



JUNIOR HIGH SCHOOL CO-ED FLAG FOOTBALL RULES 6 ON 6

TABLE OF CONTENTS

1. LEAGUE POLICIES

- 1.1 Eligibility
- 1.2 Uniforms
- 1.3 Jewelry
- 1.4 Rosters
- 1.5 Scheduling
- 1.6 Playoff Tournament and Tiebreakers
- 1.7 Filming
- 1.8 Cancellation of Games

2. GAMEDAY POLICIES

- 2.1 Game Duration
- 2.2 Overtime Period
- 2.3 Forfeits
- 2.4 Suspensions/Ejection of Student/Coaches
- 2.5 Equipment and Safety
- 2.6 Protest Protocol
- 2.7 Sportsmanship
- 2.8 Fighting/Altercations
- 2.9 Weather Adjustment
- 2.10 Filming
- 2.11 Cancellation of Games
- 2.12 CPR Certificate

3. GAMEDAY RULES

- 3.1 Possessions
- 3.2 Field/No Run Zone
- 3.3 Play is Rule Dead
- 3.4 Scoring
- 3.5 Contact Blocking
- 3.6 Offense
- 3.7 Defense
- 3.8 Flags
- 3.9 Coaches
- 3.10 Penalties

1. LEAGUE POLICIES

1.1 Eligibility

- a) A student athlete is eligible for participation in junior high school coed flag football if they are enrolled in and attend a CSAA member school and meet all of CSAA's age, and grade requirements.
- b) It is the responsibility of the member school to ensure all of the eligibility requirements are met.
 - Please refer to "CSAA Student-Eligibility Guidelines" for further information.
- c) A student shall be eligible for CSAA JHS athletics at a maximum of 8th grade & 14 years old.
 - Team will be allowed two (2) 15 year old student/athletes on their roster. If the student/athlete turns 15 anytime during the school year, he/she is considered a 15 year old, even if he/she turns 15 after the season but during the school year.
- d) A student who turns the age of 16 during the calendar year, January to December, that fall between the academic school year, September to June, cannot participate in JHS sports.
 - Example: The school year begins September 2016 and ends June 2017. Joe Smith was born 7/20/01. He would be considered a 16 year old and cannot play in JHS sports because he turns 16 during the one of the two calendar years that crosses with the academic school year. Based on our policy only 2 (two) children who turn 15 during the academic school year (Sept 2016-June 2017) can participate in JHS sports. Any child who turns 16 during the 2016/2017 calendar year cannot play in JHS sports (children born in the year 2001).
- e) If it is determined that a school used an ineligible player in a league game, the game will be declared a forfeit and the win will be given to the opposing team.
- f) It is the responsibility of each member school to ensure each student athlete has undergone a physical examination within the last calendar year before participating in athletics.

1.2 Uniforms

- a) Players must wear sneakers. Football rubber cleats are encouraged; however cleats with exposed metal are not allowed and must be removed.
- b) Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads, and kneepads.
 - Braces with exposed metals are not allowed.
- c) Player must wear Sweatpants or shorts on the playing field.
- d) Players must wear team jersey with a number on the back.
- e) Jersey(s) must be tucked into their pants if they hang below the belt line.
- f) All players are required to have jerseys and mouth guards, no exception.
- g) Football size intermediate/youth size 7 ball

1.3 Jewelry

- a) All earrings, facial piercings, body piercings, and bands must be removed before start of game.
- b) Glasses that are accepted:
 - Plastic framed glasses
 - Sports goggles
 - Providing they are strapped around the head sports goggles
- c) Glasses that are not permitted:

- Lenses made of glass
 - Metal framed glasses
 - Any other type of eyewear that the referee deems could be dangerous.
- d) If jewelry is for Religious reasons:
- Child must have a letter from their school
 - Letter must have school letter head and signed by principal
 - Child must have a letter from their parent as well
 - Letters must be brought with the child to every game throughout the season
 - If a child wears a religious band on wrist it can be worn but it must be covered with athletic tape and/or sweat band.

1.4 Roster

- a) Rosters are due by team's 1st game of the season. This will be strictly enforced.
- If roster are not submitted, team will be able to play but will receive a forfeit loss until roster is submitted.
- b) All team rosters will consist of a maximum of 25 players and must contain the following Information:
- Name of school
 - Names and telephone numbers of head coach and assistant coaches
 - Legal first and last name of each player
 - Grade, age, and month and year of birth of each player (day is not needed)
 - Uniform number of each player
 - Signature of principal
- c) It is the responsibility of each member school to ensure the accuracy of the information provided on the league roster. The information provided on the submitted roster is considered official and will be the evidential basis of any eligibility challenges.
- d) Changes to the roster cannot be made after it is submitted to the league office without the written consent of the Director of Athletics.
- e) Roster changes will be approved/ denied at the sole discretion of the Director of Athletics in accordance with the hardship provision.

1.5 Scheduling

- a) All schools must be prepared to play on Monday, Friday and Saturday, plus the following holidays:
- Rosh Hashanah
 - Yom kipper
 - Columbus Day
 - Veterans Day
- b) All schools must be prepared to play Saturday games throughout the course of the season. No team is allowed more than one (1) blackout day per season. (If you use a blackout day on Saturday you must play a double-hitter on a Saturday during the season). Saturday playoff schedule is a must.
- c) All schools must be prepared to play Saturday games throughout the course of the season. Blackout dates consisting of all Saturday dates will not be accepted.

1.6 Playoff Tournament and Tiebreakers

- a) CSAA will determine the playoff seeding once the regular season is completed using the following criteria:
 - Division Overall
 - Head to Head
 - Points against
- b) A player must have played in at least half of the season games to be eligible for the playoffs. Exceptions will be made for injured players at the sole discretion of the Director of Athletics.
- c) Any team with an outstanding balance will be ineligible for playoffs until fees are paid to CSAA.
 - The fees must be paid one (1) day prior to your first playoff game.
 - Fees must be hand delivered to a CSAA member.

1.7 Filming

- a) CSAA does have policies and restrictions on filming of league games and future opponents.
- b) Video recordings are allowed by A.D's or coaches only to record their own games.
 - A.D's and coaches that violate this policy will forfeit two (2) games
- c) Parents and spectators are allowed to only film their children's games.
- d) Filming will only be allowed for review in case of an altercation or if a player gets injured.

1.8 Cancellation of Games

- a) Any cancellations due to weather will be made by CSAA by 12pm.
- b) Rescheduling of rainouts will be made by the league director and agreed upon by both schools.

2. GAME DAY POLICIES

2.1 Game Duration

- a) Two 16-minutes halves running time. Teams switch sides of the field at half time.
- b) (2) Time-outs per half (60 seconds).
- c) Quarterback count will be a 5 Mississippi COUNT For the QB to release the ball.
- d) Stop time starts the last (1) minute of each half. The Clock moves on extra point, except for the last minute of each half.
- e) Teams have 25 seconds to set-hike the ball between plays (or delay of game penalty).**
- f) Teams have a 15- minute grace period before a forfeit is called.
- g) Half time is 5 minutes long.

2.2 Overtime Period

a) **First Overtime**

- Each team will have one (1) down to score a touchdown (6pts) from the ten yard line
If they score the ball will come back out to the ten (10) yard line for the extra point (1pt)

b) **Second Overtime**

- Once again each team will have one (1) down to score a touchdown from the ten yard line.
- If they score, teams must go for a two (2) point conversion from the twenty (20) yard line

c) **Third Overtime and Final Overtime**

- Once again each team will have one (1) down to score a touchdown from the Ten yard line.
- If they score, once again teams must go for a two (2) point conversion from the twenty (20) yard line.
- If the score is still tied after the third overtime the **score is final**.

2.3 Forfeits

- a) All forfeited games are entered into the standings as a 6-0 loss.
- b) A fifteen (15) minute forfeit time is allowed for all games. This will be strictly enforced by the referees unless extra time is authorized by league coordinator.
- c) If a team is fifteen (15) minutes to twenty (20) minutes late and the team that is on time agrees to play the game, the game will consist of two fifteen (12) minute halves.
- d) Any team that forfeits late three (3) times in a season will be dropped from the schedule and will not be eligible for playoffs.
 - Fees will still have to be paid before the season is over.
- e) All teams that have to forfeit a Saturday game must inform the league via phone call or email by 3pm on Friday.

2.4 Suspension /Ejection of Student/Coaches

- a) Any player ejected from a game must leave the immediate playing area.
 - Players ejected from a game for unsportsmanlike behavior will face a minimum one-game suspension.
- b) Any coach ejected from a game must leave the immediate playing area.
 - If a coach is ejected from the game and there is no other coach to handle the coaching duties, the game will be called and the win will be awarded to the opposing team.
 - Coaches ejected from a game for unsportsmanlike behavior will face a minimum two-game suspension.

2.5 Equipment and Safety

- a) The league provides teams with flag belts. But we strongly recommend that schools purchase their own belts for various reasons. It saves time before the start of the game, it takes the wear and tear off the league belts and finally your school needs to have its own belts for practice needs.

THIS SEASON ALL SCHOOLS ARE RESPONSIBLE FOR PURCHASING THERE OWN FLAGS

**FLAG FOOTBALL
FLAGS & BELT SHOULD BE ORDERED AT
SIDE STREET, INC
1048 MORRIS PARK AVE
BRONX, NEW YORK 10461**

(718)597-8719

- b) Belts should include three flags, one (1) belt on the right side, one (1) belt on the left side and one (1) belt on the back.
- c) No player will be allowed to play with a cast. A doctor's release note must be presented to the league before they can play again.

2.6 Protest Protocol

- a) Protests may only be made if a rule is alleged to have been applied incorrectly, or not applied.
 - No protest of judgment calls may be entered.
 - Coach must verbally inform the head official of the protest before play commences or resumes.
- b) Judgment calls include (but are not limited to)
 - Pass Interference
 - Off-sides
 - Holding
 - False Starts
 - Out of Bounds
- c) All protests of rules interpretations/athlete eligibility keeping must be made in writing and emailed to the league coordinator (cсааflаgfootball@gmail.com) within 24 hours of completion of the game on the proper protest form.
 - All protest forms are on CSAA website under rules.
- d) The "Game Conflict Investigator" will investigate all protests and will deliver a ruling within 48 hours of receipt of protest. If a ruling cannot be made within 48 hours, the protesting coach will be notified of the delay and informed of when to expect a ruling.
 - After a review of the incident (which can include statements from the coaches, referee, Game Supervisor and/or any video footage), additional penalties can be assessed at the discretion of the League Coordinator.
- e) A coach can only protest the age and grade of two (2) players within 48 hours of a regular season game and 24 hours of a play-off game.

2.7 Sportsmanship

- a) All teams are expected to show sportsmanship before and after each game. Coaches and players must lineup and shake hands before and after each game.
 - Exceptions to this rule are made for injured players after the coach informs the referee of the injury.
- b) Players who fail to comply with the rule will be suspended one (1) game.
 - If a referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the players will be ejected from the game.
 - The decision is made at the referee's discretion. No appeals will be considered. Foul play will not be tolerated.
- c) Referees have the right to determine offensive language. If offensive or confrontational language occurs, the official will give one warning. If it continues, the players or players will be ejected from the game.
 - Players may not physically or verbally abuse an opponent, coach or official.
- d) Coaches are responsible for the actions of their players and spectators on and off the field.

- e) Foul language, obscene gestures, abuse of the referee and any other unsportsmanlike actions will not be tolerated from any coaches or players and may result in ejection or forfeiture of the current game, suspension from subsequent games and/or ejection from the league.
- f) Only coaches, players, and managers are allowed on the side line during the game.
 - Coaches and managers must be in team apparel/colors
 - All teams are responsible for removing their trash from the area after the game.

2.8 Fighting/ Altercations

- a) Fighting of any kind will not be tolerated. Any player who throws a punch will be ejected for fighting and automatically suspended for their next game.
- b) If more than one (1) player fights during or after a game, it is considered a team fight.
- c) If a team fight takes place a team can be suspended for one (1) game or the entire season.
 - During a team fight if one (1) player is reported to be out of control, that player can serve a suspension longer than the team suspension.
- d) Coaches are responsible for controlling their sideline during an altercation. If a player leaves the sideline to participate in a field altercation, that player will be ejected from the game and suspended for the next game.
- e) After a review of the incident (which can include statements from the coaches, referees, Game Supervisor and/or any video footage), additional penalties can be assessed at the discretion of the Director of Athletics.
- f) CSAA reserve the right to suspend a player for a minimum of one (1) game and maximum of the entire season.

2.9 Weather Adjustments

- a) The CSAA reserves the right to change the game duration if weather conditions or field time constraints become an issue. Games will be played in the rain unless the Parks Department tells us otherwise.

2.10 Filming

- a) CSAA does have policies and restrictions on filming of league games and future opponents.
- b) Video recordings are allowed by A.D's or coaches only to record their own games.
 - A.D's and coaches that violate this policy will forfeit two (2) games
- c) Parents and spectators are allowed to only film their children's games.
- d) Filming will only be allowed for review in case of an altercation or a player gets injured.

2.11 Cancellation of Games

- a) Any cancellations will be made by CSAA by 12pm.
- b) Rescheduling of games will be made by the league director and agreed upon by both schools.

2.12 CPR Certification

- a) Charter School Athletic Association Mandates CPR Certification for all coaches.

3. GAMEDAY RULES

3.1 Possessions

- a) At the start of each game, captains from both teams shall meet at midfield for the coin toss to determine who shall start with the ball. The visiting team shall call the toss.
- b) The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Teams may not choose to defer to the second half.
- c) The offensive team takes possession of the ball at its 5-yard line and has four (4) downs to score a touchdown or get a first down to keep the drive going.
- d) If the offense team fails to score, the ball changes possession and the new offensive team starts its drive on its own 5-yard line.
- e) (6) On (6) flag football league. No blitzing the quarterback.

3.2 Field/No run Zone

- a) The field dimensions are approximately 60 yards long 30 yards wide with two 5-yard end zones. One midfield first down line, The field has two No-Run Zones one(5) yards from the end zones on both sides of the field, and one(5) yards from the midfield first down line
- b) No-Run Zones are in place to prevent teams from conducting power running plays in tight areas.
- c) While the No-Run-Zones are placed 5 yards from each end zones, teams cannot run the ball in any fashion. All plays must be pass plays, even if its handoff.

3.3 Play is ruled dead when

- a) When ball is dropped or fumbled by the quarterback to the ground.
- b) If a ball carrier fumble the ball to the ground.
- c) A ball carrier knee touches the ground.
- d) The ball carrier flag is pulled.
- e) A ball carrier steps out of bounds.
- f) A ball carrier dives into end zone or for a first down.
- g) The receiver catches the ball while in possession of or no flags.
- h) If a player jumps and leaves the ground to avoid his/her flag being grappled, the play will be blown dead
- i) Inadvertent whistle.

3.4 Scoring

- a) Touchdown six (6) Points.
- b) Point after Touchdown (PAT) conversion (1) point is from the 10 yard line.
- c) Two (2) Points conversion is from 20 yard line.
- d) Safety (2) Points.
- e) PAT can be return (interception) for Two (2) pts.
- f) Players must have both feet and ball across end goal line to score a touchdown.
- g) Mercy rule after one team is trailing by more than 30 points at any point of the game.

3.5 Contact blocking is not allowed

- a) A blocker is attempted by placing your arms in front of your body in a down position, or in a cross position at your chest, while screening your body between the ball carrier and the defender.
- b) The offensive player must stop his block positioning by standing still when the defender is within two (2) feet of the offensive blocker.

3.6 Offense

- a) The quarterback cannot directly run the ball. The QB does have the ability to scramble in the back field, but cannot advance the ball beyond the line of scrimmage.
- b) Shovel pass is allowed.
- c) The ball is hiked by touching the ball, and simultaneously saying set-hike after the in-play whistle blows from the head official.
- d) **Every player from the offense must be completely motionless and behind the line of scrimmage before the quarterback says-hike.**
- e) Only one player can go in motion at a time.
- f) Players are responsible for placing their (3) flags in the correct positions (two on the side, one hanging from the rear). If the receiver is missing a flag and catches or runs the play is dead at the spot of the exchange or reception.
- g) A runner may not leave their feet to advance the ball, diving or leaping to avoid defense
- h) A player must have at least one (1) foot in bounds for a legal reception.
- i) A football runners spin moved is allowed, but once again players may not leave their feet.
- j) Absolutely no laterals.
- k) The ball is spotted where the runner's feet are when the flag is pulled, not where the ball carrier has the ball.
- l) Direct handoffs and toss behind the line of scrimmage are permitted. The offense may use multiple handoffs.

3.7 Defense

- a) No bump and run or any contact allowed with receivers.
- b) No running through offensive blockers. Defense must go around.
- c) **The defensive giver which is the player lined-up directly over the ball on the line of scrimmage may not drop back more than five (5) yards. Also the giver must line-up over the ball before the ball is hiked to identify his or herself to the referee. Then they can move back with- in five (5) yards or choose to move left or right as long as there behind the line of scrimmage.**

3.8 Flags

- a) Flags must be held-up high in the air, if grabbed by defensive player at the spot of the play.
- b) It is illegal to attempt to strip or pull the ball from the ball carrier possession at anytime.
- c) Defenders can dive to pull flags, but cannot tackle, hold or run through the ball carrier when pulling flags.
- d) If a player's with the ball, flag inadvertently falls off during a play, the play is dead or down immediately upon possession of the ball.
- e) Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm or shoulder, or intentionally covering the flags with the football jersey.

3.9 Coaches

- a) Coaches cannot step on to the playing field to call a play, unless it's a time out. But player can come over to the sideline and receive a play from the coach as long as it with-in 25 second game clock.
- b) Coaches are responsible for the conduct of their own fans, parents, players, etc. (15 yard penalty for conduct that is seen to be disruptive to the referees).

3.10 Penalties

- a) Defensive Pass Interference spot penalty & first down
- b) Offensive Pass Interference (10 yard penalty from line of scrimmage and loss of down)
- c) Illegal screen block (10 yards spot penalty)
- d) Off sides (5 yards)
- e) Encroachment (5 yards)
- f) Holding (5 yards)
- g) False start (5 yards)
- h) Intentional diving into the end zone (5 yards) spot penalty
- i) Illegal run within the no run zone is a 10 yards penalty from line of scrimmage and replay of down.
- j) Unsportsmanlike conduct penalty excessive celebration, cursing or coaches running on to the field of play during the game is a 15 yards and replay previous down
- k) Unnecessary roughness 15 yard penalty two(2) actions deemed dangerous can lead to automatic ejection, and game suspension
- l) Delay of game (5 yards) repeats down
- m) Coaches or Players can't line up inside (10 yard) line on either sideline (5) yard penalty
- n) Illegal flag pull (5 yard) penalty from the spot of the infraction
- o) Illegal motion (5 yard) penalty and repeat the down
- p) Illegal Forward Pass (5 yard) penalty and a loss of down
- q) Stripping (5 yard) penalty spot penalty
- r) Flag Guarding spot penalty foul and ten (10 yards)