



JRGAC BYLAWS

ARTICLE 1. LEAGUE AUTHORITY, STRUCTURE & ADMINISTRATION

SECTION 1.1 (GOVERNING RULE:) It is agreed the following rules contained within the JRGAC Football League Rules represent an agreement between respective member organizations, their coordinators, coaches, parents and players. All participants agree to abide by and uphold them for the benefit of the league.

SECTION 1.2 STANDING COMMITTEES: In accordance to league bylaws a Disciplinary Committee shall be organized.

SECTION 1.3 LEAGUE DIVISIONS: The league shall organize the respective teams into as many divisions as deemed necessary by the JRGAC. Each division will consist of an equal number of teams, if possible.

SECTION 1.4 LEAGUE CHAMPIONSHIP TOURNAMENT: The league shall organize an end of the season championship's tournament. Trophies and medals will be awarded.

SECTION 1.5 GAME SCHEDULING: The JRGAC shall be responsible for creating regular season and postseason tournament scheduling for the league. Scheduling shall be done in the fairest manner possible. Scheduling will be done according to blackout dates and field availability. All League Members will have as many home games as away games when possible.

All League tackle games will normally be scheduled on Saturdays and flag on Sundays.

SECTION 1.6 GAME REFEREE'S: The JRGAC shall be responsible for scheduling MSHAA certified or otherwise trained referees to officiate league games.

SECTION 1.7 REFEREE ADMINISTRATIVE PROCEDURES: Referees shall be provided for all League games in accordance with Referees contract. The home team will supply a clock operator for all games. If a clock operator is not available then a Referee shall manage the official time kept on the field. All league games shall have a minimum of three (3) Referees on the field. If Referee Crew is a "no show" the home League Member Representative shall attempt to secure substitute refs subject to the approval of both teams. The home team will be responsible for paying game Referees. The Referees will be paid as per the Referees contract. No member may offer additional payment beyond that negotiated in the Referee's contract with the LEAGUE. The host team pays the Referee fees.

ARTICLE 2. LEAGUE RULES & DISCIPLINE

SECTION 2.1 The League Board will create a Rules & Disciplinary Committee (RDC) that shall have the responsibility for developing, reviewing and enforcing the league rules. The DC shall consist of a minimum of three board members appointed by the President to serve two year terms. A Chairman will be appointed by the President. All rules proposed by DC must be approved by the entire League Board by a 2/3 vote. The DC shall meet as needed.

SECTION 2.2 CODE OF ETHICS FOR ALL PARTICIPANTS

A) No person attending a JRGAC event shall touch in an offensive manner any Referee, League Member, coach, player or any person in attendance a JRGAC event whether on or off the field. Any action determined by the League Board to be committed as such, will be treated as a confrontation and possible expulsion from the League could occur. Any threats of violence towards a Field Marshall or referee will result in an indefinite suspension from the league pending an investigation done by the league. See league rules for appeal process.

B) All LEAGUE events are to be deemed TOBACCO & SUNFLOWER SEEDS FREE. The use of any tobacco product is strictly prohibited at any League functions.

- C)** The use of illegal drugs is strictly prohibited. If any party is found to be using illegal drugs the DC shall review the case and make a recommendation to the board for disciplinary action.
- D)** Alcohol and Pets is strictly prohibited on school grounds with the exception of appropriately certified service animals.

SECTION 2.3 RESPONSIBILITIES OF HOSTING PROGRAMS

- A.** To have the Organization Coordinator or his/her designee be available when games are in progress.
- B.** To provide a safe environment for fans, players, referees, and coaches.
- C.** Having their field properly marked, according to high school standards, lines and goal posts padded and in proper place.
- D.** Supply down markers, chains and a crew to work them by the start of the game. Chains shall be located on the home field side of the field.
- E.** The chain crews will not speak to, cheer or instruct players on the playing field at any time. They are to remain impartial at all times. It is the responsibility of the Home League Representatives to replace them if necessary. No cell phone use is permitted by the chain crew.
- F.** If for any reason there is a change in location or the inability to field a team the program coordinator must contact the league president by Thursday the week of game. In the event of a forfeit occurring the day of game the forfeiting team (program) is responsible for paying the referees.
- G.** All parents must be in the stands on their respective side of stadium, **NO PARENTS ARE ALLOWED ON THE TRACK OR GAME FIELDS**, failure to comply will result in parents being ejected from the game and facility and will result in disciplinary actions for their respected programs. (Ejections can be subject to an additional 1 game suspension and/or disciplinary action including but not limited to removal from the league.)
- H.** In the event a game is played on a neutral site, the both teams playing will split the cost of the referees. (Prices may vary from year to year)

SECTION 2.4 COMPLAINT & DISPUTE PROCEDURES

Complaint Defined:

- a) An alleged Bylaw or Rule infraction, actual or possible.
 - b) A complaint against a League programs actions or personnel to include its representatives, coaches, players, parents, relatives, or fans.
 - c) An alleged confrontation on the playing area, or an adjacent area, between League programs personnel, representatives, coaches, players, parents, relatives, or fans.
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- A.)** Any incident reported to, or witnessed by, a League Member Representative, must be submitted via email by a League Coordinator to the RDC and/or league President, within 48 hours of the incident. No person other than a League Representative may report an incident directly to the League Rules & Disciplinary Committee (RDC) Chairman or the League President.
 - B.)** The accused parties will have 24 hours to respond by email to the RDC request for additional information or clarification. Failure to respond by the accused party within 24 hours will result in the complaint being determined valid.
 - C.)** The Rules & Disciplinary Committee (RDC) will conduct an investigation of the complaint by reviewing all information from eyewitnesses, documentation and videotape if applicable.
 - D.)** The RDC will act in an unbiased manner. Any member of the RDC who is also a party to the complaint will recuse themselves from the investigation and findings.
 - E.)** At the conclusion of the investigation, the RDC Chairman will present the results of the investigation to the League Board along with a recommended penalty or to dismiss the complaint as without merit.
 - F.)** The Committee's recommendation shall include an explanation of the basis for the Committee's decision.
 - G.)** League decisions shall be communicated within 5 business days; however, the league reserves the right to take additional time to render a decision.

SECTION 2.5 LEAGUE PENALTIES For a violation of any Bylaw or rule herein set forth, or in addition to any penalty herein set forth, or for any conduct deemed undesirable, or for any complaint found to be valid, the JRGAC may impose any or all of the following penalties to the accused party, parties or League Member:

A) SUSPEND THE PARTY: Suspension is defined as a period of time, determined by the JRGAC, during which the party may not participate in LEAGUE activities and functions (I) Coach Suspension: A coach who is suspended may not attend any of his team's games on the sidelines for the period of his suspension. Violation of the conditions of suspension WILL result in an additional two weeks of suspension. A second violation will result in expulsion. (II) Player Suspension: A player who is suspended shall be permitted to practice with his team during the period of suspension, but shall not be permitted to dress for or play in any games occurring during the period of suspension.

B) EXPEL THE PARTY: Expulsion is defined as permanent loss of League membership, participation and involvement. The expelled party may apply for reinstatement after a period of time determined by the JRGAC. No expelled coach, player or parent may attend any League function during the period of their expulsion. Refusal to adhere to this rule will result in the automatic loss of the right to apply for reinstatement.

C) PLACED ON PROBATION: The JRGAC may decide in certain situations to place the party on probation rather than enforce any penalty defined in these Bylaws. Probation is defined as a period of time, determined by the JRGAC, during which the party may participate in League activities and functions, but the behavior of said party will be monitored. New member and existing members with new coordinators are placed on probation for 1 year and are subject to being removed from probation after that said year by the president of the JRGAC.

SECTION 2.6 League rules shall supersede club rules regarding disciplinary actions.

SECTION 2.7 PROTEST PROCEDURE - Games may be protested; however, a formal complaint must be filed to the JRGAC via email within 24 hours.

SECTION 2.8 TYPES & SEVERITY LEVELS OF VIOLATIONS

When the lodging of a complaint results in the determination that punitive action is required, the offense will be categorized as a Level 1, 2, 3, or 4 with commensurate results:

A) LEVEL 1 OFFENSE: Generally categorized as being of an 'administrative' nature, or include offenses not directly perpetrated by the member and not reasonably under his/her immediate control. Level 1 offenses shall be penalized as indicated in the appropriate bylaw and rule. Typical penalty shall be warning or probation.

B.) LEVEL 2 OFFENSE: Generally categorized as attempts to gain an unfair advantage over a competitor through cheating. Level 2 offenses shall be penalized by probation of the member for the duration of the season. Any additional violation of any level during the probationary period will result in suspension for one or more games as determined by the JRGAC.

C.) LEVEL 3 OFFENSE: Generally categorized as offenses involving the use of illegal/banned substances, or situations that could lead to violence (i.e. taunting, inciting a fight) or otherwise jeopardize the health or safety of players, coaches, officials or fans. Any offense which results in suspension shall automatically be considered a Level 3 violation. Level 3 offenses shall be penalized by suspension for the next official game played by the member's team.

D.) LEVEL 4 OFFENSE: Generally categorized as those offenses which could potentially result in criminal prosecution of the offender, or which clearly indicate that the offender should not be entrusted with the well-being of youth athletes. Level 4 offenses shall be penalized by expulsion from the League.

The examples below summarize the maximum penalty levels associated with specific offenses. The board may consider aggravating or mitigating circumstances in penalty assessments, and based on that consideration, award a penalty less than that indicated in the matrix.

Offense:	Level	Offense	Level
Ineligible player dressed on the field	2	Use of illegal substance	3/4
Treat of any violence. or physical harm	4	Use of Tobacco or alcohol on school premises	3
Playing ineligible player during game	3	Disrespect to League Representative	2/3
Touching of any referee, League/Field Rep, coach, player or parent in offensive manner	3/4	Attempting to interfere with or Influence field officials, trainers or field representative	3
Acting in any manner deemed by JRGAC to be grossly disrespectful to a team or another person	2	Willful misrepresentation before JRGAC	2
Minor unsportsmanlike conduct	2	Chain Crew communication with players	2
Major Unsportsmanlike conduct.	2	Chain crew usage of cell phones On sidelines	2
		Failure to report player on roster	2

Section 2.9 Miscellaneous Rules

A.) Any League Member, it's personnel, representatives, coaches, players, parents, relatives or fans, found by JRGAC to knowingly give false information or misrepresent by word or deed to the JRGAC or a individual program will be suspended on the recommendation of the Rules and Disciplinary Committee.

B.) Any League Member, it's personnel, Representatives, coaches, players, parents, relatives or fans found by the JRGAC to violate any Bylaw, or who acts in any manner deemed by the JRGAC to be grossly disrespectful to a team or another person, or who engages in a fight or other major un-sportsmanlike conduct, or conducts themselves in a manner found disrespectful to a League Member Representative will be subject to disciplinary action from the board which could include suspension or expulsion from the league. This includes but is not limited to social media post.

C.) Any coach, player or fan ejected from a game by the game officials may at the discretion of the JRGAC suspended for the following game.

D.) The JRGAC following an Incident Report, may discipline any League Member; its personnel, representatives, coaches, players, parents, relatives, or fans as defined in the League Bylaws and Rules.

E.) Coach and/or Player Suspension(s): a) The League Rules & Disciplinary Committee or the JRGAC shall be empowered to suspend coaches and or players for one or more games for unsportsmanlike conduct and any major violation of the league by-laws or rules. The League has at their discretion the option to conduct an in person hearing with all related parties in order to hear testimony regarding the incident in question.

F.) Any team that receives a PROTEST WIN automatically is awarded a plus 13 points win.

SECTION 2.10 Program Accounting:

Each JRGAC program must keep a set of detailed financial records. This provides a system of control and a permanent record of all income and expenditures so each organization can effectively manage its resources. Also proper record keeping is essential as you may be required by the IRS or the state or local government agencies to submit financial statements for review. As a member of the

JRGAC and as a non for profit origination that may receive funding from citizen, private and public entity donations, it is imperative that the financial records of your organization be current organized and ready for review at all times.

The JRGAC will not review or interfere with program matters at the request of an individual petitioners/complaints, unless however, a member organization requests the JRGAC involvement, wherein at such a time the JRGAC will consider the appropriateness of said involvement and choose to involve itself or not, and or the JRGAC may involve itself voluntarily if the JRGAC determines its involvement is necessary to protect the integrity and the good will of the league and or the program. Ultimately the JRGAC is not responsible for individual programs finances.

ARTICLE 3. PARTICIPANT ELIGIBILITY & REQUIREMENTS

SECTION 3.1 League members agree to only roster players who reside in their respective high school attendance area. Players that attend a private school, but reside within a particular school district are eligible to participate in the program where they reside.

SECTION 3.2 Once a player receives a equipment from a League Program, the player must remain with that League program for the duration of that season, unless that player transfers to another school and receives a written release from the original league member club. The JRGAC will approve all Player Releases.

SECTION 3.3 ROSTER REPORTING REQUIREMENTS: Each respective member organization shall be responsible for collecting appropriate documentation to verify eligibility of their players. Each member organization shall submit a roster(s) to the league one week prior to the first game. New players to the school can be added to the roster by week 4 in order to be eligible for playoffs. Final rosters are due by Friday at 5PM CST prior to week 2's games. Additionally, clubs/programs are to provide a PA announcer roster to the league showing only the athlete's name and jersey number. This roster will be the only roster distributed league wide.

SECTION 3.4 A player and teams will be considered officially registered by a League Member after submitting an official team roster to the JRGAC. The following data is required and can be provided in a table or spreadsheet electronic format.

- A)** Name
- B)** Home address
- C)** Grade and School currently attending this season.
- D)** Uniform Number
- E)** coaches names

SECTION 3.5 INELIGIBLE PLAYERS

- A)** Any player who does not reside in a member organization school district boundaries.
 - B)** Any unregistered/non rostered player with the league.
 - C)** Any player on official discipline by the League, or otherwise declared ineligible by the League.
 - D)** Any Player who has moved to another member organization school district but has NOT had an official League release form signed and approved by the League. During the season.
 - E)** Any player determined by the League Executive Board not to be currently attending school.
 - G)** Any player who is rostered on another team in another league and/or within the JRGAC is not eligible.
- A child, not currently enrolled in school shall not be deemed ineligible until it is determined by the League that he/she is not currently attending school. Players that are homeschooled are eligible to play. Dual jersey numbers are prohibited unless approved by the JRGAC. In the event the JRGAC does approve the dual jersey number, the athletes with the dual numbers are not allowed on the field of play at the same time.

SECTION 3.6 Any team that is determined by the JRGAC to have played ineligible player(s) in a game or games will forfeit the game or games in which the ineligible player(s) participated in. Participation is defined as the player(s) in question that has played in one play in a regulation game. The DC will

investigate the status of the player, and the JRGAC will decide if any further action will be taken against the player, coaches and/or the team.

SECTION 3.7 A minimum of 15 players must be on the roster to have a complete team. A minimum of 13 players for games is required. If a team does not meet the minimum number of players at game time they will forfeit the game.

SECTION 3.8 COACH ELIGIBILITY RULES

All coaches shall successfully complete all training requirements as required by the league.

Prior to August 1st, all head coaches must have USA Football certification completed. Any coach that is not certified by August 15th will not be allowed on the game field to coach week 1; failure to complete the certificate and continue to coach will result in additional disciplinary actions. Communication devices are allowed but the coaches must follow MSHSAA rules, and coaches must be in the tower or designated area with communication device not in the end zones or other teams sidelines.

All coaches must register their names with their program in USA Football so the JRGAC can see their certification. NOT AN OPTION

ARTICLE 4. TACKLE GAME RULES

SECTION 4.1 MSHSAA Freshman Game Rules

A.) Unless otherwise provided within these rules, the NFHS rule book, complemented by the Missouri State High School Athletic Association (MSHSAA) Freshman game rules and regulations will apply to all League games. 1. No player may play in more than 4 quarters in 1 day or 6 quarters in a week.

B.) Prior to starting a game both League Member Representatives should inspect the playing conditions and agree that the conditions are safe or unsafe for playing. If a game is called, the game shall be resumed according to the MSHSAA rules.

C.) Teams will avoid the opponent's bench at all times prior to and after games, including during pregame warm-ups.

D.) NO CUT BLOCKS/BLOCKING BELOW THE WAIST

SECTION 4.2 OFFICIAL PRACTICE & GAME START DATES - Teams are allowed to hold two weeks (10 days) of summer football camps not to exceed 2 hours per day without pads or helmets where attendance is mandatory. An unlimited number of optional team meetings, get-togethers, conditioning practices and touch or flag games in the off season are permitted provided that players are not in pads or helmets. **Tackle games will start the last weekend of August or first weekend of September. August 1st shall be the first official day of practice with pads.** All players must have 3 days of practice without pads before they are allowed to practice in pads. The 3 day requirement may be fulfilled by players attending mini-camps prior to the season.

SECTION 4.3 GAME FIELD REQUIREMENTS - Game fields should be clearly lined, have yard markers, end zone markers, and goal post pads, if necessary.

A.) Home team will also supply the down markers and the chain gang for each home game.

B.) The JRGAC League requires that the chain crew be located on the home field side.

C.) Team photographers are allowed however, photographers must remain out of the area of play and use an actual camera/video camera. phones are not considered cameras and/or video cameras.

D.) All playing fields are required to have an operational scoreboard clock for each game.

SECTION 4.4 EQUIPMENT REQUIREMENTS - Game balls shall be Rookie tackle pee-wee, Junior Size for 5th Grade and 6th, Youth size 7th and 8th Grade. Each program will supply their own game balls.

A.) All safety equipment required by MSHSAA must be worn at all times during games and practices. All Helmets must be recertified at minimum every other year.

B.) Official league footballs shall be the following Nike, Rawlings, Wilson, and Under Armor. All footballs must be brown with white stripes.

C.) Mandatory equipment will consist of football pants with pads, shoulder pads, a helmet with face bar guards, (mask), NOSE required, numbered jersey front and back and mouthpiece. Any special mouthpiece must be shown to a referee prior to beginning of game.

D.) All league teams must have both a home (dark color) and away (white) jerseys to ensure that both competing teams contrasting uniforms. The home team shall wear dark jerseys and the away team shall wear light jerseys, unless the teams mutually agree to reverse the assignments. The penalty for non-compliance in the regular season is forfeiture of game for the non-compliant team.

E.) Clear visors are allowed, no sunglasses, tinted visors, jewelry or baseball hats, tinted safety glasses are allowed but must have a note from physician or eye doctor.

SECTION 4.5 SPECIAL LEAGUE RULES

A.) A successful kicked "Extra Points" shall count as 2 points and a successful play from scrimmage will count as 1 point.

SECTION 4.6 STANDARD PLAY & GAME TIMES

A.) All grades shall play 8 minute quarters. If under 2 minutes remaining in a half/game, if a team takes a knee, it is understood that they are running out the clock and will subsequently take a knee for the remaining downs in the series. Running a play thereafter will be considered unsportsmanlike conduct and will result in a 15 yard penalty. There is a 30 second play clock.

B.) DELAY OR POSTPONEMENT OF GAME RULE: When weather is a factor, the Home Coordinator will inspect the playing field and weather conditions and also consult with the high school athletic director to determine if the field is playable. If the field is determined unplayable or conditions are considered dangerous (i.e., Lightning) the Home Coordinator will notify Away Coordinator and Referees of the situation and whether the game should be delayed or be re-scheduled. If a game reaches halftime or later the game will result back to halftime score and the game will be considered final.

SECTION 4.7 OVER-TIME RULE: If tied after regulation play is over, the football will be placed at 10 yard line and each team will have four (4) plays to score. No time outs will be allowed during the overtime period. A coin toss before overtime begins will determine who gets the football first. After one team has an offensive possession, the other team will have an offensive possession to match or exceed the score of the previous offensive team. Regular season games can end in a tie.

SECTION 4.8 MERCY RULE: A Mercy Rule shall be enforced. The intent of this rule is to prohibit teams from running up the score and to encourage coaches to utilize other less skilled players on their team when they are playing against an inferior opponent. If at any time there is a 32 point differential the winning team is encouraged to utilize second or third string players in order to prevent running up the score. Once a team is at mercy rule, the clock is running, NO MORE KICKOFFS and the ball is placed on the 40 yard line. Once you are in mercy rule, the game stays in mercy rule and the game clock will only stop for time outs and injuries. If you are ahead by 24+ points the winning team is required to take a knee with less than 1 minute to play.

SECTION 4.9 END OF SEASON TIE BREAKER: Tie breakers for playoff seeding are as follows: 1) head to head 2) plus minus point differential 3) common opponent record 4) coin flip

SECTION 5.0 5th grade

A.) 5th grade 1 coach are allowed on the field during the plays (once coach for offense and one coach for defense) once the cadence has started the coach is not to talk or coach during the play.

B.) 5th grade - all FG and punts are free plays - no rush.

C.) 5th grade overtime rules are the same.



JRGAC ROOKIE TACKLE

PLAYING FIELD AND EQUIPMENT

There is 1 NO RUN/NO BLITZ zone from the 5 yard line to the goal line.

All plays are ruled dead if the ball is fumbled and rolls/travels beyond the 50 yard line.

Ball Size - Pee Wee or junior Coaches: 2 coaches allowed on field per team

First team named on the schedule is the home team and must provide a chain crew.

TIMING AND OVERTIME

1. Each game is made up of four 10 minute quarters with a running clock.

2. Each team has 2 timeouts per half.

3. Halftime is 5 minutes

4. Overtime only is 1 possession per team and can end in a tie. Extra points only.

SCORING 1 point from 3 yard line, 2 points from 5 yard line, 3 points from the 10 yard line.

1. Offensive touchdowns are worth 6 points.

2. PAT's are the coach's choice to attempt a one point try from the three yard line, a 2 point try from the 5 yard line or free kick (XP) for two points from the 10 yard line.

3. Ball is placed on 40 yard line. There is a 5 yard buffer in case of a fumble, if defense recovers within that buffer it is a change of possession no touchdown.

OFFENSIVE ADJUSTMENTS

1. Each play must include three offensive lineman – a center and two guards, on either side of the center. These players are ineligible for first touch as the receiver of a pass.

2. Guards are required to play in a two point stance. There are no 3 point stances.

3. Quarterback sneaks are prohibited in all situations because the defense is not allowed to have players aligned over the center or in the A-Gap. QB are allowed to run out of shotgun.

4. There are no unbalanced lines. The split ends/tight ends must be on the opposite side of the center.

5. A running back must be lined up in the back field which eliminates trips formations.

6. All blocks below the waist by any player on the field are illegal.

7. Guards must be covered by either a TE or WR.

DEFENSIVE ADJUSTMENTS

1. Defenses may only have two defensive lineman unless an offensive formation includes a tight end. In that case, a third defensive player may line up OVER the tight end. Two tight ends allow the defense to use four defensive players on the line of scrimmage.

2. Defensive lineman must be in a two point stance.

3. Defensive lineman must be aligned within the guards and/or tight ends body frame.

4. On the snap of the ball the Defensive lineman must establish contact with the offensive lineman player before defeating the block into the A-gap.

4. Blitzes are allowed however, only 1 player may blitz and the blitzing player must be lined up at the second level 4 yards at the snap of the ball or 4 yards outside the guard or TE.

5. Interceptions and fumbles can be returned for a touchdown.

PENALTIES

1. All penalties are 5 yards except for personal fouls which are 15 yards.

2. All penalties are at the referee's discretion.

*** There are 2 referees per game however, the JRGAC does reserve the right to add additional referees at the league's discretion.

Revised 8/10/23



JRGAC

FLAG FOOTBALL RULES

Article 5 Flag Football

Section 5.1 Flag Football Equipment Requirements

1. Team must provide a jersey with team name and a number on back. (each team will be issued a team color by the league). Player MUST be in uniform.
2. Players shall wear a triple threat flag football belt that has three flags permanently sewn on the belt.
3. Mouthpieces are required to be properly worn during play.
4. No baseball hats or jewelry is to be worn while on the field for the safety of the players.
5. Home team must provide down marker holders
6. Game time ball sizes are as follows: K-3rd-Pee-Wee football 4th and 5th- junior football, 6th and 7th youth football.
7. If a player shows up without a uniform he/she is not eligible to play unless additional uniform is available. Any changes must be reported to field marshal before the start of the game. All jerseys must be tucked at the start of each play.

Section 5.2 Roster Rules

1. Rosters are due March 1st. All Coaches, Players, Photographers and Team Moms must be rostered
2. Final rosters are due the Wednesday before week 4.

Section 5.3 Field Rules

1. 40 yard fields. 10 yard end zones. First down marker will be placed on the 20 and then moved to end zone if made. A team has 4 downs to either get a first down or a touchdown, if not then field flips with change of possession.
2. Extra point attempts: ball must be snapped from the 3 yard line between the centers legs and kicked from the 10 yard line. 4-5 grades 10 seconds to kick 6-7 grade 5 seconds to kick.
3. There are 2 no run zones. 25 yard line to 20 yard line, and from the 5 yard line to the end zone. K1 there are no (no run zones).
4. All parents must stay in the stands. Only coaches, players, team moms (if approved), trainers and designated photographers (proper equipment required, no cell phones) allowed on field.
5. Two referees will be required. League reserves the right to add additional referees if needed.

Section 5.4 Flag Football Rules

1. K1-7th grade is 7 on 7 flag football.
2. Home team gets choice of offense first half or second half.
3. Two 20 minute halves with a running clock. There is a 2 minute warning in the second half only. Clock will stop on time outs. After the 2 minute warning clock will stop for incomplete passes, and if a player runs out of bounds. Two time outs per team per half. There is a 30 second play clock.
4. Overtime, home team gets choice to play offense or defense first. They will go for 1 point or 2 point conversions. If second overtime is necessary the away team gets choice of offense or defense first. If a third overtime is needed both teams will be forced to kick for 2 points and will be backed up 5 yards each made attempt until there is a winner.
5. K-3rd grade may have 2 coaches on either side of the ball on the field. 4th-5th grade one coach on either side. 6th-7th only 1 coach only on offensive side. All coaches must stop coaching once the QB Starts cadence.
6. 4th-7th grades on offense a team must have a minimum of 3 players on the line of scrimmage. K-3rd grades only 1 player needs to be on the line of scrimmage. Center is eligible.
7. Touch down is 6 points. Extra points are as follows: 2 points if kicked successfully, 1 point if a team

- goes live from the 5 (no run zone), 2 points from the 10 live (pass or run).
8. Five second rule for QB to pass the ball (if no pass is made, it is considered a sack). Ball will be placed at the spot of the QB and will result in a loss of down. K-3 grade is 7 seconds.
 9. if the ball snaps over the QB's head, QB is the only person that can pick up the ball. The QB is only allowed to try to pick up the ball one time. Defense cannot recover the ball.
 10. An interception can be returned for a touchdown, if it is not then a change of possession occurs.
 11. If there is a penalty within 5 yards of scoring the referee has the right to award a touchdown.
 12. Once a defensive player establishes his/her position offensive player must make an athletic move around them.
 13. No fumbles. If the ball hits the ground the play will be ruled dead
 14. If an offensive player fumbles the ball in the air and a defensive player catches it before it hits the ground it will be ruled a turnover (there is no stripping of the ball).
 15. Bunch formations are allowed HOWEVER the inside receivers must be no closer then 3 yards from the center. **K-3rd there is no bunch rules.

Section 5.5 Penalties

1. All penalties are 5 yards and a loss of down except a pre snap offensive penalty is replay of the down. Defensive pass interference more than 10 yards is a 10 yard penalty unless penalty is declined.
2. No flag guarding. No blocking or contact. Cannot use a player as an escort when running the ball. A 5 yard penalty will be assessed at the spot of the foul.
3. Player cannot jump over defensive player on the ground or dive to advance the ball. 5 yard penalty will be assessed.
4. Contact above the waist with the QB while in the motion of throwing the ball is considered roughing the passer (15 yard penalty and Automatic first down). From the 20 yard line and in, the penalty is 1/2 the distance to the goal.
5. Defensive players can line up on the ball except for a blitzer must line up 7 yards from the line of scrimmage. Absolutely no contact by a defensive player on an offensive player. A 5 yard penalty will be assessed at the end of the play if contact is made.
6. No out of control screaming at referees by coaches. First offense will be a 15 yard penalty. Second offense will be ejection and a one game suspension. Ejected coaches must exit to the parking lot immediately. Game will not resume until coach leaves. Any threats of violence towards a Field Marshall or referee will result in an indefinite suspension from the league pending an investigation done by the league. See league rules for appeal process.
7. Any defensive penalty that brings the offense into the no run zone will nullify the no run zone.
8. Once the offense enters the no run zone they remain in the NRZ until first down or a TD occurs.

Section 5.6 Scoring and Points

- Max point differential K-3 is 32 points, 4-7th is 42 points. At this time the winning team must flip the field at every change of possession (explanation: if team is rostered at 11 players 4 must come off the field and be replaced with the remaining kids not in play, if teams roster is 14+ all players on field must be changed out). This must continue until the point differential becomes less than 42 points.
- Tie breakers for playoff seeding are as follows:
 - 1) head to head
 - 2) plus minus point differential
 - 3) common opponent record
 - 4) coin flip
- All forfeits a team will be awarded a win plus 42 points. Byes are awarded a win plus 21 points.

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