

Greater Wichita Junior Flag Football League (GWJFFL)
Passing Only

Rules

Flags

1. Flags will be provided for each player to wear during play. It is the coach's responsibility to make sure all flags are returned following the game.
2. Flag guarding and illegal flag pulling are NOT allowed. Illegal flag pulling is when a player pulls an opponent's flag before he/she receives the ball, or pulling a non-ball carriers flag.
3. Shirts/jerseys must be long enough so they remain tucked into shorts or the flag belt

Game Time

1. The game will consist of two halves with a three minute halftime. Each half will consist of 25 minutes with a running clock. Each team will receive two timeouts per game.
2. Teams will have a maximum of seven players on the field. Teams will be allowed to start a game with six players.

Flag Football Rules

1. The official field is 40 x 80 yards, with a 10 yard end zone.
2. A coin flip will determine who gets the ball first. The visiting team will call the flip. The team that wins the coin flip will have the option to receive, kick or defer to the second half.
3. The offense must pass the ball, no running play are allowed. The QB is not allowed to cross the line of scrimmage with the ball.
4. The offense has four downs to get a first down.
5. First downs are achieved by crossing the "zone line to gain." Zone lines are 20 yards apart.
6. Play will stop when the ball touches the ground, with the exception of a punted ball. All fumbles automatically go back to the offensive team at the spot of the fumble.
7. Once a player's flag is pulled the player is down at that spot. If the players flag accidentally falls off he/she is still down at the spot where the flag fell off.
8. The defense must line up a minimum of 1 yard off the ball.
9. Players are allowed to rush but must wait three seconds before doing so (the official will count the seconds off with a hand motion).
10. Teams may punt but must inform the official and the other team of their intention. No fake punts.
11. Defenses are not allowed to rush the punter.
12. After the punt occurs the ball is dead where the receiving player touches the ball or when the ball has come to a complete stop after hitting the ground.
13. After a touchdown is scored, and the extra point has been attempted, possession will change and the ball will be place on the 5 yard line.
14. Substitutions are allowed on any dead ball.

15. No kickoffs. Teams will always start a new possession on the 5 yard line.

Hiking the Ball

1. The ball must be hiked from the center to the QB every play.
2. Hiking the ball must be done the traditional way, under the centers legs.

Scoring

- Touchdowns count for 6 points; Extra points from the 5 yard line count as 1 point; Extra point from the 10 yard line count as 2 point; a safety also counts as 2.

Running

1. The QB is not allowed to cross the line of scrimmage with the ball.
2. Spinning is allowed, however the runner is not allowed to leave their feet (no diving or hurdling players).
3. The player with the ball may not:
 - a. Attach the flag so that it cannot be easily removed
 - b. Flag guard, which includes stiff arming, swinging the hand or arm over the flag belt, carry the ball in a position that protects the flag.
 - c. Bat a players hand away from the flag belt

Receiving

1. All players are eligible to catch a pass.
2. The receiver must have at least one foot in-bounds when making a reception.

Passing

- Interception changes possession and will be played as a live ball.

Dead Ball

1. Play is ruled dead when:
 - Ball carriers flag is pulled off
 - Ball carrier steps out of bounds
 - Touchdown or safety is scored
 - Ball carriers knee or elbow touches the ground
 - Ball carriers flag falls off
2. There are no fumbles. The ball is dead and spotted where the ball hits the ground.

Penalties

The referee will call all penalties

Defensive

1. Defensive off side – 10 yards, replay the down.
2. Interference – Spot foul or 10 yards from the line of scrimmage, automatic first down.

3. Illegal flag pulling – pulling the flag before a player touches the ball will result in 10 yards and automatic first down.
4. Illegal contact – holding or pushing another player will result in 10 yards and replay the down.
5. Illegal rushing – rushing before the three second or failing to line up one yard off the ball will result in 10 yards and replay the down.

Offensive

1. Illegal contact – Blocking or holding will result in 10 yards from the line of scrimmage and replay the down.
2. Illegal motion – False start. Having any player in motion at the snap of the ball. All seven players must be set for one full second prior to the snap of the ball. 10 yards from the line of scrimmage and replay the down.
3. Diving or hurdling a player – 10 yards from the spot of the foul with the resulting spot determining down and distance.
4. Illegal forward pass – passing after crossing the line of scrimmage will result in 10 yards and loss of down.
5. Flag guarding – 10 yards from the spot of the foul with the resulting spot determining down and distance.
6. Delay of game – teams will have 25 seconds from the time the ball is spotted to get the play off. Result in delay of game will be a 10 yard foul and replay the down.

Unsportsmanlike conduct will not be tolerated. If the referee is witness to any acts of tacking, elbowing, chop blocking or any unsportsmanlike act, the game will be stopped the player(s) will be ejected from the game. No appeals.