

Welcome to the 2013 JFL! We are excited that you have decided to participate in our fourth year of our fast-paced, action-filled league!

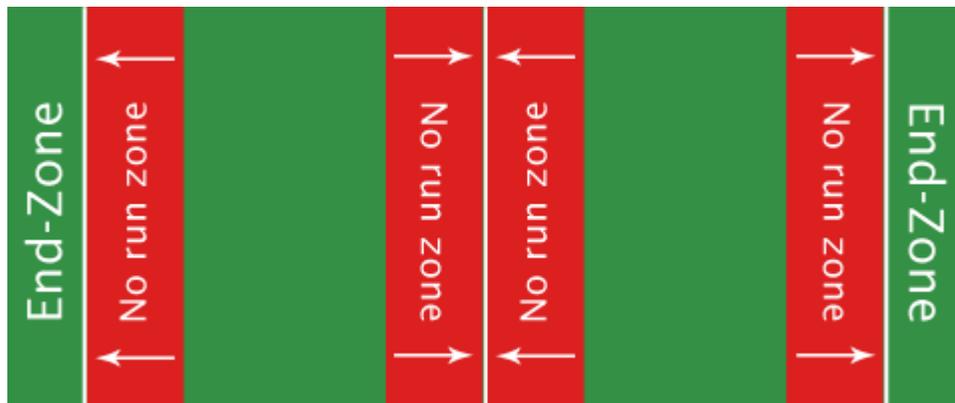
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2013 JFL Officials / Representatives

The Field / Sheridan Park

- The JFL football field is 48 yards long and 20 yards wide.
- Each end-zone is 4 yards long, leaving 40 yards of playing field.
- There is a no run zone 5 yards before midfield and 5 yards before the end-zone.



- Sidelines, end-zones and midfield are displayed on the playing surface using pylons and nylon sideline markers.
- We ask that all parents and children do not play with or move the field markers during the game.
- Sheridan Park received a major renovation in 2011 receiving state-of-the-art Field Turf. While durable, Field Turf can be easily torn by metal spikes, so we ask that all players use rubber cleats.
- Game day schedules, standings and the current day scoreboard are located on the north and south ends of the field.

In-Game Rules

- The referee, coaches and at least one representative player from each team should meet at midfield before the game for a coin toss to determine which team shall possess the ball to start the game.
- The team that wins the coin toss has the choice to take possession of the ball at the beginning of the first half or defer to the second half.
- Teams switch sides at halftime.
- Each game consists of two 20 minute halves with a five minute halftime.
- Each team has two timeouts per half (One 30 second and one 2 minute).
- The game clock continues to run unless a team uses one of their timeouts.
- Officials may stop the clock at their discretion (eg. in the case of injury).
- All players on the field must be wearing an official JFL jersey and a set of flags.
- Flags must be on the outside of the players' clothing and easily accessible by the opposition. Thus, flags must be on the sides of the players' body not in the front or the back.
- Coaches are allowed to be on the field pre-snap, but all (except coach QBs) must be off the field when the ball is snapped.
- Teams must play with six players on the field at all times. If a team cannot field six players, the coaches may agree to play with five.
- Play begins with an offensive player snapping the ball between their legs to a coach or player quarterback. The quarterback may either be behind the snapping player or in the shotgun formation.
 - 6u teams may agree to forgo this procedure, thus allowing each possession to start with the ball in the coach quarterback's hands.

- Balls snapped improperly will result in a dead ball and a loss of down.
- After a play ends, the offensive team has 30 seconds after the referee spots the ball to run the next play. Teams will receive one warning before a delay-of-game penalty is enforced.
 - 6u teams may use a longer play clock if the coaches agree to do so prior to the beginning of the game.
- A play is considered dead when:
 - The ball carrier's flag is pulled or falls off;
 - The ball carrier steps out of bounds;
 - The ball carrier's knee, back or shoulder touches the ground whether it be during the normal flow of play or via a penalty;
 - The ball is fumbled;
 - A touchdown or safety is scored;
- A touchdown is scored when the body of a player possessing the ball crosses the goal line.
- If a scoring player is considered to have been wearing illegal flags, the touchdown will be taken away and a penalty will be assessed.
- The game score will be kept by referees and each team will have a stat keeper for redundancy.
- There is no overtime session during the regular season.
- At the conclusion of each game, the teams should line up and respectfully shake hands with their opponents.
- Referees, coaches and stat keepers are responsible for reporting the results to the league commissioners at the end of the game.

Offensive Rules

- The offensive team has six players on the field. The 6u and 9u divisions have five receivers and a coach quarterback, while the 12u division has a player quarterback and five receivers.
- Running and passing plays are allowed, although there are no-running zones five yards before mid-field and five yards before each goal line. The offensive team may not use a running play when the line of scrimmage is within a no-running zone.
- The offensive team starts possession of the ball at its 5-yard line and has four plays to get a first down at midfield.
- Once a team crosses midfield, it has four plays to score a touchdown.
- If the offense fails to score or get a first down, the ball changes possession and the opposing team takes over on its own 5-yard line.
- Players are not allowed to receive a pass or advance the ball past the line of scrimmage on two consecutive plays. An individual player is allowed to throw the ball on two consecutive plays.
- Coach quarterbacks may not advance the ball past the line of scrimmage or receive a pass.
- Offensive players may go in motion before the play is run, but:
 - Only one player is allowed in motion at a time;
 - The player may not be moving towards the line of scrimmage before the ball is snapped;
- Direct hand-offs, pitches and laterals are only allowed behind the line of scrimmage. Hook-and-ladder plays are not allowed.
- Players receiving a hand-off/pitch/lateral behind the line of scrimmage are eligible to throw a pass.

- After the ball is snapped, quarterbacks have an allotted amount of time to throw the ball, hand the ball off, or run the ball themselves. If one of these actions is not completed before that time, the play is considered dead.
 - 6u quarterbacks have a seven second clock.
 - 9u and 12u quarterbacks have a five second clock.
- Multiple hand-offs/pitches/laterals are allowed on a play, unless:
 - One of the exchanges is beyond the line of scrimmage;
 - The coach quarterback receives the ball back after distributing the ball to another player (eg. a flea-flicker play may not be executed utilizing a coach quarterback);
- The player ultimately receiving or running the ball past the line of scrimmage advanced the ball or caught a pass past the line of scrimmage on the previous play.
- All fumbles are considered dead balls and play resumes at the yard marker where the ball was fumbled.
- If an offensive player fumbles the ball in the end-zone, it is considered a safety.
- The ball is spotted where the offensive players' feet were when their flag was pulled, not where the ball was located. Thus, stretching the ball in front of them will not earn the player extra yards.
- If an offensive player jumps, the play is considered dead and the ball is spotted where the player left his/her feet.
- Offensive players may utilize spin moves.
- Offensive players may not stiff-arm or guard their flags with their hands.
- Offensive players may not block defensive players at any time. This includes any sort of basketball-style pick.
- On a pass play, the receiver only needs one foot in-bounds for it to be a successful reception.

- Passes may be backwards or forwards; however, backwards passes are considered laterals. Thus, if the ball is not caught the next play begins where the ball lands. If the ball lands in the offensive teams' end-zone, it is considered a safety.
- Shovel passes are allowed.
- Underhand forward passes are allowed, but not recommended.

Defensive Rules

- Defensive players may not cross the line of scrimmage at any time before a play begins.
- Defensive players may return interceptions for touchdowns.
- Defensive players may not recover fumbles whether the ball is on the ground or in the air, nor may they strip the ball from the offensive players' hands.
- Defensive players may intercept tipped passes.
- Defensive players may not hold on to the offensive players clothing in order to stop their progress and subsequently pull their flag. Incidental grabbing of clothes is allowed.
- When the quarterback distributes the ball to another player behind the line of scrimmage, all defenders are eligible to rush.
- After a safety there is no change of possession and the offensive team restarts at the five yard line.

Scoring

- Due to the fact that touchdowns and safeties are worth equal amounts, coaches, team stat-keepers and referees should keep score by ones.
- During the regular season, no extra points are attempted.
- During any form of playoff game, teams must go for extra points during overtime sessions.
- Extra points are executed by the offensive team running one play from their opponent's five yard line.
- If an extra point pass is intercepted, play is considered dead and the ball may not be advanced.

Penalties

Offense	
False start	5 Yards
Delay of game	5 Yards
Too many players on the field	5 yards
Holding	5 yards
Illegal Forward Pass	5 yards and loss of down
Pass Interference	10 yards
Flag guarding	5 yards
Illegal flag placement	5 yards and loss of down

Defense	
Offside/illegal rushing	5 Yards
Pass Interference	Ball placed at the spot of the infraction / automatic first down
Too many players on the field	5 yards
Holding	10 yards
Tackling	15 yards

Clear path rule:

In the event that a player is tackled from behind and the player had a “clear path” to the end zone (meaning there were no defenders left in front of the runner) that player will be awarded a touchdown.

Sportsmanship/Code of Conduct

If the referee witnesses any acts of unsportsmanlike conduct including:

- Punching
- Kicking
- Elbowing
- Shoving
- Spitting
- Swearing
- Taunting

The game will be stopped, the offending player, coach or parents' team will be assessed a 15 yard penalty, and the offending person may be ejected from the game at the referee's discretion.

Attire

Rubber Cleats are allowed, but metal spikes are not.

No hats with brims or bills are to be worn by players during the game.

No jewelry may be worn during the game.

The official JFL jersey must be worn during game play. If a player does not have a jersey, he may trade off with another player on his team.

Frequently Asked Questions

Q: A player dove across the goal line, is this a touchdown?

A: No. A player is considered down once they leave their feet and the ball is spotted where the player's feet were.

Q: Can a player on the ground catch a ball and then get up and run?

A: No. Once a player's knee, back or shoulder touches the ground, play is considered dead.

Q: Can my team run the ball two times in a row?

A: Yes. You can run the ball as many times as you'd like as long as you're not located within one of the no-run zones.