JTAA Flag Football

Rules and Regulations

Blocking Leagues:

Age Groups 5-6, 7-8, 9-10

Goals:

The JTAA Flag Football Program is organized to provide children with an appreciation for the sport Football. Our primary goals are teaching the children the importance of sportsmanship and fair play and developing each child's physical skills to the highest level possible. We teach and insist on respect for fellow teammates, coaches, parents, officials, and opponents. We want the children to be physically fit, to enjoy flag football, to appreciate the importance of teamwork in achieving group goals, and most importantly to have fun.

Organization:

JTAA Flag Football is a recognized sport by the JTAA Executive Board. JTAA Flag Football is run by a Committee of volunteers who manage the activities of the sport. JTAA Flag Football operates as is an independent organization with its rules and regulations adapted for POP Warner Flag Football, The Florida Parks and Recreation Association, and the Florida High School Football program.

League Structure:

JTAA flag Football is divided into conferences by age. A child's league age is determined by his or her age as of August 31st. For example, a 10-year-old who turns 11 on September 6th, would play in the 9-10-year-old league.

Establishment of Teams:
In the 5-6 age division only, players will be assigned to teams by the League Director, with the objective to provide well-balanced teams. For the 7-8 & 9-10 age division, a draft will be conducted to establish teams. Please see Appendix A on the order of how drafts will take place.

JTAA Flag Football Minimum Disciplinary Guidelines:

1. Following are the JTAA Executive Board policies that must be followed by all JTAA Sports pertaining to the discipline of players; coaches and league officials; and spectators.
2. Disciplinary complaints may be lodged by coaches, game officials, league officials, Committee member, the Executive Board, or any member of the JTAA.

Infraction:	Players Directed Towards	Consequence:
Foul or Abusive Language	Another player, coach, or spectator	Ejection from the game or practice
	Referee or official	Ejection from the game and a 1 game suspension
Serious Foul Play	Another player no injury	Ejection from game and 1 game suspension
	Another player resulting in an injury	Ejection from the game and a 2 game suspension
Threatening Gesture and/or Language	A player, coach, official or spectator	Ejection from game and a 2 game suspension
Kicking, Striking, or Bodily Assault	A player, coach, official or spectator	Ejection for game and a 4 game suspension
2nd Offense, same season		Suspension for balance of season
3rd Offense, same season or within 1year		Suspension from all sports for one year

Infraction:	Coaches & League Officials Directed Towards	Consequences
Foul or Abusive Language	Player, coach, or spectator	Ejection from the game and 1 game minimum suspension
	Referee or official	Ejection from the game and a 2 game suspension
Threatening Gesture and/or Language	A player, coach, official or spectator	Ejection from game and a 2 game suspension
Kicking, Striking, or Bodily Assault	A player, coach, official or spectator	Ejection from game and a 1 year sport suspension
2nd Offense, any sport within 1 year		Lifetime suspension, all JTAA sports

Infraction:	Spectators Directed Towards	Consequences
Interference with the Conduct of the Game	Resulting in a stoppage of play	Warning
2nd Offense, Same Game		Ejection from field or park
Foul or Abusive Language	Player, coach, referee or official	Ejection from field or park
Threatening Gesture and/or Language	Player, coach, official, or spectator	Ejection from field or park and a 1 week suspension from attendance or participation
Striking in Any Threatening Fashion	Player, coach, official, or spectator	Ejection from field or park, a 1 year suspension, and possible removal of child from JTAA
2nd Offense		Lifetime suspension, all JTAA sports

Players:

Each team shall designate one or two players as a "captain" and only they shall represent the team and address an official on matters of interpretation of rules or to obtain essential information. Coaches shall rotate captains so that each player has the opportunity to be one.

Mandatory Play Rule: All players will play a minimum of **8 plays** per half. Failure to abide by this will result in forfeiture of that game. If a player does not play 8 plays per half, in the next game, he or she will be entitled to play the entire game. Kickoffs and punt returns do not count towards satisfying this rule. This is a self-monitoring process. The responsibility rests with the coach and the parents to enforce this rule. Violations should be brought to the attention of the Flag Football Committee. Coaches will receive one warning. If the same Coach is involved in any other Flag Football game where a player does not play the required number of plays, he will be suspended from coaching Flag Football. Throughout the course of the season, coaches must play all players on both offense and defense. Kickoffs and punt returns do not count towards satisfying this rule. It is strongly recommended that all coaches have each player carry the ball on a running plays and attempt pass receptions.

1. Fields:

80-yard playing field: The overall field length is 100 yards, with a playing field of 80 yards divided into 4 zones of 20 yards each between 2 end zones of 10 yards each. The field is 40 yards wide.

2. Flags:

A. Each player must wear a same color belt attached only by the clip or shirt that has flags that can be attached (depending on assigned jersey during the season). It is the responsibility of the player to make sure that the flags hang with 1 on each hip and 1 on rear.

B. Jerseys cannot be worn over flags.

3. Uniforms:

A. All team members must wear the same color jersey and shorts (league assigned)
   a. A player is not eligible to play in a game if they are not wearing their league assigned jersey and shorts. There are no exceptions.
   b. Coaches are responsible for ensuring players are in compliance
      i. A player playing in a game without their league assigned jersey and shorts will result in a forfeiture of the game.

B. Shorts may NOT be the same color as flags.

C. All coaches must wear league assigned coaches game shirt.

D. Jerseys must be tucked in at all times unless they are a shirt that has flags that can be attached.

E. Players must wear rubber-cleated (soccer style) shoes or sneakers.

F. Eye glasses, when worn, shall be of athletically approved construction with non-shattering glass. Should also include a strap. Contact lenses may be worn.

G. **Use of Mouth Guards** MANDATORY at all times.

4. Prohibited Equipment:

A. Metal football cleats
B. Spiked or street shoes
C. Padding of any kind
D. Gloves
E. Watches, or jewelry including earrings, ankle bracelets, etc
F. Hats (either practice or games) and do-rags
G. Sticky substances to improve catching ability
H. Any equipment or apparel that, in the opinion of the referee, will endanger or confuse players
I. Shorts may NOT have belt loops, zippers, or pockets

5. Practices

A. Practices cannot begin until announced officially announced by the league.
B. Practices are limited to **two** days per week, not to exceed 1 hour.
C. Failure to comply will result in league discipline.

General Rules:

1. Referee(s) will be assigned to officiate all games.

2. Number of Players on field: 8 but a team may play with 7 (cannot play with less). If a teams can only field 7 players, the opposing team must still play with 8 players unless they too can only field 7 players.

3. Scoring: 6 Pts – Touchdown, 2 Pts - Safety

Extra Points:
1 Point for rushing the ball
2 Points for passing the ball
Intercepted pass on an extra point attempt: the play is dead

4. Breaks between Quarters:

A 3-minute break is allotted between quarters. Teams are allowed to leave the field between quarters as long as they are on the field of play after the 3 minute has expired.

5. Stopping the Clock:

A. Until the last 2 minutes of each half (2^{nd} & 4^{th}), the clock stops for Touchdowns (Restarting at kick-off), during penalties and injuries, and after punt returns (Restarting after the new offensive team has had a reasonable time to regroup).

B. Inside the last 2 minutes of each half, the clock also stops for incomplete passes, ball carriers running out of bounds, and a change-of-possession.

6. Location of Spectators, Coaches and Players:

- Coaches and players (not in game) must remain between the 20 and 40 yard markers.

- Spectators must remain between the 20 and 40 yard markers.
- Failure to comply may result in a 10-yard penalty (ref's discretion).

7. Player Ejections:

Any player penalized twice in the same game for unnecessary roughness and/or unsportsmanlike conduct will be immediately ejected from the game. At the discretion of the referee, on the first offense, a player may be ejected for unnecessary roughness or unsportsmanlike conduct. A player ejected from a game for unnecessary roughness or unsportsmanlike conduct shall face a one-game suspension. If a player is ejected from a second game in one season for same reasons, the player will be declared suspended for the rest of the season.

8. Game Ball

Wilson K2 for 5-6, 7-8, & 9-10 divisions.

9. Field Set Up, Collecting and Securing Equipment:

- For the first game of the day/night on each field, both Home and Away teams are responsible for setting up the field with field equipment (20, 40 etc. field markers & down marker) which are obtained at the assigned field storage location.
- Following the final game of the day/night on each field, the Home and Away teams are responsible for storing the equipment (20, 40 etc. field markers & down marker) and securing these in the field's assigned storage location (including locking up). They are responsible for cleaning up any trash.

10. Play-offs:

A. ONLY ages 9-10 will participate in a playoff system at the end of the season. Playoff seedings will be set up according to wins, losses, and ties (1 pt for win, 0 for loss, ½ point for a tie). A bracket system will be established by the league based upon the number of teams and their records during the regular season. In the event that two or more teams have an equal number of wins & loses, the following tiebreakers will be in effect:

1. Head-to-head competition
2. Coin toss

B. Championship Games will be contested

11. Use of Mouth Guards: MANDATORY in all leagues at all times!

(Players without mouth guards will not be permitted to play)

12. Disciplinary Problems:

If a player or coach is reported as a disciplinary problem, a Hearing Committee, per the JTAA Executive Board Policies will investigate complaint, speak with the parents, and rule on any action to be taken.

13. Coaches on the field during play:

All coaches must be wearing their assigned coaches' shirt in order to be on the field.

*5-6 All season (up to two coaches)

**7-8 All season (up to two coaches prior to the snap of the ball)

9-10 Not Allowed, and only two coaches are allowed on the field during a time out.

For the 5-6 division, coaches may be on the field to call plays in the huddle and assist with player alignment prior to the snap on both offense and defense. Once players are set, offensive coaches must remain behind the quarterback, and defensive coaches must remain behind the safety. The same rule applies during kickoffs. Coaches may assist with player positioning prior to the kick but must move behind their respective kicking or receiving teams before the ball is kicked.

The two (2) coaches permitted on the field for each team must not communicate with players once the ball is snapped. Prohibited communication includes, but is not limited to, instructing players where to run, when to pass, or giving verbal commands such as "go." Non communication (example pointing) is also prohibited.

A violation will result in a loss of down and a five (5) yard penalty from the line of scrimmage. Continued violations during the game may result in the coaches being required to coach from the sideline for the remainder of the game.

It is acceptable to communicate from the sidelines at all times.

*****For the 7-8 divisions, coaches may be on the field to call plays in the huddle and assist with player alignment before the snap on both offense and defense. Once players are set, all coaches must exit the field and move to the sideline between the 20- and 40-yard lines prior to the snap. After the play is whistled dead, coaches may return to the field to assist with the next play and repeat the process.***

The same procedure applies to kickoffs. Coaches may assist with player positioning before the kick but must exit the field and move to the sideline between the 20- and 40-yard lines before the ball is kicked.

14. Player Substitution: Free substitution is always in effect. A player may enter the game any time the ball is dead. No more than 8 players in huddle.

15. Day of Games: Teams (including coaches) should arrive 30 minutes before their game time, this will give teams the opportunity to stretch, coaches/ref meeting etc. before the start of the game. Teams failing to be ready to play at game time will be assessed a 15-yard delay of game penalty towards their team.

16. Length of Games: Each game is comprised of 4 quarters.
Minutes per Quarter: 8 minutes for 5-6
10 minutes for other age groups.

17. Coaches/Refs meeting prior to kickoff: Prior to kickoff (example: game starts at 8:30 AM, meeting will occur at 8:25 am) there will be a coaches/ref meeting at midfield. This will immediately be followed by the coin toss. The meeting will be to set

expectations of the game. Any coach causing a delay to the meeting, will result in a 15-yard delay of game penalty towards their team.

18. Coin Toss: Visiting team captain chooses. Winner of toss has the option to a) receive the ball, b) defer to the 2nd half, or c) choose a side to play from. The team that loses the toss gets a choice of the remaining options.

19. Down Marker: If available, home team is responsible during regular season games and must be an adult. During the play-offs, the league may assign.

20. *Kickoff from: 35 yd. Line

**** For the 5-6 division, kickoffs will occur only at the start of the 1st and 3rd quarters. Following a touchdown, possession will begin at the receiving team's 35-yard line.***

21. No. of Players on 35 yd line for Receiving Team: 5

22. No. of Players on 35 yd line for Kicking Team:
All players may start at or behind the 35 yd line and run forward with the kicker, provided no player crosses the 35 yd line until the kick is away.

23. Ball Kicked Out of Bounds on KICK OFFS:
At the choice of the receiving team, either spot the ball where it went out of bounds or kicking team re-kicks with a 5-yard penalty.

24. On-side kickoff: Not permitted. The kicker must make a full attempt to kick the ball. After a kick-off, a player on the kicking team cannot touch the ball in attempt of an on-side kick. If the above occurs, the receiving team will have the option of taking the ball where illegally touched plus a 20-yard penalty or request a kick with ball being kicked from the 15-yard line.

25. Following a Safety: Free kick from the 20 yd line

26. No. of Time Outs per Half: 2 per team, no carryover

27. Game Termination Slaughter Rule: None

28. Offense
A. All offensive players must be in the huddle at the same time. The offense has 30 seconds to call a play and snap the ball or it will be considered a delay of game.
B. The offensive team is permitted to send in plays on cards. The player bringing in the play must stay in the game for a minimum of one play. The player taking the cards off the field must stand at least one yard from the huddle so that the defense can clearly see that there is an extra man on the field. No electronic devices are allowed to relay plays.
C. The offense must have at least 5 players on the LOS.

D. Downs (1st down and zone to go)

1. Each team will have four consecutive downs to advance the ball into the next zone or to score a touchdown.
2. Once a team enters into the next zone, it is a first down and a new series of downs begin.
3. A team failing to move the ball into the next zone will lose possession. The opposing team takes over at the point where the ball is declared dead and begins its series of the first down and zone to go.
4. The forward part of the ball touching any line will be the determining factor in measuring for a first down.
5. When the offensive team is within the last zone and has a 1st down, it will be 1st and goal to go.
6. At the conclusion of each down, the referee will place the ball in the center of the field.

E. Ball Carrier

1. A ball carrier cannot use his hands or arms to protect his flags. The defensive player must have the opportunity to remove the ball carrier's flags. Normal movement or pumping of the arms when running shall not be considered flag guarding.
2. Ball carrier cannot lower his head to dive or run into a defensive player.
3. Stiff-arming by the ball carrier is illegal.
4. The ball carrier cannot spin or hurdle to prevent a defensive player from removing his flag.
5. Ball carrier cannot extend the ball forward in the playing field.
6. No spinning past 180 degrees

F. Center

1. The center must snap the ball between his legs.
2. The center may adjust the long part of the ball at right angles to the LOS for one time only.
3. **The center cannot take a hand-off between his legs**, he/she may take a pass or hand off after the snap and two steps from the LOS.
4. A legal snap must be a fluid and continuous action between two players.
5. Center may move his/her head prior to snap to observe defense.

G. Passing

1. All backfield men are eligible passers. A player starting on the LOS who moves into the backfield after the center snap is an eligible passer.
2. Passing will be attempted from behind the line of scrimmage only.
3. A lateral pass is not considered a forward pass.
4. A forward pass is a pass thrown from behind the LOS toward the defensive team's goal line.
5. There is only 1 forward pass permitted behind the LOS.
6. Intentional grounding will occur if the passer spikes the ball on the ground, intentionally drops the ball on the ground, or intentionally throws the ball away (receiver not in area) to avoid a sack.

H. Receiving

1. All players are eligible to receive forward passes.

2. A receiver must land with one foot in bounds or have at least one foot in bounds when the catch is made for it to be considered a complete pass.
3. Two or more receivers may touch a ball in succession resulting in a completed pass.
4. If an offensive and defensive player catch a pass simultaneously, the ball is declared dead at the spot of the catch and the offensive team is awarded possession.
5. An offensive player cannot be out-of-bounds and return in-bounds to catch a pass unless they were forced out-of-bounds by the defensive player.

I. Blocking

1. A blocker must be on his feet at all times while blocking. All linemen, except the center, must stand at the line of scrimmage and await the snap. Lineman may NOT assume a three-point stance or otherwise spring from a coiled or crouching start. The center, if he is to block, must first stand straight up.
2. In the set position, offensive linemen standing next to each other must maintain a minimum distance of 12 inches between them.
3. Only passive blocking is permitted with the elbows against the sides of the body and hands against the chest.
4. Cross body, extended elbows, and roll blocking are NOT permitted.
5. A blocker cannot use his hands.
6. There is no two-on-one blocking for the ball carrier beyond the L.O.S.
7. There is no interlocking blocking.
8. Blocking a player from behind is not permitted (clipping).
9. A defensive player shall be restricted in the use of his hand to the blocker's body and shoulders.

J. Punting:

1. The offense may punt at any time.
2. A punt is always a free kick.
3. Punting intentions are announced to the referee by the captain.
4. Rushing the punter is prohibited.
5. The punter may take the snap from under center and step back to kick.
6. Free Catch - The receiver may signify his intentions for a free catch of any punt by waving his hand clearly over his head.
7. No quick kicks are permitted.
8. Both teams must have a minimum of 5 players on the line of scrimmage.
9. Once ball is snapped, no player (other than punter) may move until ball is punted. Movement is considered false start, offense, or defense.

K. Dead Ball: The ball is considered dead when referee blows the whistle or…

1. When the ball carrier touches the ground with any part of his body other than feet or hands.
2. When the ball carrier's flag has been pulled off.
3. If pass receiver or ball carrier's flag falls off, the ball is dead at the spot.
4. Following a touchdown, safety, or touchback.
5. When the ball goes out-of-bounds for any reason.
6. If the center snap hits the ground before reaching a backfield man.
7. When the ball hits the ground as result of a fumble or muffed ball.

8. If a lateral pass touches the ground, the ball is declared dead at that point.
9. If a lateral pass goes out-of-bounds, the ball is ruled dead at the point it crosses the boundary line.
10. If a forward pass is caught at the same time by opposing players.
11. When a player on the kicking team touches the ball on a kickoff or punt before a player on the receiving team.
12. A free catch cannot be advanced.
13. All balls touching the ground are immediately dead (except kickoffs and punts prior to the initial touch)

29. Defense

A. The defensive restraining line is 3 yards in front of the ball. However, if the ball is less than 3 yards from a designated 1st down line or defense's goal line, the restraining line is 1/2 the distance between the ball and that line. On PAT" s, the goal line is the defensive restraining line. However, if there is an accepted offensive penalty, the restraining line is 3 yds. in front of the LOS.
B. A defensive player may not lean over or cross the restraining line until the ball is snapped.
C. A defender may jump or dive to grab a flag belt. Defenders may leave their feet for any reason as long as they do not initiate contact with an offensive player.
D. A ball carrier not wearing a flag belt is considered down either where he/she touches the ball or where the flag falls off, whichever occurs last.
E. De-Flagging
    1. There shall be no tackling of the ball carrier, passer, or kicker.
    2. The player carrying or having possession of the ball is down when the flag is removed from his or her waist.
    3. The defensive player cannot hold or push the ball carrier to remove the flag. An accidental touch of the body or shoulder while reaching for the flag shall not be considered a violation; however, touching of the head of face shall be considered a violation.
    4. A defensive player may not run over, push, or pull a blocker away from him. He may push him to the side, but he cannot push the blocker down.
    5. A defensive player, while rushing the QB, cannot make contact with the QB when attempting to block a pass.
    6. If a flag is partially de-flagged but not removed completely, the ball is down at the spot where flag hits the ground.
    7. A defensive player cannot block or push a ball carrier out-of-bounds.

30. Quick Whistle

A. When the referee blows the whistle before a play actually ends, the team in possession of the ball at the time of the quick whistle has the option of either keeping the yardage gained up to the point of the quick whistle or returning the ball to the previous spot and replaying the down.
B. The referee may award a touchdown if he judges that a ball carrier would have scored had the quick whistle not occurred. In the event of pass or a kick that is in the air at the time of the quick whistle, the ball is immediately dead and is returned to the previous spot and the down is replayed.

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31. Tie Games

A. **Regular Season:** In the regular season, tie games will go into the record as such. There will be no overtime.

B. **Post-Season - (OT):**

1. If the game is tied, the referee will toss a coin in the presence of the team captains (visitors call toss). The winning captain will have the option of putting the ball in play on the 20-yard line, or starting, on defense, or selecting a goal.
2. Each team will have four consecutive downs to score a TD. Following the TD, the offense will attempt an extra point. Extra points have the same value as game extra points.
3. If one team scores a touchdown and the other does not, the game is over.
4. If neither team scores or both teams are tied after scoring TD's and extra point attempts, the process will repeat until one team is ahead - and wins.
5. Penalties are assessed in the same manner as the regular game.
6. Intercepted passes end a team's possession.

C. **Post-Season OT after 3 OTS**

1. If the game is still tied after 3 OTs, the referee will toss a coin in the presence of the team captains (visitors call toss). The winning captain will have the option of putting the ball in play at midfield or starting on defense.
2. Each team will have four consecutive downs, starting from midfield, and the winner will be the team gaining the most yardage in its series of downs.
3. Penalties will count as plus or minus yardage.
4. Intercepted passes will count as incomplete passes.
5. If the offense scores at TD in the first 3 downs, that will count as 40 yards towards the total. The ball will be put back in play at mid field and advanced until 4 downs have been completed.

32. Injured Players

Once removed from a game because of injury, a player must sit out at least one play.

<u>Penalties</u>

The offended team will always have the choice of accepting or declining a penalty. If the penalty is declined, the down will remain the same as if no infraction occurred. Also, when the penalty is greater than the distance to the goal line, the penalty shall be 1/2 the distance to the goal line.

The following section describes the infraction and the resulting penalty (in parenthesis) and is enforced from the current (pre-snap) or previous (post-snap) spot of the ball, except where noted:

1. Kickoffs:

1.1. If either team is offside on the kickoff, the penalty will be (5 yds. and re-kick)

2. Communication on Field Once Ball Snapped (5-6 & 7-8 division)

2.1 On ball snapped, coach on field communicates to player (go, pass, advising of direction to run (5 and loss of down)

2.2 Continued behavior will result in offending coaches to coach from the

sidelines the remainder of the game.

3. Line of Scrimmage:

3.1 Defensive or Offensive offsides (5)
3.2 Illegal snap (5)
3.3 Failure to observe 30-second rule (5)
3.4 Illegal formation, offense (5)

4. Punting:

4.1 Failure to announce to the referee-(5)-and the punt is repeated.
4.2 Less than 5 players on the LOS for the offensive or defensive team-(5)-from the spot where the ball is declared dead after the kick.
4.3 De-flagging a receiver after a fair catch signal -(10)- from the spot of foul.

5. Passing:

5.1 If an illegal forward pass is thrown and intercepted, the play will continue until the ball is declared dead. The intercepting team has the option of possession from that spot or accepting the penalty (5).
5.2 Passer crosses the LOS-(5)- and loss of down.
5.3 Intentional grounding-(5 from spot of infraction)-and loss of down.
5.4 Offensive pass interference-(10)-from the LOS and loss of down.
5.5 Defensive pass interference-1st down from spot of the infraction.
5.6 Defender, while rushing the passer, touches the passer's arm while in the throwing motion (10 from the LOS).

6. Delay of Game:

6.1 Continuing to play after the ball is dead-(5) from spot where the ball is dead.
6.2 Recovering a fumble or falling on the ball (5).
6.3 Advancing a fair catch (5).
6.4 Unnecessary delay of game for any reason (5).
6.5 Failure to meet with refs prior to kickoff (15).
6.6 Failure for team being ready to play at game time (15).

7. Flag Wearing and De-Flagging:

7.1 Tackling (10).
7.2 Wearing the flags illegally (5).
7.3 Ball carrier using his hands to prevent a defensive player from de-flagging – aka flag guarding (10 from previous spot). Flag guarding behind the line of scrimmage is 10 yards from the spot of the infraction.
7.4 Holding, pushing, or hitting the ball carrier while de-flagging (10).
7.5 Any Offensive Player missing a flag at the start of the play (5)

8. Illegal Hand-off:

8.1 If the ball is handed forward beyond the LOS-(5)-and loss of down.
8.2 Snapping a ball to a lineman (5).

9. Illegal Substitutions:

9.1 Substitution(s) while the ball is in play or before it is declared dead (5).
9.2 Disqualified player entering the game (10).
9.3 More than proper no. of players on the field when the ball is in play (5).

10. Blocking:

10.1 Leaving the feet to block (10).
10.2 Cross body blocking or roll blocking (10).
10.3 Illegal use of the hands by blocker (10).

10.4 Holding a defensive player (10).
10.5 Defensive player blocking or pushing the ball carrier out of bounds (10).
10.6 Butting, elbowing or knee blocking (10).
10.7 Defensive player using hands illegally (5).
10.8 Two on one blocking for the ball carrier beyond the LOS (5).
10.9 Blocking form behind clipping (10).
10.10 Interlock blocking (10) from the spot of the foul.
10.11 Any block thrown by a player, which, in the opinion of the referee, was being thrown to knock an opponent off his feet shall be considered unnecessary roughness (10).
10.12 Any blocks above the shoulders shall be considered unnecessary roughness (10).
10.13 If, in the opinion of the referee, the block endangered the safety of the hit player, the player initiating the contract shall be ejected from the game.

11. Ball Carrier:

11.1 Stiff arm (10) from the spot of the foul.
11.2 Lowering head to drive or run into defensive player (10)
11.3 Use of head (10)
11.4 Use of hands or arms to protect flags (10)
11.5 Spinning (10) from the spot of the foul
11.6 Hurdling (5). This does not apply in the non-blocking league.
11.7 Any of the above mentioned penalties committed behind the line of scrimmage are assessed from the spot of the foul.

12. Unsportsmanlike Conduct:

12.1 Fighting (10) offenders ejected from the game.
12.2 Pulling a player's flag to make him ineligible for play (10).
12.3 Insulting or abusive language (10)
12.4 Interference with progress of the game (10).
12.5 Illegal play (10).
12.6 Team leaving the field before game is completed (10). Failure to return-forfeit. Win for the team remaining on the field.
12.7 Failure of either team to control players or fans (10). Forfeit if not controlled.

13. Defensive Charging

13.1 A defensive player may use hands to go around a blocker. Pushing down or running through a blocker (10).
13.2 A rusher may not cut diagonally in front of, collide with, or interfere with an offensive player (10).

33 Coaching/Credentials

A. The Flag Football Board must approve all coaches. Please remember that coaching is not a right.
B. All Coaches must follow JTAA volunteer/coaching procedures.
C. All Coaches must register using the JTAA volunteer registration website.
D. All Coaches must be NYSCA certified.
E. All Coaches must submit to and pass a background check administered by JTAA.
F. All players participating in JTAA Flag Football must be officially registered in accordance with JTAA procedures or policies.

1. Any coach knowingly allowing a non-registered player to participate in a JTAA Flag Football game or practice will be subject to removal as head coach.
2. If a coach does not know or is unsure of an individual's status, it his/her duty to obtain the status with the League Director or President of the player in question prior to allowing him/her to participate in any Flag Football related activity.

G. Coaches are responsible for ensuring players are in compliance with the League assigned jersey and shorts.
    1. A player playing in a game without their league assigned jersey and shorts will result in a forfeiture of the game.
H. The Board reserves the right to remove a coach at any time and for any reason during the season as required.
I. While we understand this is a recreational league, all coaches must wear acceptable attire while coaching.
    1. Coaches must wear league issued coach shirt during games.
J. To the extent possible, coaches are responsible for the behavior of their team's parents, players, and spectators. Reasonable efforts to control them is expected.
K. Coaches must refrain from approaching Game Officials after a game to argue, dispute a call, harass, threaten, or disparage any Game Official.
    1. All officiating issues must be directed towards the respective League Director and/or President.
    2. Waiting for a Game Official outside of the field or after a game, and confronting him/her is unacceptable behavior. Any coach accused of such behavior will be required to meet with the League Director and/or President.
    3. If League Director and President finds that the interaction was inappropriate, threatening or harassing, demeaning, or caused other reasonable harm to the Game Official, such behavior will result in a minimum 2 game suspension.

34. Zero Tolerance for Abuse Against Game Officials

A. JTAA Flag Football is committed to providing a sport environment in which all individuals are treated with respect and dignity.
    1. All Individuals participating in JTAA Flag Football, whether as an athlete, parent, family member, spectator or visitor, shall be aware there is an expectation, at all times, of appropriate behavior consistent with the values of JTAA Flag Football.
B. As a result of this, JTAA Flag Football has a Zero Tolerance Policy regulating the conduct of coaches, players and parents, and all visitors toward game officials. Players, coaches, or spectators are not allowed to disrespect an official's decision, nor are they allowed to make abusive comments.
    1. This includes comments and complaints from the stands.
C. As outlined in Paragraph14.10, Coaches must refrain from approaching referees after a game to argue, dispute a call, harass, threaten, or disparage the referee. If a Coach has questions or concerns about officiating or a particular game official, all issues must be directed towards the League Director and/or President.

D. Spectators, visitors, and parents/family members must refrain from approaching game officials after a game to argue, dispute a call, harass, threaten, or disparage the game officials.

1.If a parent has questions or concerns about officiating or a particular game official, all issues must be directed towards the League Director or President. Waiting for a game official(s) outside of the field, after a game, and confronting him/her is unacceptable behavior and may result in a suspension.

2. Any spectators, visitors, or parents/family members accused of such behavior will be required to meet with the League Director and President. If the League Director and President finds that the interaction was inappropriate, threatening or harassing, demeaning, or caused other reasonable harm to the referee, such behavior will result in a suspension from JTAA Flag Football for a minimum of two games.

E. Game Officials are solely responsible for calling a game.

F. No player, coach or spectator shall refuse to abide by an official's decision.

G. A Game Official, League Director or President may forfeit a game if any player or bench personnel fail to comply with any rules, regulations, or repeatedly commits acts that make a travesty of the game.

1. A Game Official, League Director, or President may forfeit a game if spectators are acting in a threatening or improper manner and fail to leave after request or fail to end such behavior. In situations where players, parents, or spectators are unruly and will not stop such behavior or leave the field upon request, Game Officials, League Director, or President may forfeit the game, with the loss charged to that team.
2. Decisions to forfeit a game cannot be challenged and are final.

Protests:
Only protests involving rules interpretations or the eligibility of a player shall be considered. Protests regarding judgment calls of the referees will not be entertained. The JTAA Flag Football Committee will decide protests.

EMAIL protest requests to flagfootball@jtaa.org.

Rules Interpretations:
Questions relating to the interpretation of these rules and regulations should be addressed in EMAIL: flagfootball@jtaa.org

Information about the Flag Football Committee: See Appendix B

Appendix A

- Teams are formed by draft process
    - With exception of 5-6 which is formed by the league.
- Coaches will be informed by the league director of the draft day and time
- First round order will be randomly determined. Subsequent rounds will be serpentine
- Each team is allowed 1 minute to determine their pick
- Head coach may only protect one assistant coach
- The team sacrifices 1 draft pick for each guaranteed player, the round level of each draft pick sacrificed will be determined by the overall skill level of that player as determined by the evaluation process. If a coach's, mentor's, or sponsor's child does NOT attend the evaluation, he/she will automatically be assigned the highest draft spot available.
- Coaches or sponsors without a child in the league may be a mentor and guaranteed one player. Players' parents must give permission to all mentors
- Trades may be performed during your draft time
- Players who did not attend evaluations cannot be drafted and will be randomly assigned to a team at the end of the draft.
- Parent requests will be considered, but not guaranteed
- Once a team is formed or the draft conclude, rosters are locked and players will not be moved to a different team