



**NJAYF**  
**Jersey Shore**  
**Flag Football**  
**Rulebook**

***Revised Spring***  
***2021***



## NJAYF Flag Football Rulebook: Introduction

**Thank you for volunteering your time to participate in your towns Flag Football Program. You may not realize it, but what you are doing will leave a lasting impression on your players that will hold onto for quite possibly the rest of their lives. You are taking the opportunity to not just teach them the game of football, but also be a positive role model, to teach them behaviors and values that will help mold the person they will grow to become.**

**As coaches and volunteers, we have to remember that the children participating in Flag Football are 5 & 6 year old's. This is their first introduction to playing the game in an organized format.**

**This is NOT A COMPETITIVE division. It is an INSTRUCTIONAL division. The purpose is to teach the players the basic fundamentals of football, to teach them the concept of respect and good sportsmanship, and most importantly, to allow them to have FUN.**

**This is meant to be a Positive experience and activity for the players**



## **NJAYF Flag Football Rulebook: Introduction (continued)**

**No scores are to be kept**

**There are no declared winners or losers**

**Every player is to be respectful and complimentary towards not only their own coaches, teammates and parents, but also the opposing coaches, teammates and parents**

**Every player is to be given fair playing time**

**Every player should be given equal opportunity to touch the ball**

**No child will leave the game excited if they played 12 snaps and spent their entire time blocking. However, a couple of hand offs as the RB, or a chance to play QB for a few snaps, can change their entire experience, regardless of whether or not they gained yards, successfully completed a pass or scored a touchdown. It is those moments that will help build a child's love of the game. This is their first impression of the sport and will ultimately decide whether to they move forward to play in the higher levels and help build a strong football program in your community, or leave the sport altogether.**



## NJAYF Flag Football Rulebook: Introduction (continued)

Remember, no scores are being kept and there are no winners or losers. There is absolutely no incentive to give your best player(s) the ball every single play, as far too many coaches unfortunately do at this level.

As is stated above, this a formative division and EVERY PLAYER should be played regularly at EVERY POSITION. How else will they learn the game unless that are given opportunity to play everywhere?

We want to emphasize the importance of fitness and health by devoting a portion of each practice (and or prior to each game) to exercise and conditioning. Furthermore, we need to use our influence as a coach and role model to impress upon the children the importance of being active, even when they're not at a field.

If your coaches cannot abide by the rules and have a "WINNING AT ALL COSTS MENTALITY", then this league is not for them and those coaches will be removed from the game and the team will be removed from the schedule.

Remember its about the kids and building the foundation of your organization in which these kids will be playing from Flag to 14U.



## NJAYF Flag Football Rulebook: Rule of the Game

First as coaches & volunteers we have to remember that at this age group, our players are ages 5 and 6 years old. The game is about instructing the **BASICS** of the fundamentals of football and having **FUN**.

- No scores are to be kept
- We want the parents and players to be respectful to the opposing team (including their parents and coaches).
- We want to emphasize to the players, coaches and parents good sportsmanship type of behavior

Individuals called "Assignors" will draft schedules for a particular region. The game times / day are **NOT** determined by JSAYF. Upon completion of game dates and times, a thorough schedule will be sent from the Assignor of the region.

Remember this is **NOT** about winning and losing, this is for the kids to have fun and continue through the organization



## NJAYF Flag Football Rulebook: Rules of the Game

### Number of Players:

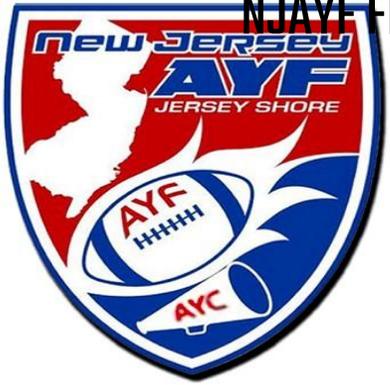
- Each team shall have a maximum of 24 player or a minimum of 10 on their roster

### Mandatory Play Rule

- All players must play a minimum of 12 plays
- No one player may Quarterback or Running Back the entire game. Each player on the roster must have one (1) play at quarterback and running back in each game

The FREE substitution rules is always in effect and a player may enter the game ANYTIME after the play is dead

# NJAYF Flag Football Rulebook: Rules of the Game



Coaches should discuss rules with opposing coaches prior to the beginning of the game

Coaches should always act in a positive manner

- Yelling or belittling the kids is unacceptable
- This is instructional

A Coach may not direct a player while the play is in motion.

- Once the players leave the huddle, the coach may not reengage with the players until the play is over





## NJAYF Flag Football Rulebook: Rules of the Game

### Coaches on the Field:

- Two (2) coaches from each team are permitted to be on the field during the game

### Defense:

- While on Defense, the coaches should be line up as follows:
- One (1) coach behind the Safety and one (1) watching the Defensive Line

### Offense:

- While on Defense, the coaches should be line up as follows:
- One (1) coach behind the Backfield and one (1) watching the Offensive Line





## NJAYF Flag Football Rulebook: Referees

### Referee Information:

- The home team supplies the referees for the game(s)
- Each game is to have 2 referees on the field
- The referees must be 16 years of age or older
- In order to avoid / reduce conflicts, it is extremely important that the referees know the rules



**Please Note: DO NOT argue any calls or belittle the Referees, as it will get you removed from the game and the league**





## NJAYF Flag Football Rulebook: Field Participants

There are no other field participants allowed on the field or sidelines.

Parents are **NOT ALLOWED** on the sideline or field during games unless authorized by the organization Board Member(s) or Head Coach.

- Parents may be allowed on field if authorized if their son or daughter is injured / sick and needs to be removed from the field.

### Head Coach Responsibility

- The Head Coach of the team is responsible for the players, coaching staff and the those in the stands.



## NJAYF Flag Football Rulebook: Football Equipment

The players must wear the following **MANDATORY** equipment:

- Athletic protector (i.e. Cup)
- Mouthpiece (cannot be clear or white)
- Cleats recommended but not needed. Appropriate footwear should be worn (i.e.. Sneakers)

Players are **NOT PERMITTED** to wear the following equipment during gameplay:

- Knee Pads, Thigh Pads, Hip Pads, Arm Pads, Shoulder Pads
- **NO PADS of ANY KIND**

Player Jerseys **MUST** be tucked into their shorts/pants. Jersey are not allowed to cover the flags at any time.

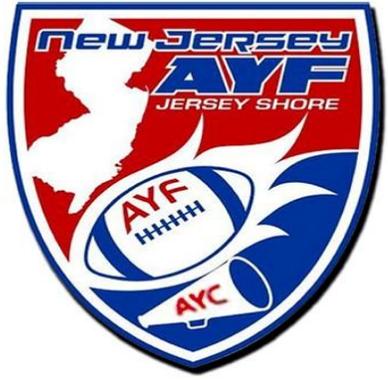


## NJAYF Flag Football Rulebook: Flags

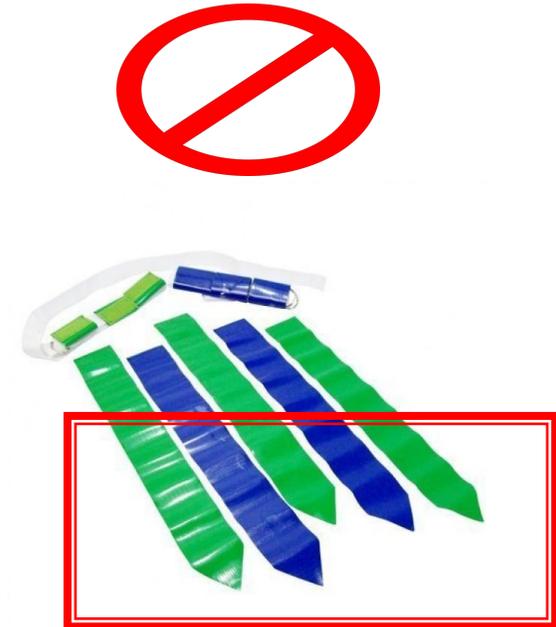
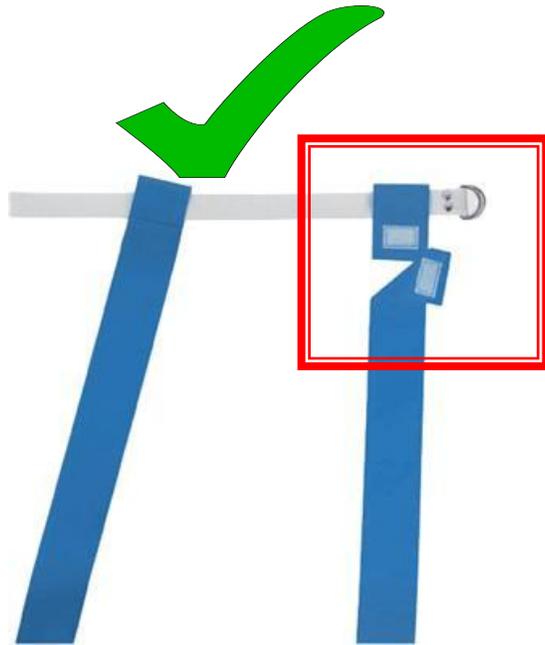
The Flag color should not match the game jersey or the shorts/pants being worn. They must be in contrast to the uniform.

- Flags must be **VELCRO**,
- Flags that are suction cup style are **NOT PERMITTED**
- Flags cannot be of a clear material
- Flags worn should be between a length of 14-20 inches and a minimum of 2 inches wide
- Flags cannot be tied to the players belt and/or other parts of the players uniform
- The ends of the flags cannot be tucked into a players uniform
- The ends of the flags cannot be cut to a 45 degree angle

*Please Note: When flag belts are new, they need to be checked that the flags are not secured to the belt. The flags may be affixed for shipping purposes. Make sure the flags can be pulled off. See images on next page*



# NJAYF Flag Football Rulebook: Flags





## NJAYF Flag Football Rulebook: Game

The game duration of play is 1 hour (60 minutes)

Two **25 minute** half's with a running clock

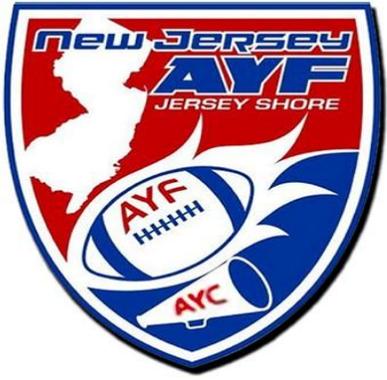
- 30 seconds will be allowed between plays

- If your team uses a playbook be aware that there is a time limit for the game and the more time spent in the huddle / going over a playbook, the less time the kids will have to play the game.

- Learning the plays should occur during practice not during the game

- Please try to maintain the game time at a steady pace so the kids get as much time as possible

- A referee should maintain the pace of the game reminding the coaches of time



## NJAYF Flag Football Rulebook: Game (continued)

- Each team will be permitted to have one (1) time out per half
- Half Time is reserved for the Flag Cheerleaders to perform
- Try to have the games start on time, as they are usually the first games of the day. If they run over, it will affect the remainder of the days schedule of games.





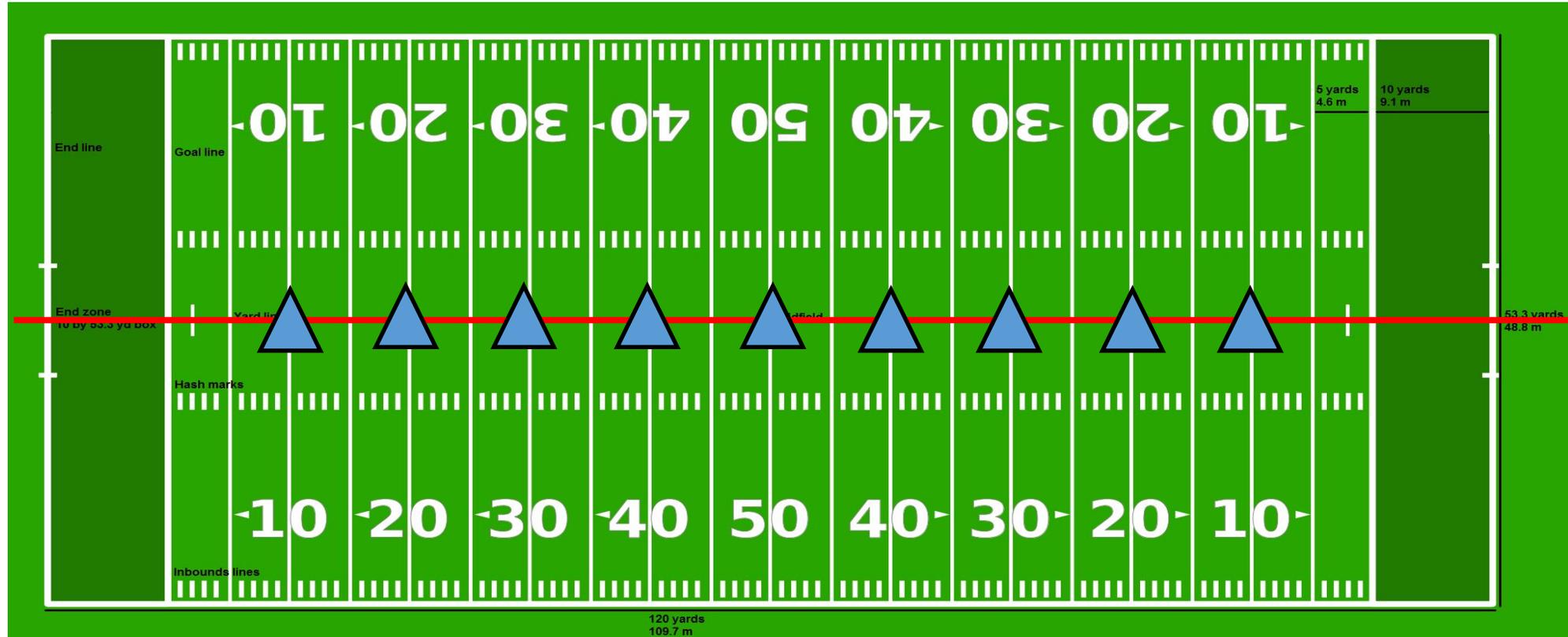
## NJAYF Flag Football Rulebook: Playing Field

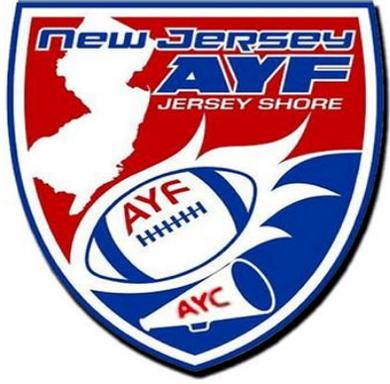
The field is to be divided as follows:

- The field is to be split down the middle goal post to goal post
- By splitting the field down the middle, it will allow 2 games to be played at the same time
- The 2 fields should be separated by cones.
- Once the field is split , the field is to be used is 80yards. With two 10 yard end zones.
- See diagram on next page



# NJAYF Flag Football Rulebook: Playing Field





## NJAYF Flag Football Rulebook: Game Play

After each play, the ball goes to the center hash mark on the field

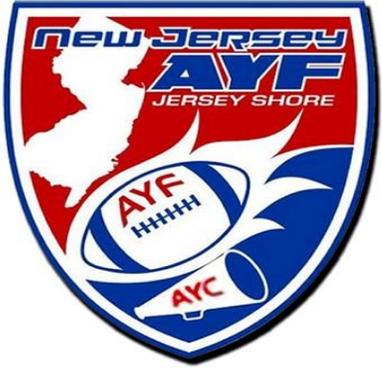
- Center of the playing field

At the start of the game, the half and after a touchdown is scored the ball is to be placed at the 30 yard line from the opposing end zone.

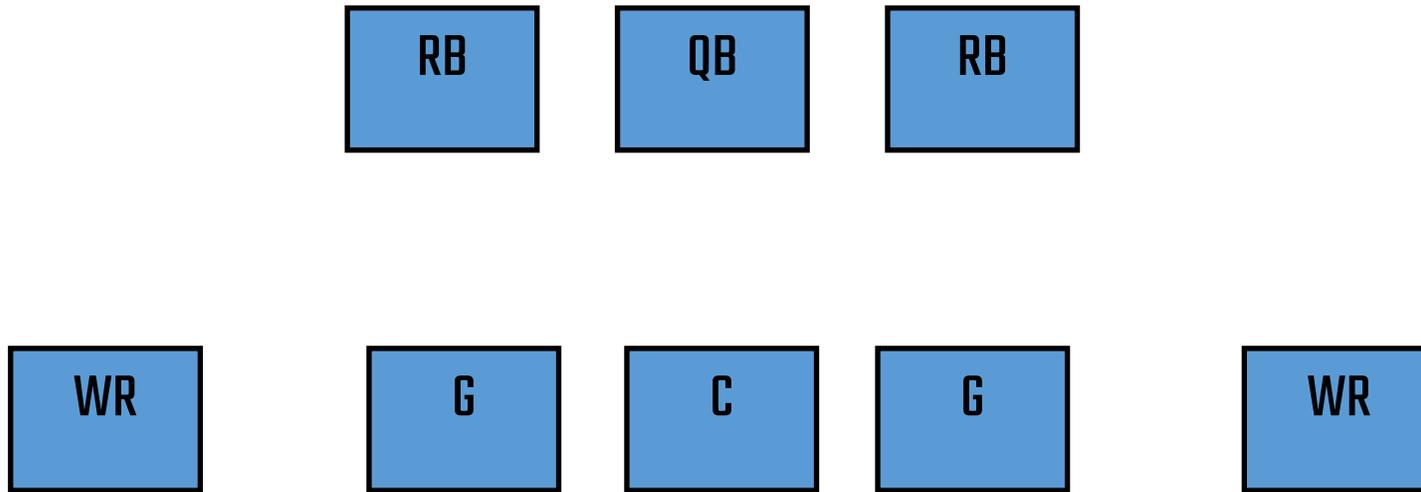
There is no punting

- If a Punt is declared on 4th down, the ball goes to the 30 yard line from the opposing end zone.
- Alternative: if a team is on their own goal line and does not make a first down, the ball goes to the 30 yard line from the opposing end zone.

If a player's flag is ripped off in the backfield, the ball **MUST** be placed back to the original line of scrimmage. **DO NOT** place the ball and move the down marker to the spot of the flag being ripped off. We do not want to discourage the kids when playing.



## NJAYF Flag Football Rulebook: Offense Positions Reference



***Note: The WR can be 1 yard away from the Guard on the Line of Scrimmage***

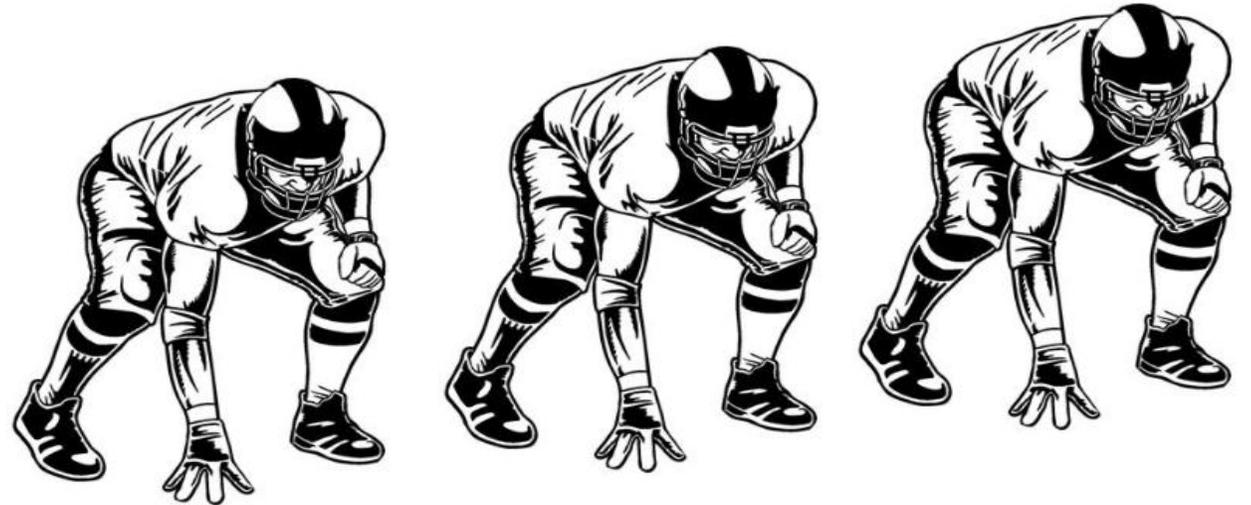


## NJAYF Flag Football Rulebook: Positions - Offense

Offense must have 5 players on the line of scrimmage & 3 Players in the backfield

Offensive Line:

- Must consist of the Center and Guards (2)
- Blocking:
  - **A blocker can block an opponent by using their hands ONLY**
  - **NO using shoulders or elbows to block opponent**
- No unbalanced lines are permitted
- The 3 linemen are not eligible to carry and / or receive the ball
- The Center is the only lineman permitted to be in a 3 point stance





## NJAYF Flag Football Rulebook: Game Play

One (1) fumbled snap per 4 downs.

· Meaning the first fumble counts as a play

· Any fumbles after this point does not count as 1 of the 4 plays

· A fumble is defined as when a player drops the ball and it hits the ground and the ball is not recovered in a continuous manner.

· If a player fumbles the ball and recovers it in a continuous motion then the play should be allowed to continue. This is based on not wanting to stop play and allowing the players to play as much as they can for the duration of the game.

If a team is ahead by 3 touchdowns / scores, the other team maintains possession of the ball until they have scored

## NJAYF Flag Football Rulebook: Game Play



The Offense is **not allowed** to perform a silent snap count.

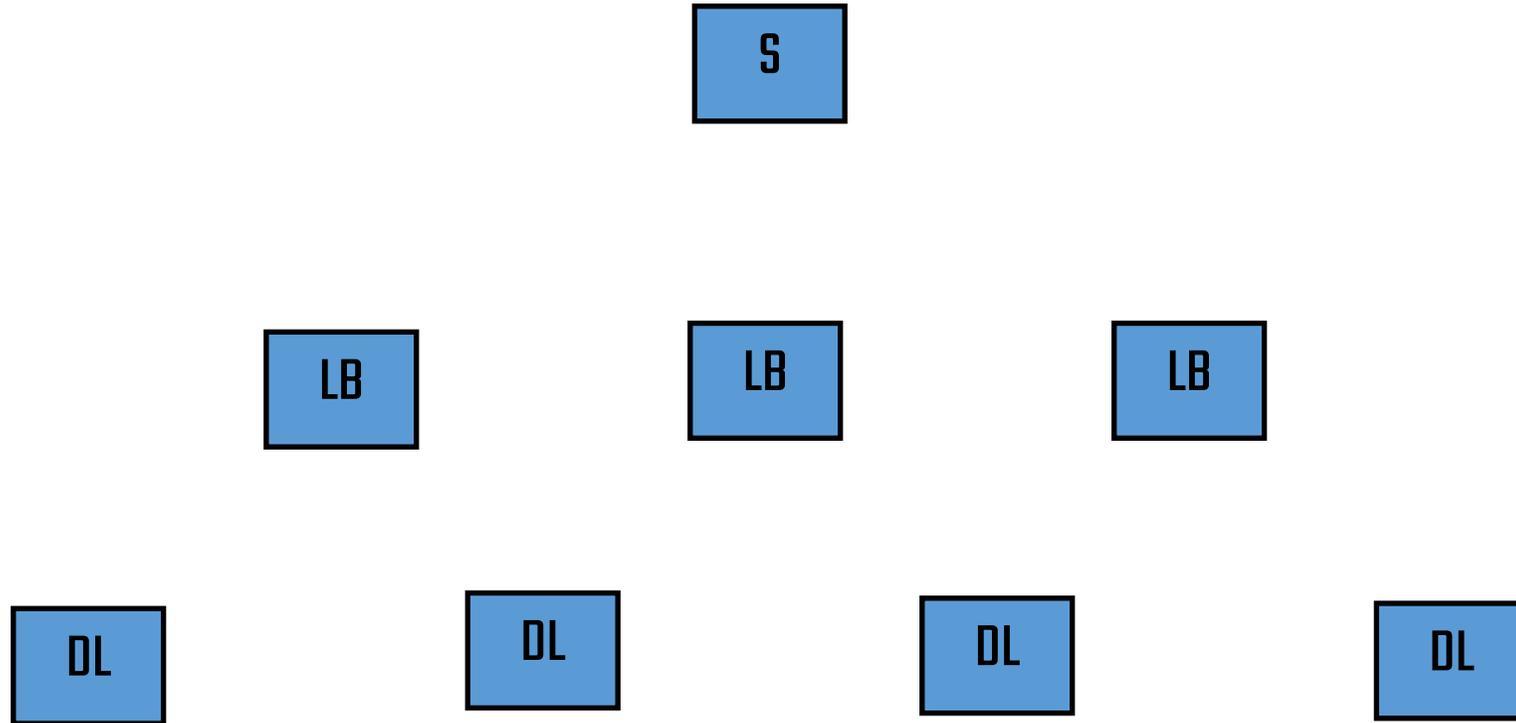
Quarterback:

- The Quarterback must hand the ball off to the running back or must pass it to a receiver.
- Quarterback Keepers as allowed under the following conditions:
  - QB must fake a handoff before running the ball
  - QB CANNOT run up the middle, QB must run outside the tackles
  - QB Keeper can only be run once by each player. If you continue to run the QB Keeper throughout the game, you must rotate the QB each time you run it. Again, each player can only run it once and the QB MUST fake a handoff

***No flag guarding or stiff arming allowed at this level of play***



# NJAYF Flag Football Rulebook: Defense Positions Reference





## NJAYF Flag Football Rulebook: Positions - Defense

### Defensive Line:

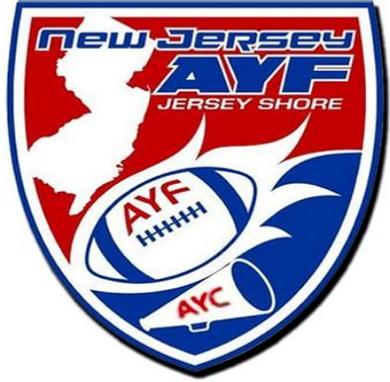
- The defensive line must consist of 4 players
- 2 players lined up over the Guards
- 2 players lined up on the Ends/Receivers
- No one is to lineup over the Center

The Defense can select the defensive formation. The defense can have the remaining 4 players line up as Linebacker or Safety.

These 4 players must be aligned 5 yards off the line of scrimmage.

Everyone on the Defense wears flags EXCEPT the 2 defensive linemen

There is no goal line defense. The players line up in their normal positions



## NJAYF Flag Football Rulebook: Positions - Defense

### Defensive Notes:

- Defensive Linemen
- The 2 interior defensive linemen are allowed to rush the quarterback
- They are to be lined HEAD UP over the Guards and are NO ALLOWED TO SHOOT THE GAPS
- They must engage / make contact with the Guard first

### Quarterback / Running Back Engagement:

- The defensive players are allowed to engage with the QB or RB when they break outside of the tackle or the line of scrimmage. If the QB stays in the pocket, the defensive player may not remove the flag until they run outside the tackle or pass the line of scrimmage. We want the play to develop.
- No goal line defense is allowed. The players must line up in their normal positions even on goal line.



# NJAYF Flag Football Rulebook : Points of Contact

For any issues pertaining to schedule or opponents, please contact your organization Flag Commissioner or Football Commissioner.

Any issues that need to be elevated to JSAYF please contact Reagan Vandenbos for flag football inquiries,

Clyde Olson	Football Commissioner	917-881-7268
Mike Liloia	Assistant Football Commissioner	732-496-0393
Reagan Vandenbos	Football Operations-Flag Commissioner	732-616-6362

All flag games start at 8am, unless otherwise dictated by the schedule