



Flag Football Rules (revised 8/17/26)

Jeffco League Flag Football follows NFHS rules with the exceptions below:

Team Rosters

1. Teams should be grade specific if possible. For tourney play, teams with any 8th grade players must play in the 8th grade tourney.
2. Players may only play for one team and must attend the school the team represents unless approved by the league board.

Equipment & Attire

1. Ball Size: TDY or Size 8 or Youth Size. Offensive team can use their own ball.
2. Teams are required to wear like-colored shirts/jerseys (numbers preferred). If teams have same colored jerseys, the home team should wear pinnies. Jerseys must be tucked in and may not be altered in any way.
3. Athletic shorts or pants are required, no jeans (no pockets strongly recommended). **Shorts/pants must be different color than flag belts.** Athletic shoes or cleats are allowed (no metal spikes).
4. Each player must wear a clip-on triple threat flag belt (different color than pants/jersey). Flags must be worn properly.
5. Mouthguards are strongly recommended.
6. Jewelry shall be removed, except small secured jewelry (stud or post) worn above the chin. Soft material hair accessories only.

Game Play

1. Field dimensions are 60 yards x 40 yards with 10-yard end zones. 8 players on the field.
2. Timing
 - a. 25-minute halves, 3-minute half time.
 - b. Running clock, except for timeouts, injuries and the last 2 minutes of the game if the point differential is less than 9.
 - c. 30 second play clock. Coaches must call plays from sideline, not on field.
 - d. Each team is allowed two 1-minute timeouts per half.
 - e. Timing rules for last 2 minutes (if less than 9 pt differential)
 - i. Clock will stop on out of bounds, incomplete passes and scores (PAT's are not timed).
 - ii. Offensive penalties- by trailing team = 20 second run off / by leading team = clock stops
 - iii. Defensive penalties- by trailing team = after enforcement, clock runs & new play clock / by leading team = clock stops
3. Scoring- TD = 6 pts, PAT from 5 yd line = 1, PAT from 10 yd line = 2, safety = 2. Turnover on PAT = dead ball, no return. After declaring for 1 or 2 pt PAT, team can't change even after timeout.
 - a. Any player who scores a touchdown must remove their flag belt to show the official it's not tied on (coaches may request this immediately following a TD). If a belt is found to be tied on, the penalty is: 15 yards + loss of down and player who committed the penalty has to sit (Penalty: unsportsmanlike-off).
4. **New Onside Attempt:**
 - a. **Following a score within the final two minutes of the second half, the scoring team may declare an onside attempt if they are trailing.**
 - b. **The ball is placed at the scoring team's 20 yard-line. The scoring team has one untimed down to advance the ball at least 20 yards. If a penalty occurs during the attempt, the team may receive an additional untimed down if the penalty extends the conversion attempt.**
 - i. **Successful attempt: If the scoring team advances the ball at least 20 yards, they retain possession. The ball is placed where it was downed at the end of the attempt.**
 - ii. **Unsuccessful attempt: If the scoring team does not advance the ball at least 20 yards, the opposing team takes possession where the ball was downed.**
5. Overtime- College-style, alternating possessions from the 20 yd line. Regular season- one possession each, then a tie. Tournament, continue until there is a winner.
6. No kickoffs. Offensive team takes possession at 10 yd line.
7. First downs- 4 downs to make the line to gain (20 yd lines).
8. Line/snap- offensive team must have 4 players on the line. All players are eligible to catch a pass. Players on LOS cannot receive the snap. One offensive player can be in motion at snap.
9. Quarterback/Passing- Quarterback can't run the ball across the LOS unless rushed by the defense (no qb sneaks). The ball must cross the line of scrimmage within 7 seconds (counted audibly by referee). Penalty = dead ball at spot and loss of down. One forward pass per down.

10. Rushing Passer- 4-second rush clock (counted audibly by referee) before rushing the passer. Defense is not required to rush.
11. Blocking/Contact- Contact is not allowed by screeners or defenders at any time. Screen blocking only- no arm blocking (arms may be held against chest). Defense must go around screen blocking (no pushing or using hands to shed blocks).
12. Ball Carrier
 - a. Runner is down at spot where flag is pulled or accidentally falls off or runner's knee touches the ground. If a receiver's flag falls off prior to catch, runner is down immediately. Defense may not intentionally pull flag of non-ball carrier.
 - b. Fumbles/muffs = dead ball at spot. Includes dropped snaps, laterals, punts.
13. Diving, hurdling and stiff arms are not allowed by the offense or defense. Spinning is allowed if feet stay on the ground.
14. Punts- offense must declare a punt. The ball may be kicked or thrown by the punting team. Defense must have 4 players on LOS and may not rush. Neither team may cross the LOS until ball is kicked, 7 second punt clock applies. No fake punts. Touchback results in offense starting at 10 yd line.
15. Playing Time- the program is based on all players receiving equal playing time. Free substitution is allowed between plays.

Player Conduct

1. Good sportsmanship toward opponents, referees, spectators and staff is required at all times. All players and parents must sign the JeffCo League Agreement before playing. All players and coaches are expected to help maintain a family-friendly atmosphere. Prohibited behavior includes, but is not limited to:
 - a. Shoving, striking, or threatening a league official, referee, player, or spectator.
 - b. Refusal to abide by the referee's and/or league official's decision
 - c. Use of foul or abusive language or gestures
 - d. Participating while under the influence of alcohol or drugs
2. Unsportsmanlike/Flagrant Fouls
 - a. Offense = 15 yd penalty & loss of down / Defense = 15 yd penalty & 1st down.
 - b. Player receiving an unsportsmanlike penalty must sit a minimum of 5 minutes before being allowed to re-enter the game. All unsportsmanlike penalties must be reported to the agency coordinator within 24 hours.
 - c. If the same player/coach commits two unsportsmanlike penalties in one game or season, that player/coach will be ejected from the game and suspended for their teams next scheduled game.
 - d. Additional sanctions may be added at the discretion of the league disciplinary committee.
3. Teams are responsible for cleaning the bench area after games. All substitutes must remain in the bench area during the game.