



Rapid City Junior Football

Rules of Play

Flag Football

I. General

a. Overview of Rules

- i. The rules of play for Rapid City Junior Football (RCJRFB) shall primarily adhere to the guidelines set forth by USA Football Flag Football Rules. It is crucial to note that unless a specific exception to USA Football Flag Football rules is explicitly mentioned here, the USA Football rules shall apply to all aspects of the game.

b. Timing of the Game

- i. No clock is used. Quarters are measured by the number of plays. Each quarter is twelve plays.
- ii. All plays shall be counted against the 12-play total including extra points. Plays involving accepted penalties that result in the replay of a down will not be counted. If a team scores on the last play of the half of the game, the extra point will be allowed and will be not counted as a play.
- iii. The Offense must snap the ball within 40 seconds of the time the Official spots the ball ready for play. Delay of game penalties will be enforced.

II. Field of play – allowances

- a. The field of play shall be 50 yards in length and 30 yards wide.
- b. End zones shall be 10 yards in length.
- c. USA Football rules are enforced for ball placement and penalties.

III. Field of Play – Set-Up/Game Play

- a. The scheduled home team is responsible for setting up the field equipment (end-zone pylons, yard markers) before the start of games.
- b. The scheduled home team is responsible for picking up the field equipment (end-zone pylons, yard markers, play count/score sheets) after the last game of the day.
- c. The home and visiting teams are responsible for keeping the player sideline clean.
- d. The RCJRFB Board of Directors (BOD) is responsible for cleaning the spectator's side of the field.
- e. The offensive team takes possession of the ball at its 5-yard line and has 4 plays to cross midfield for a first down. Once a team crosses midfield, it has four plays to score a touchdown. Crossing midfield is the only opportunity for an offense to gain a first down within a single possession.
- f. If the offensive team fails to gain a first down or score a touchdown, the ball changes possession and the opposition starts its drive from its own 5-yard line.
- g. If the defensive team intercepts the ball, a defensive player can attempt to return it until down or out of bounds.
- h. If there is an interception, the intercepting team starts their possession from the spot where the player was down or out of bounds.

- i. A seven-second pass clock begins upon the snap and continues until there is a handoff or pass. If the seven-second clock expires while the quarterback still has the ball, the play is blown dead, a down is lost, and the ball is returned to the line of scrimmage as if an incomplete pass occurred.

IV. Offensive Formations

- a. Offenses must have a minimum of one player on the line of scrimmage (the center) and any number of players on the line of scrimmage.
- b. The center must snap the ball with a rapid motion between his/her legs to a player in the backfield with the ball completely leaving their hands.
- c. The quarterback must be off the line of scrimmage.
- d. The quarterback cannot directly run with the ball.
- e. No pre-snap motion is allowed.
- f. The center sneak play is not allowed.
- g. All players are eligible to receive passes.
- h. Any player that receives a handoff can throw the ball from behind the line of scrimmage.
- i. Once the ball is handed off, all defensive players are eligible to rush.
- j. Runners may not leave their feet to advance the ball (e.g. diving, leaping, or jumping).
- k. Runners can only leave their feet to avoid a collision.
- l. No blocking is allowed at any time.
- m. A player must have at least one foot inbound to make a legal reception.
- n. A simultaneous reception by the offensive and defensive player results in possession being awarded to the offense.
- o. If a player fumbles the ball on their own, the ball is down at that spot.

V. Defensive Formations

- a. Defenses can line up in any formation.
- b. Defensive players cannot rush over the line of scrimmage until a handoff is made, or a pass is thrown.
- c. A legal flag pull takes place when the ball-carrier is in full possession of the ball.
- d. Defenders can dive to pull flags but cannot tackle, hold or run through the ball-carrier when pulling flags.
- e. It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.
- f. 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. The ball is placed where the flag lands.
- g. A defensive player may not intentionally pull the flags off a player who is not in possession of the ball.
 - i. If a defender makes a good-faith flag pull while a receiver bobbles or juggles what will be a completed catch, the ball is down where possession is made.

VI. Scoring

- a. Touchdown: 6 points
- b. Point after touchdown: 1 point (5-yard line) 2 points (10-yard line)
- c. Safety 2 points

VII. Coaches

- a. One coach may stay on the field to call plays and direct players.
 - b. Once the quarterback starts the cadence, the on-field coach can no longer direct players and should be back out of the action.
- VIII. Unsportsmanlike conduct
 - a. Unsportsmanlike conduct includes, but is not limited to:
 - i. Swearing
 - ii. Fighting
 - iii. Arguing with officials
 - iv. Any behavior that detracts from the spirit and purpose of the game
 - b. When such conduct occurs:
 - i. A major penalty will be assessed.
 - ii. The player(s), coach, or spectator involved can be ejected from the game, at the referee's discretion.
 - iii. Any ejection results in an automatic one-game suspension, regardless of role.
 - c. Applies to All Participants
 - i. This rule applies equally to:
 - 1. Players
 - 2. Coaches
 - 3. Parents
 - 4. Spectators
- IX. Flagrant Fouls: Any participant that has committed a flagrant foul will be immediately ejected from the game and suspended from attending and participating in the next game. Subsequent infractions will result in review by the BOD and possible expulsion from the league.