

NJSYFL

Flag Football Program

Players

- A game is played between two teams consisting of nine (9) players each.
- Players in grades K-2 (co-mingled together).

Game Duration

- Flag game proposed start time: 9:00 am.
- Flag games will consist of two 35-minute running halves with a 10-minute half time.
- The clock can only be stopped via a time out.
- Game flow: Coaches should get the next play started as quickly as possible with a maximum of 60 seconds in between plays.

Officiating

- 1 Official Per Game.
- Official(s) fee to be split 50/50 between home & away team.

Required Equipment

- Soft Shell helmet Head Gear
- Soft flag Chest Protector
- Jersey
- Shorts
- Mouth Piece
- Athletic Supporter & Cup
- Cleats

Game Ball

- The Flag level will use a Wilson K2 football or a similarly sized ball.

Rosters

- Each participating league must submit a complete roster for each of their flag teams to league officials from the other league for approval prior to the start of the season. **This is for mostly insurance purposes that proper ages and grades are adhered too.**
- Once the rosters are set, **players are allowed to fill in on another team within the same town in the case of 1 team not having enough players on a given game day. Also late signups are allowed in compliance with NJSYFL guidelines under HARDSHIP cases.**

Play time and Opportunities

- Coaches should try to give as many players the opportunity to run the ball throughout the season.
- No single player should have all of playing time only on offense or only on defense. They must get some playing time on each side of the ball.
- Lopsided Rules: Once a team is up by three (3) touchdowns they must switch out their entire starting/predominate backfield including their quarterback. If a team goes up by two (2) additional touchdowns with their new set of backs, then they also must be removed and replaced with a new set of backs.
- ALL players must play a min of 8 plays in the game (Dependent on roster size). For example, a

team of 25-30 (6 plays), 18-24 (8 plays) and 17 & below (maximize playtime). **It is highly recommended that once a team reaches 30 players that team should be split into 2 teams as to ensure adequate playing time for all players.**

Coin Toss

- Each game shall begin with a coin toss.
- The coin toss takes place prior to the start of the game.
- The referee will do the coin toss and the visiting team will call it prior to the toss.
- The winner of the coin toss cannot defer and must make a selection.
- The team with the choice has the options to start on offense or defense.
- In the second half, the team that started on offense will start on defense.

Overtime

- There will be NO overtime play at the flag level.
- Any games ending in a tie will remain as such.

Coaches Positioning

- One will be in the huddle and the other(s) will be on the line of scrimmage.
- Only one coach from each team will be allowed in their respective huddles at any time.
- Before the snap of the ball the "Huddle Coaches" should back up from the line of scrimmage approximately 10 yards.
- The "Line Coaches" should be positioned at the end of the line of scrimmage and should make sure everyone is aligned properly before the start of the play and that there is at least 1 yard between the tip of the ball and the closest defensive lineman.
- Once a play begins, on-field coaches, "Huddle or Line" are NOT allowed to shout directions to the players on the field, especially, the direction of a play, who has the ball, or what direction to run in. Coaches who violate this rule consistently will be asked to leave the field.
- If a coach is kicked out of a flag football game, they will be kicked out of the league entirely.

Time Outs

- Each team will be allocated 2 time-outs per game.
- They can be used at the discretion of the coaches, 1 per half.

Safety

- There will be no safeties at this level.

Kicking Game

- There is no kicking game at this level.
- All situations where a kick could occur will be handled as explained below:
 - At the start of the game after a coin toss whoever elects to receive the ball will start on the 40-yard line on offense.
 - After a touchdown is scored the team that was scored upon takes over on offense from the 40-yard line.
 - On fourth down all teams must attempt to get the first down. If they fail, the defense will take over on offense after the ball is moved back to the offenses own 40-yard line.

Offense

- All players will be in a 2-point stance regardless of position.
- Only standard offensive formations may be used. No unbalanced lines or over shifts are permitted.
 - No unbalanced lines, each formation must have 2 ineligible offensive line players on either side of the center.
 - Must have at least two backs in the backfield along with quarterback.
 - No 2-point conversion.
 - Offensive line players must be able to touch their player next to them fingertip to fingertip.
 - There must be five linemen at all times (4 players in the backfield/skilled positions).
- The only offensive plays that can be run, off tackle, sweeps, pitch sweeps, passes, screen passes and Quarterback keepers/bootlegs. **No dives, powers or QB keeps in between guards like 0,1 or 2 holes.** No reverses.
- There are no "live" fumbles in flag. A fumble is a dead ball and the play is marked at the spot of the fumble.
- Fumbled center/quarterback exchange results in a redo the first time. Consecutive fumbled snaps (more than 2) will result in a loss of down. Same rules apply to shotgun snap.
- Cones will be placed at the 20-yard line (which is $\frac{1}{2}$ the distance to the goal). The first down will be awarded after 20 yards are gained. This will continue until a touchdown is scored or a turnover occurs. It would be a new set of four downs if you make it to 20 yards (4 downs to get to the 20 / 4 downs to get into the endzone).
- **Touchdowns are worth 6 points. There will be a conversion attempt from the 3 yard line worth 1 point.**

Defense

- Field Zones:
 - Normal: 10-40 yards
 - Goal-line Situation: From your own 10 yd. line to your own goal line (10 yds)
- Normal Zone:
 - All teams will run a standard 4-3, cover 2 defenses.
 - All linebackers and cornerbacks must be lined up 5 yards from the line of scrimmage.
 - Safety's should be 10 yards from the line of scrimmage.
 - On a tight end set the cornerback must be lined up minimum of 3 yards outside the tight end.
 - On a wide set the cornerback can align 1 – 2 yards inside of the wide receiver.
 - All defensive linemen will be aligned head up or eye shaded on their offense lineman one foot off of the tip of the ball. There will be **NO** gap play.
 - At the start of every play all defensive linemen must engage their offensive counter parts before pursuing to the ball.
 - No defensive player will line up over the center position.
 - Interceptions may not be advanced, but is a turnover. The offensive takes over at the 40-yard line.
 - There is no blitzing of any kind at this level.
- Goal Line Situation
 - All rules about player depth still apply. This means defenders may need to line up in the end zone.

Disputes

- There are no protests for flag games. The decision of the league director is final.

- These games are played for fun and to teach the kids the fundamentals of the game not for the sake of winning.

Post-Season

- Flag Jamboree to occur after regular season.