



JC PARKS Chiefs Flag Football League with JC Parks

2026 League Rules Modifications/Clarifications.

Equal Playing Time:

- All players must have equal playing time.
- All players must have the same amount of playing time on offense and defense.
- All players must play a minimum of four positions throughout the season.
 - Minimum of two on offense, two on defense.

Malicious Play:

- If a player intentionally engages in malicious or rough play, they will be ejected from that game and must sit in the stands with their parents/guardians.

Incidental Contact:

- If an official feels that a player made incidental contact with an opposing player, a penalty will not be called.

Possession:

- Per the online game schedules, the away team will have possession of the football to start the first half. The home team will have possession to start the second half.

Timing & Halftime:

- Games are played on a 40-minute continuous clock with two 20-minute halves.
- Halftime is two minutes.

Rushing the Passer (Quarterback):

- In the 1st, 2nd, & 3rd Grade only, defenders may NOT rush the passer (QB) until after a legal handoff, pitch, or lateral is executed in the backfield.
- All players who rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. Up to 2 players can rush the quarterback. Rushers MUST identify themselves by raising their hand before the snap (as the offense lines up) and keep their hand up until the ball is snapped. Rushers MUST rush the passer immediately after the snap. Delayed rush is NOT permitted.

Designated Areas for Players/Coaches/Spectators:

- All players and coaches must remain in the designated box at midfield.
- All spectators must remain behind the painted boundary line, which is 5 yards back from the field.

Mouth guards:

- All players must always wear a mouth guard during the game.
- These are available for purchase for \$2 in the concession stand if needed.

Jerseys:

- All players must wear their official jersey from the league & tuck it in at all times during the game.
- Home team will wear **RED** side out. Away team will wear **WHITE** side out.

Shorts/Pants:

- Players are allowed to have shorts/pants with pockets.
- Shorts/pants cannot be the same color as their flags or have a stripe down the side that is the same color as the flags.

Shoes:

- Rubber or plastic cleats or tennis shoes are allowed, metal spikes are not.

Flag Belts/Flags:

- All players must wear their official flag belt from the league.
- The flags and sockets on the belts cannot be altered in any way.

Timeouts:

- Teams are allowed one 60-second timeout per half.

35-Point Advantage:

- After one team is winning by 35 points or more, the game is over. Teams may elect to continue, but no additional points scored will be added to the final score.

Football:

- 1st – 2nd Grade teams will use the **RED**, Mini-size footballs.
- 3rd -- 4th Grade teams will use the **BLUE**, Pee-Wee size footballs.
- 5th – 6th Grade teams will use the **BROWN**, Junior size footballs.
 - The offensive team will provide the game ball to the official. The game ball will switch out with each change of possession.

Scoreboard & Down Marker:

- Home team will provide a volunteer to operate the portable, tabletop scoreboard.
- Away team will provide a volunteer to operate the down marker.

Challenges:

- Coaches are not allowed to use a time out to challenge or question an official's rule interpretation. What is called by the officials will stand.

Overtime:

- 1st-4th Grade games will end in a tie and will not play an overtime period.
- 5th-6th Grade Rec games will play an overtime period, per NFL Flag rules.

Laterals/Backward Passes/Pitches:

- In all grades, laterals and/or backwards passes will be allowed, but only behind the line of scrimmage. No laterals will be allowed downfield (beyond the line of scrimmage). Any lateral pass/toss dropped or not completed will be treated as a dead ball. Laterals may be intercepted by the opposing team. However, only forward passes will count as passes on mandated passing downs.

No QB Runs (NEW!):

- The QB cannot run the ball across the line of scrimmage. They must hand it off, lateral it, or throw a forward pass, including the shuffle pass (underhanded).

No Run Zones (NEW!):

- The No Run zones will be used for ALL grades/divisions, EXCEPT 1st, 2nd, & 3rd grades.

Coaches on the Field:

- **1st Grade:** One Coach for each team is permitted on the field pre and post snap to help their players, but post snap at a safe distance until the play is complete.
- **2nd & 3rd Grade:** One Coach for each team is permitted on the field pre-snap to help their players, but MUST be off the field prior to the snap of the ball.
- **4th Grade & Up:** Coaches are not permitted on the field during play at any time.

No Electronic Communication:

- Coaches are not allowed to use any form of electronic communication to send plays to any players.

Rob Gourley-Lead Official:

- For rules questions, please email Rob at: robjgourley@gmail.com