- 3<sup>rd</sup>-4<sup>th</sup> Grade Modified and 5<sup>th</sup>-6<sup>th</sup> Grade Rec games will play an overtime period, per NFL Flag rules.

**3rd-4th Grade Modified:**

- Other than overtime, 3<sup>rd</sup>-4<sup>th</sup> Grade Modified teams will play by all NFL Flag rules.

**5th-6th Grade Rec:**

- Other than overtime, 5<sup>th</sup>-6<sup>th</sup> Grade Rec teams will play by all NFL Flag rules, **EXCEPT:**
  - **Lateral and/or backwards passes** will be allowed, but only behind the line of scrimmage. No laterals will be allowed downfield (beyond the line of scrimmage). Any lateral pass/toss dropped or not completed will be treated as a dead ball, the same as any other dropped or fumbled ball. Laterals may be intercepted by the opposing team. However, only forward passes will count as passes on mandated passing downs.
  - **The quarterback may run with the ball if rushed** except in no running zone, where plays must be pass-only.