

Goshen JFL Flag Football Rules

Team Composition

- Five Players on the field at a time per team
- Around 10 players per team total

Field Dimensions

- Field Size is Approximately 60 x 30 yds
- There is a No-Running zone 5 yards from each end zone

General Gameplay

- Game has two halves, each 20 minutes
- Clock will be a running clock stopping only for timeouts or injury
- Halftime will be 5 minutes long
- Teams will flip directions at halftime
- 1 Timeout per team, per half
- Game will be played with a Peewee sized football
- Coin toss to begin each game
 - Two team captains to call the toss
- **Mouth guards must be in when on the field**

Offensive Rules

- Offense will start on their own 10 yard line
- First down is gained at midfield
 - You have four (4) plays to get a first down or the ball is turned over to the other team
- Once you pass midfield, you have four (4) downs to score
- You can “Punt” at any time and the other team will automatically start from their 10 yard line
- No running plays can be ran if the play begins at the 5 yd line or less

Running

- Run plays must be direct handoffs
 - No QB Runs
 - No tosses
- No intentional blocking or picks
- No stiff arms or flag guarding

Passing/QB rules

- Only forward passes allowed
- Shovel passes are allowed
- QB cannot cross the line of scrimmage when rushed
 - Throw or be sacked

Extra Points (After Touchdown)

- 1 pt
 - One play from the 5 yd line (NO RUNS)
- 2 pts
 - One play from the 10 yd line (Runs allowed)

Defensive Rules

- Raise flag immediately when pulled
- Interceptions are returnable
- Fumbles are a dead ball and offense keeps the ball where the ball was dropped

Rushing Rules

- Defense must be lined up 5 yards off the ball in order to be able to rush
 - Defenders lined up closer than 5 yards CANNOT rush
- Pass rush = 7 seconds
 - “one one thousand, two one thousand, three one thousand....., etc”

Penalties

- Offensive Penalties
 - 5 yds
 - Loss of down
- Defensive Penalties
 - 5 yds
 - Auto 1st down for Offense