



N. J. Girls H S Flag Rules One Pager

Timing:

Games are 48 minutes, 2-24 minutes halves running clock with 5-minute halftime. 2 timeouts per game. Each Team has 2 charged timeouts per game. 25 second play clock

Clock stops @ 2-minute warning. Inside 1-minute to half or game/ stoppage until next snap for,. 1 minute warning, incomplete pass, score, timeouts, penalty enforcement, touchback and or change of possession. Clock will start @ the 'Ready for Play' for 1st downs or after injury timeout

Scoring:

Touchdowns: 6-points/ Conversions: 1 from the 3, 2 from the 10, 3 from the 20/ Safeties and returned conversions 2 points

If one Team has at least a 19-point margin at or inside the 5-minute mark remaining in the game, the game is over. Teams may elect to continue playing if both agree

Alignment:

Center on the LOS, 4 players must be within 1-yard of the LOS and within 15 yards of the ball. 2-yard neutral zone with Referee placing pucks at the ball and @ 1-yard for the defense. QB must be at least 2-yards from the center to receive the snap

Game:

Running: Hand offs are permitted anywhere on the field. Loose ball backwards (passes, pitches, fumbles), ball is dead at the spot it contacts the ground or out of bounds. End Zone (Safety) Fumbles forward, dead at the spot possession is lost, including into the end zone from the field of play. Out of the endzone end line (air), touchback. Runners are not permitted to dive with the ball/ Dead Ball.

Blocking is permitted but arms, elbows and hands **MUST** be inside the body's framework through the hips, knees and ankles. Contact should be avoided

Passing: Passes allowed behind the LOS and anyone is eligible. 1 pass per play. Ball can be advanced beyond the LOS, thrown backwards into the backfield and passed forward. Illegal if,. Entire lead foot is on or beyond the LOS, intentionally thrown to the ground or out of bounds to avoid a sack or 2 play.

Receiving: Possession with one foot or body part other than the hand contacting the ground 1st in bounds unless defenders contact takes them out of bounds. Ball may be tipped/ batted forward by receiver in the air as long as the ground is not contacted 1st

Penalties:

Flag guarding is the attempt by the ball-carrier to obstruct the defender access to the flags by stiff arming, dropping the hand, arm, shoulder or head or intentionally covering the flags with the football or jersey

Players may not initiate contact when avoidable on Offense or Defense



PENALTIES

Section 1: Penalty Chart

PENALTY	Yardage	Where is the Penalty Assessed?	Result
Flag Guarding	5	Spot of foul	Loss of Down
Illegal Forward Pass	5	Previous spot	Loss of Down
Offensive Pass Interference	5	Previous spot	Loss of Down
Defensive Pass Interference	10 or spot foul	10 from Previous spot or spot foul (whichever the offense chooses)	Automatic 1st Down
Personal Foul/Unnecessary Roughness	10	End of the play or previous spot	By the Offense: Loss of Down By the Defense: Automatic 1st Down
Unsportsmanlike Conduct	10	End of the play or previous spot	By the Offense: Loss of Down By the Defense: Automatic 1st Down
Roughing the Passer	10	Previous spot	Automatic 1st Down
Delay of Game	5	Previous spot	Replay Down ** LOD, if 2 min or less
False Start	5	Previous spot	Replay Down **LOD, if 2 min or less
Encroachment	5	Previous spot	Automatic 1st Down
Illegal Shift or Illegal Motion	5	Previous spot	Replay Down – live ball penalty
Stripping or Attempted Stripping	5	Spot of the foul	Automatic 1st Down
Illegal Contact	5	Previous spot or spot of the foul	By the Offense: Loss of Down By the Defense: Automatic 1st Down
Early Flag Pull	5	Previous spot	Automatic 1st Down
Illegal Participation	5	Previous spot	Loss of Down
Illegal Rush	5	Previous spot	Replay Down
Illegal Blocking	5	Spot foul or from previous spot if behind LOS	Loss of Down
Holding	5	Spot of the foul	Automatic 1st Down
Charging	5	Spot of the foul	Loss of Down