

Pleasanton Junior Football League  
FLAG Division

PLAYER and PLAYER RULES 8/15/04  
(ARTICLE XI of the Pleasanton Junior Football League by-laws)

**SECTION 1 - STATEMENT OF OBJECTIVES**

**1. Objectives**

The objectives of the Pleasanton Junior Football Flag program are:

- A. To familiarize the players with the fundamentals of *8 Player* football and in so doing to firmly implant the ideals of good sportsmanship, honesty, loyalty, courage, and respect for authority. (Revised 2002)
- B. To provide an equal opportunity for all participants to play in a supervised, organized, and safety oriented manner without consideration of talent.
- C. To keep the players free of any adult ambition and personal glory so they may be well Adjusted and happier children, able to grow to be good decent adults.

**2. Player Agent**

During the season, the Player Agent and Division Coordinators have the responsibility and the authority to maintain the objectives of the Pleasanton Junior Football Flag division program for this league. (2001)

**3. Headcoaches**

Each headcoach must strive to help assistant coaches; parents and players understand the objectives of the Pleasanton Junior Football League. Each headcoach is the primary contact with assistant coaches, parents and players and represents the league on all major issues regarding the team unit. COACHES HAVE THE GREATEST IMPACT ON SPORTSMANSHIP AND RULE ENFORCEMENT

**SECTION II - STATEMENT OF POLICY**

**1. Coaches and Players:**

Coaches and Players will not use any alcohol or drugs during a game or practice, will not criticize officials or opposing teams or players in front of spectators, will not allow ineligible players to participate, will not use or permit profane or abusive language, will refrain from running up the score by letting players shift positions, shall not receive financial benefit, will not commit an unsportsmanlike act. Coaches or Players will be suspended by the Board of Directors for any intentional violation of the By-Laws or Playing Rules of this league. It is the responsibility of the headcoaches and other team officials to control unruly spectators; it is not the responsibility of the game officials.

**2. Parents, Spectators and Volunteers:**

Team fans and spectators cannot interfere with the progress of a game. Any fan that becomes a nuisance and out of control must be asked to leave. Abusive or offensive behavior must be dealt with immediately. Under no circumstances will non-participants be permitted on the playing field. Adult volunteers are expected to set a good example for the children in the program. In the unlikely event that an adult volunteer is guilty of the above infractions, they would face possible suspension for the remainder of the season and extreme cases, suspension of the right to participate.

**3. Amenities:**

No team or member of the League may accept or use unproved amenities such as warm-up jackets, trophies, special player equipment, or the like. Likewise, it is not desirable for team members to be given special trophies, special player equipment, or individual awards by their coaches and/or parents. Any such

1 awards shall require prior approval by the Board of Directors. Recognition of participation will be given  
2 each person, by the league, at the end of the season (certificate, medal, etc.). Any intentional violation of  
3 this section shall be considered to be a violation of the PJFL by-laws, and grounds for immediate  
4 suspension.

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6 **SECTION III - PLAYER REGULATIONS**

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8 **1. Age, Weight, and Residence Requirements:**

- 9  
10 **A.** Players are allowed to play from the 2<sup>nd</sup> grade thru the 8<sup>th</sup> grade. Divisions will be balanced  
11 and divided by grade. (Revised 2000)  
12 2<sup>nd</sup> & 3<sup>rd</sup> Grade Junior Division  
13 4<sup>th</sup> & 5<sup>th</sup> Grade, Intermediate Division  
14 6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup>, Grade, Senior Division  
15  
16 **B.** There is no height restrictions on players.  
17  
18 **C.** There are no weight restrictions for players. (Revised 2002)  
19  
20 **D.** Registrants must reside in Pleasanton or the surrounding towns of Livermore, Dublin, San  
21 Ramon, or Sunol. (Or any city within 15 miles of Pleasanton.)  
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23 **E.** Any exceptions or waivers to this section must be approved by a majority vote of the Board  
24 of Directors.  
25

26 **2. Registration:**

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28 **A.** A complete player registration consists of:  
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30 1) A valid PJFL application form (filled out completely and signed) for the current year.  
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32 2) Payment of the registration fee, as set by the Board of Directors, a fee waiver may be  
33 granted for any applicant at the discretion of the Board of Directors of PJFL. No refunds  
34 of registration fees after July 1<sup>st</sup>. (Revised 2000)  
35  
36 3) Valid birth certificate, or any legal proof of age, must be presented to the League prior to  
37 the child being allowed to participate (play or practice). Once birth certificate on file  
38 with League, certificate will not be required for future registrations with PJFL.  
39  
40 **B.** A copy of the registration information shall be given to the PJFL President, Player Agent,  
41 and Head Coach. The Player Agent shall maintain an up to date record of all team members  
42 throughout the season.  
43  
44 **C.** No application shall be accepted after the first week of practice, or at a time set by the Board  
45 of Directors.

1 D. If a player has played in the league, the previous year, then he/she is treated as a Pleasanton  
2 Residence (PR).

3  
4 If the league fills completely during the registration period with PR, and a waiting list is  
5 started all PR will have priority on the waiting list over the Non Pleasanton Residence (NPR)  
6 during the registration period.

7  
8 If the league fills during the registration period and a waiting list is started, NPR, who did not  
9 play the previous year, will be moved to the waiting list based on the order that they were  
10 registered.

11  
12 After the registration period ends (the last official registration day) registration applications  
13 will be taken on a first come first serve basis regardless of residence. (Revised 1999)  
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15 **3. Team Assignments:**

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17 A. If requested, the player(s) of the Head Coach and one assistant coach shall be automatically  
18 placed on their Parent’s team. NO coach shall appoint an assistant coach to recruit any  
19 player.  
20

21 B. No team assignments may be made because of a potential player’s talent other than record  
22 factors.  
23

24 C. Official Roster:  
25 Only players appearing on the official team roster are counted as players. This roster is  
26 completed before the first game of the season and will be the roster of the team for the  
27 season. Only the league Player Agent can add, remove or replace players on the official  
28 league roster of the team.  
29

30 D. There will be **NO** transfer of players from one team to another except by the Player Agent,  
31 Division Coordinator, and authorized by the Board of Directors. (Revised 2001)  
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34 **SECTION IV - REPLACEMENT OF TEAM MEMBERS**

35  
36 **1. Lost Player:**

37 Each Head Coach must inform the Player Agent and the Division Coordinator within 24 hours of a loss of  
38 an assigned team member. The Player Agent or Division Coordinator shall investigate why the member  
39 left the team. (Revised 2001)  
40

41 **2. Player Injury Situation:**

42 A player who, due to injury that required doctor’s care, has missed his team’s practice(s) or game, may  
43 only rejoin his team if the Player Agent has received a doctor’s release. If the player has missed practices  
44 as a result of such injury, he may not play in a regularly scheduled game until he has participated in at least  
45 one practice before the game.  
46

47 **3. Missed Practices:**

48 A player can miss 1 scheduled team practice if coaches are notified prior to practice. If more than 1  
49 practice is missed or the coach was not notified prior to the missed practice, the player can see restricted  
50 playing time in the next scheduled game. Should an excessive amount of practices or games be missed by  
51 a player, that player could be removed from the team. The head coach must contact the league Player  
52 Agent of the situation and a Board approval will be needed to remove the player in question. There will be  
53 no refund of fees should this situation occur. (Revised 1998)  
54

1 **SECTION V - RECRUITING**

2 Recruitment should be a goal of every PJFL member.

3 **1. Coaches**

4 Coaches shall participate in the Registration & Evaluation Days and help in the process of  
5 answering questions and completing registrations for flag football sign-up.  
6

7 **SECTION VI - TEAM PRACTICES**

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9 **1. Practices:**

10 Each coach shall hold all practices with his entire team:

- 11 **A.** Prior to Opening Day of the Flag Football Season there shall be two practices per week with  
12 the requirement that one of the two practices be held on a Saturday. Each team shall have  
13 exactly six practices prior to opening day. Each player must have attended a minimum of  
14 four practices to be eligible to play the first game.  
15
- 16 **B.** After the first game of the season and continuing throughout the entire season, practices  
17 will be conducted exactly one time during the week. (Revised 2000)  
18
- 19 **C.** A team can have a Pre-Game Practice a maximum of one hour before the scheduled game.  
20
- 21 **C.** Each regular practice shall consist of warm up and conditioning exercises, ***and will last no***  
22 ***Longer than 2-hours in its entirety.*** (Revised 2004)  
23
- 24 **E.** There shall be no practices with other PJFL divisions.  
25
- 26 **E.** Intra-Division Scrimmages will be permitted under the following conditions;  
27
  - 28 **1.)** Cannot be earlier than the second full week of practice session.
  - 29
  - 30 **2.)** Considered a joint practice session.
  - 31
  - 32 **3.)** Game score is not kept.
  - 33
  - 34 **4.)** No official timing.
  - 35
  - 36 **5.)** Practice maximum cannot be violated.
  - 37
  - 38 **6.)** Mandatory ten (10) minute break at the end of one (1) hour.
  - 39

40 **2. Location:**

41 Team practices shall be conducted at the location designated by PJFL, **2004 Vintage Hills Elementary**  
42 **School and Hart Middle School.** Indoor physical practices shall not be allowed for any individual team  
43 during the season unless facilities are made available to all teams.  
44

45 **3. Limitations:**

- 46 **A.** There will be NO practices held on Sunday.
- 47 **B.** *There will be NO practices held on Labor Day Weekend.* (Added 2000)  
48

49 **4. Illegal Practice**

- 50 **A.** *20/20 Rule....The 20/20 penalty may be assessed to a team that holds an illegal practice.*  
51 *This penalty will be assessed on the 1<sup>st</sup> regular season game following the League's*  
52 *determination of this violation. See penalties section VII, 13. L.3. (Added 2000)*

53 **SECTION VII - FLAG FOOTBALL GAME RULES**

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1 **1. Team Play:**

2  
3 **A. Player Limit:**

4 A game is played between two teams consisting of eight (8) players on the playing field  
5 during play. (Revised 2002)  
6

7 **B. Team Roster:**

8 The desired team roster for all divisions shall have twelve (12) players, and a minimum of  
9 eight (8) players who must be dressed and ready to play each game. (Revised 2002)

10 **No Forfeits**...If a team is unable to field enough players for a game, that Coach is to work  
11 closely with both the Division Coordinator and the opposing Coach to borrow players from  
12 another team in the same division. Only PJFL Flag registered players in the same division  
13 may be used to prevent a forfeit (Ruled 2000 Added 2001)  
14

15 **C. Team Captains:**

16 Two (2) or three (3) team captains on a revolving basis. This rotation would create an  
17 opportunity for all rostered players to serve as a captain during the season. These players  
18 will represent the team and address an official on matters of interpretation of rules or to  
19 obtain essential information.  
20

21 **E. Mandatory Play Rule:**

22 All players will start either on offense or defense and play the entire game. Once a player is  
23 assigned to the offensive or defensive lineup for the start of the half, the player will continue  
24 to play on that team until the half is complete, unless substitution is necessary due to injury.

25 At the start of the next half the player can be assigned to either the offensive or defensive  
26 lineup. (Revised 2001)

27 *No player may play (4) quarters when another player on the same team only plays (2)  
28 quarters. Therefore with a full roster of (12) players, (8) players would play (3) quarters  
29 and (4) players would play (2) quarters. (Added 2003)*  
30

31 **F. Player Disciplinary Action:**

32 If it is determined by the coach or referee that a player is not practicing good sportsmanship,  
33 the referee or the coach, after receiving approval from the referee, can pull the player for a  
34 total of 2 plays. The referee has the option to pull the player for as long as is considered  
35 necessary to keep control of the game.  
36

37 **G. Coaches on Field:**

38  
39 **1.)** Maximum of two (2) coaches per team permitted on the field during the play.

40 Exception: Only one (1) coach per team permitted on the field during play for the  
41 Senior Division (Revised 1999)  
42

43 **2.)** At the start of play, when the quarterback begins to call the cadence, the offensive  
44 coaches must be 10 yards behind the tailback and the defensive coaches must be 10  
45 yards behind the safety. (Revised 2001).  
46

47 **3.)** If coaches are not in their required positions at the start of the play or are not making an  
48 effort to not interfere with the play, one warning will be issued to the team and on the  
49 second and following infractions a penalty will be assessed. (10 yards). If actual  
50 interference occurs by a coach who is not in the required position at the start of the play a  
51 penalty will be assessed without a warning.  
52

53 **H. Line Up Sheets**

54  
55 **1.)** Each team shall completely fill out a league form Line Up Sheet that includes the

1 Player's name, **jersey number**, and the position they are assigned to play each half.  
2 This form is to be exchanged with the opposing team prior to the start of play.  
3 The referees will monitor this exchange and will collect these sheets at the end of  
4 the game. These Line Up Sheets must be returned to the Referee at the end of the  
5 game. (Revised 2003)  
6

7 **2. Playing Field:**

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9 **A. Field Requirement**

10 The field shall be rectangular with lines and zones and shall conform to the standard  
11 established by this rule:

12  
13 **1.) 80-yard field**

14 This field measures one hundred yards in length, divided into 4 zones of twenty yards  
15 each between two ten (10) yard end zones. It is 40 yards wide.

16  
17 **2.) No Goal Posts Used**

18 Goal posts are unnecessary as points after TD (conversions) are made only by passing or  
19 running and there are no field goals kicked.

20  
21 **3.) Conversion line**

22 A conversion line will be marked three (3) yards from the goal line and at an equal  
23 distance from each sideline.  
24

25 **B. Field Equipment**

- 26 a. A Down Marker will be used to indicate the number of the down.  
27 b. A Zone Marker will be used to indicate the distance to go for a first down (place at  
28 the forward zone line)  
29

30 **3. Playing Equipment:**

31  
32 **A. Game Ball**

- 33 **1.)** A standard Junior Ball - it will have a length, long axis circumference of 10<sup>1</sup>/<sub>4</sub>- 10<sup>1</sup>/<sub>2</sub>  
34 inches and a short axis circumference of 18<sup>1</sup>/<sub>4</sub> - 18 <sup>1</sup>/<sub>2</sub> inches. It will have a long axis of  
35 25-25<sup>1</sup>/<sub>2</sub> inches, and shall weigh 12-13 ounces.

36 **B. Flags**

- 37 **1.)** Each player must wear a belt with the number of flags designated as "standard" by the  
38 league, which will be two (2) flags.  
39 **2.)** The flags will be attached to a belt and extend or hang from each side of the player's  
40 body at the hips. The flags must be worn so that the Velcro strips face outward on the  
41 belt. (Revised 1998)  
42 **3.)** Flags will be 14-20 inches long and a minimum of 2 inches wide  
43 **4.)** The belt must be cinched tight to prevent being turned around during a de-flagging.  
44 **5.)** The securing of flags to the body, waist or belt, other than provided by rule number 2  
45 above is illegal.  
46 **6.)** If a player's flag is inadvertently lost, that player is ineligible to advance the ball. If that  
47 player takes possession of the ball it is considered dead at the point of possession.  
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51 **C. Game Uniforms:**

- 52  
53 **1.)** All team members must wear the game jersey supplied by the league for game play.  
54

- 2.) All jerseys will be numbered, front and back, for proper identification by officials and statisticians (if used).
- 3.) Black gym shorts will be worn for league game play.
- 4.) Black sweat pants may be worn on cold days.
- 5.) Jerseys will be tucked in at all times.
- 6.) Non-detachable rubber cleats on shoes (football, lacrosse, soccer or baseball style) are preferred, but sneakers are acceptable. No other footwear is acceptable.

**D. Eye Glasses:**

- 1.) Eyeglasses, when worn, shall be of athletically approved construction with non shattering glass (safety glass). They shall be secured with some type of safety straps.
- 2.) Contact lenses may be worn.

**F. Mouth Guards;**

- 1.) **Mouth Guards are Mandatory. A mouth guard must be worn at all times during Play at practice and in games. (Added 2004)**

**4. Prohibited Equipment:**

**A. Shoes**

Spiked or street shoes.

**B. Padding**

No padding of any kind, including hard surface padding such as shoulders pads, hip pads, and helmets.

**D. Gloves**

**D. Hard Items**

Hard metal or any other hard substance on a player's clothing or person.

**E. Flag Concealment**

Anything that might conceal flags by players.

**F. Unnatural Substances**

Sticky substances such as grease or glue on a player's clothing.

**G. Other Equipment**

Any equipment, in the opinion of the referee that will endanger or confuse players.

**5. Referees:**

**A. Number**

There will be at least two (2) referees appointed prior to the game by the league.

**B. Required Equipment**

Each game official will carry a red or yellow handkerchief flag and drop it when an infraction occurs. Officials will wear a black and white jersey. A whistle will be needed. A timepiece for the official game time keeping function. All equipment will be supplied by PJFL and be obtained at the Referee's Box on the sideline.

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**C. Eligibility:**

- 1.) Coaches may officiate if they have participated in the referee training sessions offered by the league.
- 2.) No coach may officiate their own team.

**D. Game Play:**

**1.) Meet With Headcoaches**

Officials will meet with headcoaches on the playing field prior to the coin toss for the game. At that time officials will:

- Verify field markings and equipment
- Verify team line-ups with the coaches, observe and confirm the exchange of the line-ups between coaches. (2003)
- Obtain game ball from the Referee Box on the sidelines.

**2.) Game Duties**

- Accompany captains from opposing teams to center of the field
- Conduct a coin toss
- Indicate to the sidelines the team starting offensive possession and the goals each team will defend.
- Officiate game
- Return game ball to the Referee Box at the conclusion of play.
- > Collect the Line Up Sheets from each team, add comments, sign each sheet And place in Referee Box on sidelines. (Added 2003)

**3.) Game Clock**

The game clock will run continuously with the following exceptions:-

- Two minute warning:  
Officials will notify each team coach on the field when five (5) minutes remain in each half. At this point the clock for game time will not be used and both teams will be informed that a total of five (5) plays (NOT per team) will be run before the half is ended. Point after touchdown does NOT count as one (1) of the five (5) plays. (Revised 2000)
- At any time, at the discretion of either official, when deemed necessary to fulfill the objectives of the flag program. (Revised 1998)

**4.) Game Length Reduction**

If necessary, a game will be reduced in length to avoid interfering with the start of another scheduled game.

**5.) Authority of Officials**

Officials have full authority of the game from the coin toss to the conclusion of play. Game officials are expected to contact the Flag Football Coordinator to report any gross misconduct by adults.

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**6.) Infraction Warnings**

When an infraction is noted that does not have a direct bearing on the outcome of a play or does not pose a hazard to other players, a warning should be given to the offending player and his coach on the field. It should be explained that further infractions of this type would result in the calling of a penalty.

**7.) Location on Field**

One referee will be located at the side of the playing field near the line of scrimmage.

The second referee will be located on the defensive side of the ball, at the center of the playing field behind the safety and at the hike of the ball the he will move to the sideline opposite the other referee. (New 1998)

**6.) The Rules of the Game**

**A. Time--There will be:**

- 1.) Two (2) thirty (30) minute running clock halves.
- 2.) Two (2) time-outs per half, (60) seconds per time-out. (Added 2000)
- 3.) The two-minute warning will be given at (25) minutes into each half.
- 4.) Five (5) to Ten (10) minutes between halves depending on time permitting. (Revised 2003)

**B. Ball Position & Possession:**

- 1.) There will be no kickoffs.
- 2.) The referees will call the team captains together for a coin toss. The winner of the coin toss will elect to begin on offense or defense. The losing captain will choose which goal to defend for the 1<sup>st</sup> half of play. (Revised 2000)
- 3.) At the start of the 2<sup>nd</sup> half the teams will automatically reverse the choices taken for the 1<sup>st</sup> half. The teams will change goal direction and the team that started on offense in the 1<sup>st</sup> half will now start on defense in the 2<sup>nd</sup> half. (Revised 2001)
- 4.) The ball will be placed at the center of the field on the mid-field line (40-yard line). Play will begin once the ball has been placed.
- 5.) Safety Situations--In the event of a safety, the defending team will assume offensive possession at the mid-field starting position.

**C. Ball in Play:**

A team will have 30 seconds to put the ball in play after the ready signal. (Revised 1998)

**D. Punting**

- 1.) The offensive team may punt on any down.
- 2.) A punt is always a free kick.
- 3.) Punting intentions are announced to the referee by the captain, or acting captain.
- 4.) Rushing the punter is prohibited. No offensive or defensive player may move across the line of scrimmage until the kick has been made.

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- 5.) Free Catch--There *can* be a free catch of a punt. The receiver shall signify his intentions for a free catch by waving his hand clearly over his head.
- 6.) After being kicked, wherever the ball hits the ground it is considered a dead ball even if the receiving team touches it.

**E. Downs---** (First down and zone to go)

- 1.) Each team will have four consecutive downs to advance the ball into the next zone or to score a touchdown. The 1<sup>st</sup> down marker does not move when loss of yardage due to penalty or play moves the line of scrimmage back to a previous zone. (Revised 2000)
- 2.) Once a team enters into the next zone, it is a first down and a new series of downs begins.
- 3.) A team failing to move the ball into the next zone will lose possession. The opposing team takes over at the point where the ball is declared dead and begins its series of first down and zone to go.
- 4.) The forward part of the ball touching any line will be the determining factor in measuring for a first down.
- 5.) A down will be repeated if provided for by the rules. (See Penalties)
- 6.) When the offensive team is within the last zone and has a first down, it will be first down and goal to go.
- 7.) At the conclusion of each down, the referee will place the ball in the center of the field (equal distance from sidelines -- not on a hash mark).

**F. Formations:**

The offensive team must have five (5) players line and three (3) in the backfield. The guards are to be located one on each side of the center with a maximum distance from the center being 3 yards. Only players in the backfield can go in motion and only one player is permitted to go in motion per play. The defensive team may choose any formation that is in accordance with the rushing rule. See VII, L. Rushing. (2002)

**G. Offsides:**

If the plane of the ball is broken by an offensive player the player is considered to be offsides. If the plane of the 1-yard distance from the ball (neutral zone) is broken by a Defensive player the player is considered to be offsides.

- a) An offensive infraction results in a dead play and a penalty
- b) An defensive infraction results in the play being completed and the offensive team having and option to accept or decline the penalty. If the penalty is taken the yardage is marked off from the original line of scrimmage and the play is run again.

**Note:** If defensive infraction is whistled before the hike of the ball the play is dead and penalty is assessed. (Revised 1999)

**HDe-Flagging**

- 1.) There shall be NO tackling of the ball carrier, passer, or kicker.
- 2.) The player carrying or having possession of the ball is down when the flag is removed from player's waist (de-flagging). The defensive player shall hold the flag above their head and stand still. The ball is spotted where the ball is held when the flag is pulled.

- 1           4.) The defensive player cannot hold or push the ball carrier to remove the flag. An  
2 accidental touch of the body or shoulder while reaching for the flag shall not be  
3 considered a violation; however, touching of the head, neck, or face shall be considered a  
4 violation.  
5
- 6           5.) A defensive player must go for the passer's flag. At no time can a defensive player touch  
7 a passer's arm. This roughing the passer is an automatic 1<sup>st</sup> down. (Added 2000)  
8
- 9           6.) A defensive player cannot block or push a ball carrier or a potential receiver out-of -  
10 bounds. (Added 8/20/00)  
11
- 12          7.) A defensive player may not strip or attempt to take the ball away from the ball carrier.  
13

14 **I. Blocking**

- 15          1.) Blockers must be on their feet at all times while blocking. All players, except the  
16 center & QB, must not assume the three-point stance or otherwise spring from a coiled  
17 or crouching start. Instead, they must simply stand with their hands on their  
18 knees, in a set position and await the snap. (Revised 1998)  
19
- 20          2.) Cross body and roll blocking are not permitted.  
21
- 22          3.) A blocker cannot use their hands.  
23
- 24          4.) Blocking shall be done with the arms and body in the form of shoulder and brush  
25 blocking only. The blocker must keep the hands in and against their chest. (2000)  
26
- 27          5.) Butting, elbowing, or knee blocking is not permitted.  
28
- 29          6.) Blocking a player from behind is not permitted (clipping).  
30
- 31          7.) There will be no interlocked blocking.  
32
- 33          8.) A defensive player will be restricted in the use of his hands to the blocker's body and  
34 shoulders. A defensive player cannot intentionally push a blocker down.  
35
- 36          9.) The blocking zone is defined as the area between the defender's waist and shoulders,  
37 confined to the front and sides of the body. Blocking outside of this area is an illegal  
38 block.  
39
- 40          10.) On a pass play blocking is only allowed within (3) yards downfield until the pass  
reception is made or the passer crosses the line of scrimmage. (Added 8/20/00)

41 **J. Ball Carrier**

- 42
- 43          1.) The ball carrier cannot use their hands or arms to protect their flags. The defensive  
44 player must have the opportunity to remove the ball carrier's flags.  
45
- 46          2.) The ball carrier cannot lower their heads to drive or run into defensive players.  
47
- 48          3.) Stiff-arming by the ball carrier is illegal.  
49
- 50          4.) The ball carrier is not permitted to hurdle, or continuously jump or hop. (Added 2001)  
51
- 52          5.) Spinning is not allowed. (Revised 2000)  
53
- 54          6.) Ball carriers may run in any direction until the ball is declared dead.  
55

- 1 7.) Charging by the ball carrier is not allowed.  
 2 A runner shall not charge into, nor contact an opponent in the runner's path, nor attempt  
 3 to run between two opponents or between an opponent and a sideline, unless the space  
 4 allows a reasonable chance for the runner to go through without contact. If a runner in  
 5 her/his progress has established a straight-line path, the runner may not be crowded out  
 6 of that path, but if an opponent is able to legally establish a defensive position in that  
 7 path, the runner must avoid contact by changing direction.  
 8 (Added 2001)

9 **K. Center**

- 10 1.) The center must snap the ball between his legs to a player in the backfield who takes full  
 11 possession.  
 12  
 13 2.) The center must have both feet on the scrimmage line with no part of his body beyond  
 14 the forward point of the ball.  
 15  
 16 3.) Center may adjust the long part of the ball at right angles to the scrimmage line for one  
 17 time only.  
 18  
 19 5.) Fumble Rooskie is not allowed, meaning an offensive lineman must turn at least 90  
 20 Degrees and move to the backfield before he is eligible to accept a handoff.  
 21 (Ruled 1998, Added 2000, Revised 2003)  
 22

23 **L. Rushing**

- 24  
 25 1.) Maximum of three (3)-man rush.  
 26  
 27 2.) The players designated as the rushers (Nose Guard & Defensive Ends) will wear specially  
 28 designated wrist bands for ease of recognition and only those players will be permitted to rush.  
 29  
 30 3.) The Nose Guard is to line-up directly on the center and the Defensive Ends are to line up directly  
 31 on the guard or on the outside shoulder of the guard.  
 32  
 33 4.) The Nose guard and Defensive Ends are to be set in position before the hike of the ball  
 34 with their hands on their knees. (Revised 1998)  
 35  
 36 5.) The defensive players must line up a minimum of one (1) yard from the line of scrimmage to  
 37 maintain a neutral zone.  
 38  
 39 6.) Two defenders may not share the same hole.  
 40  
 41 7.) In addition to the nose guard and the defensive ends being permitted to line up on the line  
 42 scrimmage, defensive players can line up directly on the receivers but no more than a total of five  
 43 (5) defensive players may line up on the line of scrimmage.  
 44  
 45 8.) At no time is blitzing permitted.  
 46  
 47 9.) All defenders are eligible to rush once:  
 48 a) The quarterback moves out of the pocket (the pocket is defined as an area between the  
 49 guards).  
 50 b) The quarterback makes a hand off or a fake hand off. (Revised 1998)  
 51  
 52

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53 Examples of Rushing Formation Designated Rushers are **BOLD X's**

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<b>OK</b>	X	<b>X</b>	<b>X</b>	<b>X</b>	X	<b>NO</b>	X	<b>X</b>	<b>X</b>	<b>X</b>	X
	O	O	O	O	O		O	O	O	O	O

1											
2	<b>OK</b>	X	X	X	X	X	<b>NO</b>	X	X	X	X
3		O	O	O	O	O		O	O	O	O
4	All Divisions.... there needs to be 1 yard between the defensive line and the ball.										
5	<b>OK</b>	X	X	X	X	X	<b>NO</b>	X	X	X	X
6			1 yard	→							<b>Ball</b>
7				<b>Ball</b>				O	O	O	O
8		O	O	O	O	O					
9	(Revised 1999)										

**M. Passing**

- 1.) All players are eligible passers.
- 2.) Passing will be attempted from behind the line of scrimmage only.
- 3.) A lateral pass is a pass thrown parallel to the line of scrimmage or back toward the passer's own goal line.
- 4.) A forward pass is a pass thrown from behind the line of scrimmage toward the defensive team's goal line.
- 5.) More than one forward pass may be thrown on any down until the ball passes the line of scrimmage. (Added 2001)

**N. Receiving**

- 1.) All players are eligible to receive forward passes.
- 2.) A pass is considered complete as long as the receiver is able to touch one foot in bounds.
- 3.) Two or more receivers may touch a ball in succession resulting in a completed pass.
- 4.) If an offensive and defensive player catches a pass simultaneously, the ball is declared dead at the spot of the catch and the passing team is awarded possession. (This is intended to prevent injury do to players fighting for the ball.)
- 5.) An offensive player cannot be out-of-bounds and return in-bounds to catch a pass. This will be ruled an incomplete pass. Unless the receiver is deliberately pushed out of bounds by a defender, then the offensive team will choose to accept the penalty or the reception and yardage gained. (Added 8/20/00)

**O. Dead Ball**

All balls touching the ground are immediately dead. For example, the ball is declared dead at the following times:

- 1.) When the ball carrier touches the ground with his body, other than his hands or feet.
- 2.) When the ball carrier's flag has been pulled.
- 3.) If a pass receiver or ball carrier has a missing flag (ball is dead at that spot).
- 4.) Following a touchdown, safety or touchback.

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- 5.) When the ball goes out-of-bounds for any reason.
- 6.) If the center snap hits the ground before a backfield player has control of the ball, the ball is placed back at the line of scrimmage for the start of the next play. (2000)  
**Exception:** If the offensive team has declared an intention to punt and the center snap hits the ground. The ball is not dead. The punter may pick up the ball and proceed with play. No other player, offensive or defensive may move until the ball has been punted.
- 7.) When the ball hits the ground as a result of a fumble or muffed ball. **THERE ARE NO FUMBLE RECOVERIES IN PJFL.**
- 8.) If a lateral pass touches the ground (ball is declared dead at that point). If a lateral pass goes out-of-bounds, the ball is ruled dead at the point it crosses the boundary line.
- 9.) If a forward pass strikes the ground or is caught at the same time by an opposing player(s).
- 10.) When the ball hits the ground after a punt the ball is dead at that point.
- 11.) A free catch (cannot be advanced).

**P. Parity Rule**

When one team is ahead by three (3) touchdowns (18 points), the opposing team will start offensive possessions on the 30-yard line of the team that is in the lead. They need only to advance 10 yards, to opposing teams 20-yard line for a first down and goal to go. When one team is ahead by four (4) touchdowns (24 points), they will start their offensive possessions from no better than their own 30-yard line, and will need to reach the opposition's 20-yard Line for a 1<sup>st</sup> and goal to go. (2000)

**EXAMPLES:**

Red team has scored its third touchdown and leads blue team 18-0. Blue team takes offensive possession on red team's 30-yard line. Blue team advances 10 yards to red team's 20-yard line for first down and goal to go.

Red team scores it's fourth touchdown and leads Blue team 24-0. Blue team takes offensive possession on the Red Team's 30-yard line. Red team's defense drives back the Blue team's offense to mid-field on 4<sup>th</sup> down. The game Official will spot the ball back to the Red team's 30-yard line for the Red team to take possession. The Red team Must advance 30 yards for a 1st down.

**7. Scoring Values:**

<u>Action</u>	<u>Value</u>	
Touchdown	6 points	
Safety	2 points	
Point after touchdown		
<u>Any Forward</u> Pass	2 point	(Revised 1998)
Running	1 point	

**8. Tie Game:**

Tie games will go into the record as such and will not be played off in regular season play.

**9. All-star Game:**

There will be no all-star game for this division.

**10. Injured Players:**

**A. Removed Player:**

Once removed from a game because of injury, a player must sit out at least one series of downs.

1 **11. Game Schedule:**

2 There can be a maximum of ten (9) games per season depending on league approval each year. (2001)

3  
4 **12. Tournament Play:**

5 There will be no tournament play for this division.

6  
7 **13. Penalties:**

8 The offended team will always have the choice of accepting or declining a penalty. If the penalty is  
9 declined, the down will remain the same as if no infraction occurred. Also, when the penalty is greater  
10 than the distance to the goal line, the penalty shall be half the distance to the goal line.

11  
12 **A. Line of Scrimmage - Centering:**

13 1.) Offside, defensive or offensive ---- **5 yards**

14 2.) Illegal snap ---- **5 yards**

15 3.) Failure to observe 30-second rule ---- **5 yards**

16 4.) Illegal motion - more than one (1) backfield man in motion ---- **5 yards**

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21 **B. Punting:**

22 1.) Failure to announce to the referee ---- **5 yards**

23 Punt is repeated, or the receiving team may take the ball at the spot where the ball is  
24 declared dead.

25  
26  
27 2.) If the kicking or receiving team enters the neutral zone before the punt ---- **5 yards**  
28 **from the spot where the ball is declared dead after the kick or the punt can be**  
29 **taken over.** (Revised 1998)

30  
31 3.) Less than five (5) players (Senior & Intermediate), six (6) players (Junior) on the line of  
32 scrimmage for the offensive or defensive team ---- **5 yards from where the ball is**  
33 **declared dead after the kick or punt can be taken over.** (Revised 1998)

34  
35 4.) De-Flagging a receiver after a fair catch signal ---- **5 yards from the spot of the foul.**

36  
37 **C. Passing:**

38  
39 1.) If an illegal forward pass is thrown and intercepted, the play will continue until the ball  
40 is declared dead. The intercepting team has the option of possession from that spot or  
41 accepting the penalty ---- **5 yards**

42  
43 2.) Passer crossed the line of scrimmage ---- **5 yards and loss of down.**

44  
45 3.) Intentional grounding ---- **5 yards and loss of down.**

46  
47 4.) Offensive pass interference ---- **10 yards from line of scrimmage and loss of down.**

48  
49 5.) Defensive pass interference ---- **First down from spot of infraction.**

50 6.) Pushing a potential receiver out of bounds----5 yards or play and yardage stand  
51 if offensive team declines the penalty. Added (8/20/00)

52  
53 **D. Delay of Game:**

54 1.) Continuing to play after the ball is dead. ---- **5 yards from spot where ball is dead.**

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- 2.) Recovering a fumble or falling on the ball ---- **5 yards**
- 3.) Advancing a fair catch ---- **5 yards**
- 4.) Unnecessary delay of game for any reason ---- **5 yards**

**E. Flag Wearing and De-Flagging:**

- 1.) Tackling ---- **10 yards**
- 2.) Wearing the flags illegally ---- **5 yards from point of infraction**
- 3.) Ball carrier using hands to prevent a defensive player from de-flagging ---- **5 yards from point of infraction.**
- 4.) Intentional holding, pushing, or hitting the ball carrier while de-flagging ---- **10 yards**
- 8.) Wearing only one flag ---- **Dead ball at point of possession.**
- 9.) Striping or attempting to take the ball away from the ball carrier---10 yards (2001)
- 10.) Roughing the Passer---5 yards and an automatic 1<sup>st</sup> down. (Added 2001)

**F. Illegal Hand-Off:**

- 1.) If the ball is handed forward beyond the scrimmage line ---- **5 yards and loss of down.**
- 2.) Snapping a ball to a lineman ---- **5 yards.**

**G. Illegal Substitutions:**

- 1.) More than eight (8) players on the field when the play starts---- 5 yards (Revised 2002)
- 2.) Substitution(s) while the ball is in play or before it is declared dead ---- **5 yards**
- 3.) Disqualified player entering game ---- **5 yards**

**H. Blocking:**

- 1.) Leaving feet to block ---- **5 yards**
- 2.) Cross body blocking or roll blocking ---- **10 yards**
- 3.) Illegal use of hands by blocker ---- **5 yards**
- 4.) Holding a defensive player ---- **5 yards**
- 5.) Defensive player blocking or pushing the ball carrier out-of-bounds ---- **10 yards**
- 6.) Defensive player blocking or pushing a potential receiver out of bounds---- 5 yards (Added 8/20/00)
- 7.) Butting, elbowing, or knee blocking ---- **10 yards**
- 8.) Defensive player using hands illegally ---- **5 yards**

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- 9.) Clipping ---- **10 yards**
- 10.) Interlocking blocking ---- **5 yards from spot of foul**
- 11) Bump & Run is only allowed in the Senior Division and only until the ball leaves the passer's hand. ---5 yards from point of infraction in Juniors & Intermediate (8/20/00)

**I Ball Carrier:**

- 1.) Stiff arming ---- **10 yards from point of infraction**
- 2.) Lowering head to drive or run into defensive players ---- **10 yards from point of infraction.**
- 3.) Use of head ---- **10 yards from point of infraction.**
- 4.) **Use of hands or arms to protect flags ---- 5 yards. From point of infraction.**
- 5.) *Spinning, Charging,* or hurdling ---- **5 yards from point of infraction**  
(Revised 2001)

**J. Unnecessary Roughness:**

- 1.) Offensive and defensive ---- **10 yards.**
- 2.) 2.) Disqualification of guilty player or players if repeated.

**K. Unsportsmanlike Conduct:**

- 1.) Fighting ----**10 yards and offenders ejected from game.**
- 2.) Defensive player intentionally pulling offensive player's flag to make the player ineligible for play ---- **5 yards.**
- 3.) Insulting and abusive language ---- 10 yards.
- 4.) Interference with progress of the game by coaches or any other team personnel ---- **5 yards.**
- 5.) Illegal play ---- **5 yards.**
- 6.) Team leaving field before game is completed ---- **10 yards.**  
Failure to return ---- **Forfeit - Win for team remaining on field.**
- 7.) Failure of either team to control their players or fans ---- 10 yards, forfeit if not controlled after warning.

**L. Coaching:**

- 3.) Coaches not in proper position on the field at the start of play ---- **5 yards.**
- 4.) The 20/20 rule is a League sanctioned penalty only. (Added 2000)  
The Penalty will apply at the start of Each Half.  
When starting the half on Offense, the penalized team will start the half with the Ball at their own 20-yard line, with 1<sup>st</sup> down and 40 yards to gain for the next 1<sup>st</sup> Down. When starting the half on Defense, the ball will be placed on the penalized Team's own 20- yard line, with 1st and goal for the Offensive team.

**14. Protests: This League has no protests. (Added 2001)**

**15. Rule Interpretations:**

Only interpretation requests involving rules or the eligibility of a player shall be considered

8/20/04

1 never the judgment of an official in calling a play.  
2