



# **Jr All American Football of Southern California**

## **2024 Spring Season League Rules**





# Jr All American Football of Southern California Spring Season League Rules

*Any new and modified items for the 2024 season have been noted in red.*

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# Jr All American Football of Southern California Spring Season League Rules

## I. Insurance

Conference insurance is a secondary insurance with a \$1,000.00 deductible. The insurance is used when a player has no primary insurance or when the primary insurance does not cover all of the medical bills. All practice and game locations must have appropriate certifications of insurance on file. Information about insurance is contained on the back of the player contract. Parents must be informed about insurance at sign-ups.

## II. Team Fees

Each chapter is required to pay team fees, **\$750 per team (for 7 on 7 and Girls Flag) and \$500 per team (for lineman 5v5)**, by the deadline to participate in passing league. Registration is due a minimum of **3** weeks before Opening Day.

## III. Team Requirements

Each chapter shall be allowed to field the maximum number of players necessary for each team to function throughout the season. Each **7on7 and Girls Flag** team shall have a minimum of 7 players. **Each lineman 5v5 shall have a minimum of 8 players.**

## IV. Age Divisions

- A. Players playing age will be as of July 31st of the upcoming season.
- B. There is no weight limit for each division.
- C. Divisions will be as follows:

	<b><u>7 on 7</u></b>	<b><u>Girls Fast Flag</u></b>	<b><u>Lineman 5v5</u></b>
Jr Micro	6-8		
Micro	8-10	8-10	
Jr Pee Wee	9-12	9-12	9-10 (10u)
Pee Wee	10-13	10-13	11-12 (12u)
Midget	11-14	11-14	13-14 (14u)



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### V. Rosters

- A. Players may be added/removed until Week 3 of the season is completed. Players can be removed from the roster at any time.
- B. Players cannot play on two or more teams, and must be rostered to only one team.
- C. Waivers will NOT be granted for players to play outside their chapter boundaries. Such players must return to their home chapter for the upcoming fall season or acquire waivers per conference rules.

### VI. Structure of Season

- A. Practice for teams may begin Feb 1st of the current year. Practices are limited to 3 hours per week.
- B. Deadline to register teams including payment per team is a minimum of 3 weeks before Opening Day. If payment and paperwork is not received, the team will not be scheduled for Opening Day.
- C. Spring Season
  - 1. Opening Weekend
  - 2. League Play
  - 3. Championship Weekend
    - a) Brackets are seeded.
    - b) Championship games are single elimination.

### VII. Paperwork Requirements

- A. Each Chapter shall provide to JAAFSC the following paperwork along with payment by deadline to register teams for play. *Only hard copies are accepted.*
  - 1. Team Registration Check List (1 per team)
  - 2. Game Roster (1 per team) + copy to be retained by the coach/team
  - 3. Chapter Team Officials Agreement (1 per team)
  - 4. Original Player Contract (1 per athlete) + copy to be retained by the coach/team
    - a) Completely filled out contract front and back for each player that is signed by a parent or legal guardian. A copy of these contracts must be available at all times at practice and game fields.
  - 5. Copy of Birth Certificate (1 per athlete)
  - 6. Player photo/headshot (1 per athlete)



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~~7. JAAFSC COVID-19 Waiver (1 per athlete)~~

8. Boost Training Waiver of Liability (1 per athlete)

- B. Any player who is added to the roster after time of submission, paperwork must be turned in to JAAFSC prior to game participation.

### VIII. Coaches

- A. Each team will have a minimum of 1 coach that is over the age of 18.  
B. All coaches must attend the Mandatory Coaching Certification  
C. All coaches will adhere to the Coaching Ethics found in the JAAFSC rulebook Article IV, Section C and G.

### IX. Uniform Requirements

- A. Only JAAF chapter uniforms or apparel are permitted. Club uniforms are not allowed. If teams do not have uniforms, dri-fit blanks with chapter colors are permitted. No team nicknames or non-chapter logos are allowed.

#### B. 7 on 7 Teams

1. Soft helmet - all players must have a soft helmet to participate, including quarterbacks. Helmets must be secured under the chin.
2. Mouthpiece
3. Athletic shorts
4. Dri-fit type snug shirt (to prevent pulling) - numbers not required.
5. Footwear- non-detachable rubber molded cleats. Bar cleated little league shoes and tennis shoes are permissible. Steel, aluminum, hard rubber or nylon with metal cap cleats is not allowed.

#### C. Girls Fast Flag Teams

1. Soft helmet - all players must have a soft helmet to participate, including quarterbacks. Helmets must be secured under the chin.
2. Mouthpiece
3. Athletic shorts - no open pockets.
  - a) Spandex and compression shorts may be worn under the uniform.
  - b) Shorts must be a contrasting color than the flags.
4. Regular or dri-fit shirts/jerseys are permitted. Shirts must be tucked into shorts. Sweatshirts (including hoods) must be worn under the uniform, if worn).
5. Footwear- non-detachable rubber molded cleats. Bar cleated little league shoes and tennis shoes are permissible. Steel, aluminum, hard rubber or



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nylon with metal cap cleats is not allowed.

### 6. Flags

- a) A one-piece flag belt without any knots.
- b) One flag on each side, 2 total.**
- c) Flag size is at least 2" wide by 14" length. Flags may be removable from the belt.
- d) Flags may not be altered in width or length and may have no tape on them.
- e) All players must be wearing a flag before the ball becomes live. Failure to properly wear required player equipment when the ball is about to become live results in a dead ball penalty for Delay of Game.
- f) Games will not be played unless both teams have the appropriate flags.

### D. Lineman 5v5 Teams

1. Soft helmet - all players must have a soft helmet to participate. Helmets must be secured under the chin.
- 2. Softshell shoulder pads - all players must have softshell shoulder pads to participate.**
3. Mouthpiece
4. Athletic shorts
5. Dri-fit type snug shirt (to prevent pulling) - numbers not required.
6. Footwear- non-detachable rubber molded cleats. Bar cleated little league shoes and tennis shoes are permissible. Steel, aluminum, hard rubber or nylon with metal cap cleats is not allowed.

### X. Ball Size

- A. 7on7: Ball size will be consistent with JAAFSC rules, with the only exception being at the Midget level where high school footballs are allowed.
- B. Girls Fast Flag: Must be a size 7, youth or intermediate size football.

### XI. Conduct

- A. Absolutely no fighting. If a player is involved in pushing, shoving, or punching, the player will be ejected and cannot return for the day. Any physical altercations for coaches, players, or parents will result in ejection, immediate removal from the game site, and potentially forfeiture.



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- B. If a team's bench clears, resulting in a fight, both of the teams are ejected, resulting in a forfeit.
- C. Any players and coaches who use profanity will be subjected to ejection at the discretion of the referee.
- D. Coaches are responsible for their sidelines. Parents must be in the designated viewing areas. Any parent disruptions will result in loss of game time until resolved or forfeiture, determined by the referee.
- E. The referee has the right to give a 15 yard penalty and/or eject any player, players, or team out of the game for misconduct.
- F. The JAAFSC and Boost staff retain the right in extreme cases to eject players and teams out of the tournament for misconduct.
- G. Any teams who have conduct issues and require multiple warnings will forfeit their games.
- H. No alcoholic beverages are allowed.

### **XII.7on7 Rule Book**

#### **A. Field Dimensions**

- 1. Field length will be 40 yards with a 10 yard end zone.
- 2. Field width will be 40 yards.

#### **B. Starting Each Game**

- 1. Coin Toss. The toss of the coin will take place within two minutes of the scheduled start time of the game. The toss will be called by the team captain (Ref's Discretion) before the coin is flipped. Winning team will begin possession of the ball on the +40 yard line with their choice of hash.
- 2. A whistle will begin each game.
- 3. Each game lasts 30 minutes with a running clock. There will be no halftimes.
- 4. The official will declare when the clock is under 2 minutes.
- 5. The clock never stops.
- 6. A whistle will end each game.
- 7. The referees will keep the official score and time on the field for each game.

#### **C. Moving the Ball**

- 1. Offense always starts on +40 yard line with their choice of the hash. After any change of possession.
- 2. All snaps at the +40 yard line must be either under center or snapped from



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center (Shotgun).

3. Offense has three (3) downs to gain a first down. First down markers will be at 15 yard increments.
4. Once inside the 10 yard line, the offense has 4 downs to score a touchdown.
5. The first person to control the football after it is snapped is the QB. The QB is never eligible to run.
6. The offense may run the ball one (1) time each possession outside the tackle box, 6 yds from the ball. No runs plays inside the 10 yard line.
7. Toss passes and hook and ladder plays are NOT allowed.
8. Defensive players cannot cross the line on a run play until the quarterback hands the ball off to the RB. If he does that is considered a blitz.
9. Quarterback can NEVER run the ball.
10. Conversion after a touchdown
  - a) Jr Micro & Micro - 1 point from the 5yd line or 2 points from the 10 yard line with the entire offense.
  - b) JPW, PW, & Midget - 1 point by completing a 1 on 1 play (WR vs DB) from the 5 yard line. During the 1 point play the offensive player must line up as an outside receiver, no more than 5 yards from the sideline. No inside WR's allowed for the extra point.
  - c) 2 point conversions from the 10 yard line. No 1 on 1 play. Entire offense will take the field. Offense chooses hash for ball placement.
11. No running the ball during overtime, or during conversions after touchdowns.
12. Any passes behind the line of scrimmage are considered runs (such as screens). Teams are only allowed one run play per possession (see Section III, rule F).

### **D. Coaching Your Team**

1. There will be one offensive coach allowed on the field at any time. The coach must be positioned behind the offensive huddle.
2. Coaches are not allowed to challenge any official ruling.
3. Remaining team coaches can work from the sidelines.
4. No defensive coaches allowed on the field, except for Jr Micro and Mirco (see Section XIV, D1).



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- a) For Jr Micro and Micro, 1 defensive coach is allowed on the field. Defensive coaches will have 25 seconds to call a play and be off the field from the chop end whistle. The same 25 seconds as offense. Defensive delay of game is a 5 yard repeat down penalty.
- 5. Coaches will be given 1 sideline warning during play. Second warning will result in a 10 yard penalty or half the distance to the goal. Third warning will result in coaches ejection.
- 6. Coaches must play each player a minimum of 5 plays per game.

### **E. Special Rules**

- 1. No blocking.
- 2. Face guarding is illegal.
- 3. Blocking will result in a loss of down, return to previous spot.
- 4. Ball carrier is legally down when touched below the neck with one hand. A defender cannot leave his feet to make a tag.
- 5. Fumbles (including snap) are dead balls at the spot with the last team in control retaining possession at the spot.
- 6. Offensive teams will have 25 seconds to put the ball into play from the chop end whistle. Delay of game is a loss of down.
- 7. The offensive team is responsible for retrieving and returning the ball to the official. The clock does not stop, and any delay of the offense in retrieving and returning the ball to the official will result in delay of game.
- 8. Defensive pass interference or defensive holding will result in a first down at the spot of the foul.
- 9. Offensive pass interference will result in a return to the previous spot plus a loss of down.
- 10. The QB is allowed 4.0 seconds to throw the ball. Referees will stop play if 4.0 seconds are surpassed.
- 11. Linebackers must align no closer than 5 yds from the line of scrimmage before the snap of each play.
- 12. A minimum of 2 linebackers is required at all times. At least 2 players on defense should be no closer than 5 yards at the snap.
- 13. Interceptions are an automatic 1 point for the defense and can be advance for 2 points.
- 14. Interceptions during conversions after touchdowns will count as 1 point, but cannot be advanced for 2 points.



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15. Excessive celebration is not allowed and will not be tolerated. If a team clears the sideline to celebrate a touchdown and delay the game they will be penalized 15 yards on defense on the next opponent's offensive drive/possession . If on an extra point the team will be penalized 15 yards on defense and the extra point will not count.
16. A game cannot end on a defensive penalty. If this occurs, the offense will have an untimed down if time has expired.
17. Jr. Micro and Micro divisions **MUST** play no closer than 5 yds from the line of scrimmage at all times while on defense (**no press coverage**).
18. There are no blitzes by the defense during the game.
19. Teams are allowed one, 30 second timeout in the final two minutes of each ballgame. 30 seconds will be added to the end of the game clock per time out.
20. Player Verification Challenge
  - a) Coaches are allowed to challenge the legitimacy of the opposing team's players for age verification, at any point during the game.
  - b) Coaches are allowed one challenge per game day.
  - c) If the team that is challenged **CANNOT** verify the name, age, and player photo the result will be:
    - (1) Forfeiture of game
    - (2) The player will either be removed and/or placed in the appropriate division.
    - (3) The head coach will be removed from the league for the remainder of the 70n7 season and the issue will be escalated to the Commissioner of SCJAAF for review.
  - d) If the team that is challenged provides accurate verification of the name, age, and player photo the result will be:
    - (1) Loss of down on the current or next offensive possession.
  - e) 30 seconds will be added on to the end of the game, per challenge.
  - f) Failure to be on your assigned field, ready to play, after 10 minutes from your start time will result in forfeiture of game.

### F. Overtime/Tie Breaker

1. Any game that ends in a tie will go to a tiebreaker. There will be a coin toss at the beginning of the tiebreaker with the home team calling the toss. The winner will choose to be on either offense or defense.



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- a) Jr Micro & Micro tiebreaker rules are as follows:
  - (1) Each team will have 1 snap from the 40 yard line, choice of hash.
  - (2) The team with the deepest completion will be declared the winner of the tiebreaker and will add 1 point to the final score.
  - (3) If there is no completion, or the deepest completion is equal, the tiebreaker will be repeated with the team that lost the initial coin toss making the choice to either take offense or defense.
  - (4) This format will be repeated until there is a clear winner declared.
  - (5) This tiebreaker format will be used in all Jr Micro and Micro games.
  - (6) *No run play allowed in tie breaker.*
- b) For JPW, PW, & Midget tiebreaker rules are as follows:
  - (1) Each team will have 1 snap from the 5 yard line for a 1 on 1 play (WR vs DB) from the 5 yard line. During the play the offensive player must line up as an outside receiver. No inside WR's allowed for the 1 on 1 play.
  - (2) 1 point will be added each time a team scores.
  - (3) The team that makes the first score and defensive stop will be declared the winner of the tiebreaker and will add 1 point to the final score.
  - (4) If no winner is declared after both teams have a possession, the tiebreaker will be repeated with the team that lost the initial coin toss making the choice to either take offense or defense.
  - (5) This format will be repeated until there is a clear winner declared.
  - (6) This tiebreaker format will be used in all JPW, PW, and Midget games.

### **G. Division Pairings**

- 1. League kick-off will begin with round robin play of 3 twenty minute games for each team.



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2. After Week 3, and depending on the total number of teams per division, based on wins/losses and points scored, teams will be placed in either division 1 or 1A, with division 1 being the stronger division.
3. Division seeding will be ongoing for 4 weeks, after which division seedings are final.
4. Division seeding is determined by:
  - a) Record
  - b) Total points scored
  - c) Point differential total score minus total give up.
5. All teams participating in pairings will be from teams formed from Chapters within JAAFSC.
6. DURING PLAYOFFS BRACKET WINNER WILL BE DETERMINED BY:
  - a) Head to head Competition.
7. DURING PLAYOFFS AT LARGE TEAM WILL BE DETERMINED BY:
  - a) Record
  - b) Total points scored
  - c) Point differential total score minus total give up.
8. During the playoffs, championship games are single elimination.
9. POINT VALUES:
  - a) Offensive touchdown 6 = points
  - b) Extra point from the 5 = 1 points
  - c) Extra point from the 10 = 2 points

### **H. Penalties**

1. Offensive Penalties Assessed Result
  - a) False start/Illegal motion Line of Scrimmage Loss of Down
  - b) Delay of Game Line of Scrimmage Loss of Down
  - c) Blocking Line of Scrimmage Loss of Down
  - d) Fumbles Dead Ball (offense retains possession at the spot)
  - e) Pass Interference Line of Scrimmage Loss of Down
  - f) Unnecessary Roughness 15 Yards – LOS Loss of Down
  - g) Illegal Play 5 Yards Loss of Down
  - h) Un-sportsman 15 Yards Loss of Down
2. Defense Penalties Assessed Result
  - a) Encroachment/ Neutral zone 5 yards Repeat Down
  - b) Holding Offense FD Spot Foul & 1st Down



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- c) Pass Interference Offense FD Spot Foul & 1st Down
- d) Unnecessary Roughness 15 Yards Line of Scrimmage
- e) Illegal Play 5 yards First Down
- f) Un-sportsman 15 Yards First Down
- g) Defensive Delay of Game 5 yards Repeat Down

### **XIII. Girls Fast Flag Rule Book (Rules Subject to Change - New Section Add)**

Girls Fast Flag Football is not the same as 7on7. This set of rules is consistent with the goals of development for young female athletes to prepare them for high school flag football. Girls Flag Football is now a state sanctioned sport in California.

#### **A. Field Dimensions**

- 1. Field length will be 40 yards with a 10 yard end zone.
- 2. Field width will be 40 yards.

#### **B. Starting Each Game**

- 1. Coin Toss. The toss of the coin will take place within two minutes of the scheduled start time of the game. The toss will be called by the team captain (Ref's Discretion) before the coin is flipped. Winning team will begin possession of the ball on the +40 yard line with their choice of hash.
- 2. A whistle will begin each game.
- 3. Each game lasts 30 minutes with a running clock. There will be no halftimes.
- 4. The official will declare when the clock is under 2 minutes.
- 5. The clock never stops.
- 6. A whistle will end each game.
- 7. The referees will keep the official score and time on the field for each game.

#### **C. Game Play Rules**

- 1. There will be NO kick-offs.
- 2. Offense always starts on +40 yard line with their choice of the hash after any change of possession.
- 3. All snaps at the +40 yard line must be either under center or snapped from center (Shotgun).
- 4. Series of Downs



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- a) Offense has three (3) downs to gain a first down. The first down marker will be at the 20-yard line.
- b) Once inside the 20-yard line, the offense has 4 downs to score a touchdown.
- c) Officials will be responsible for determining the spot of the ball and the down markings.
- d) A new series of downs will be awarded when a team moves the ball to the next line to gain.

### **5. Offense**

- a) Blocking: No Blocking or Moving Screens allowed at any time
- b) NO EXCESSIVE CONTACT will be allowed.
- c) Passing
  - (1) The offensive team may NOT throw more than one forward pass per play.
  - (2) The offensive team may throw an unlimited number of backward passes during any play.
  - (3) No player may throw the ball forward if that player is beyond the line of scrimmage.
  - (4) The QB MAY intentionally ground the ball by throwing the ball into the ground or out of bounds to avoid a sack. If the ball is thrown laterally or backwards it is considered a fumble and the ball will be placed at the spot where the ball crossed the out of bounds demarcation or hits the ground. If the pass is thrown forward it is considered an incomplete pass and will be placed at the previous spot.
  - (5) No forward passes are allowed after an interception.
- d) Snapping
  - (1) The ball must be snapped from the ground but does not have to be snapped between the legs.
  - (2) The ball may be snapped to any person whose feet are at least 2 yards behind the line of scrimmage.
  - (3) The person who receives the snap is considered the quarterback for that play.
- e) Rushing
  - (1) ALL players are eligible receivers.



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- (2) Quarterback can run the ball ONCE per SERIES OF DOWNS.
  - (3) There is no limit on the number of times players other than the quarterback can run.
  - (4) The PAT shall be treated as a new series (QB is open).
  - (5) No stiff arming.
  - (6) If a defense “blitzes” or rushes multiple defensive players at the quarterback, the quarterback may run without it counting as their one run per series of downs.
- f) No Run Zone
  - (1) No-Run Zones are located 5 yards from each end zone and 5 yards from each line-to-gain. No run zones are designed to avoid short-yardage, power-running situations to help avoid blocks/screens & excessive contact. If a penalty or loss of yardage takes a team out of the no run zone (more than 5 yards from end zone or line to gain), that team is then allowed direct hand-offs again.
  - (2) QB runs are not allowed in these No Run Zones unless the defense blitzes.
  - (3) Direct hand-offs, including a direct hand-off following a forward or backward pass, are not allowed in these No Run Zones.
- g) Receiving
  - (1) A reception is deemed made if:
    - (a) The receiver possesses the ball before the ball contacts the ground and
    - (b) The receiver has a body part down in the field of play after possessing the ball.
  - (2) The receiver may NOT use their hands or arms to move a defender to make a reception.
  - (3) No stiff arming.
- h) Jumping
  - (1) A player may not leave her feet to avoid a flag from being pulled.
  - (2) Official will blow the whistle and the player will be down at the spot where she left their feet.
- i) Fumbles



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- (1) Fumbles are dead as soon as they hit the ground.
- (2) Forward or backward fumbles will be placed at the spot where the ball crossed the out of bounds demarcation or hit the ground.
- (3) A fumble caught in the air by either team is a live ball and may be advanced.

### 6. Defense

- a) Blocking
  - (1) No Blocking or Moving Screens allowed at any time
  - (2) NO EXCESSIVE CONTACT will be allowed.
- b) Rushing/Blitzing
  - (1) Any defensive players can rush from any position on the field if they are 7 yards behind the line of scrimmage.
  - (2) Teams may only rush up to two (2) players at a time.
  - (3) Rushers must attempt to avoid any offensive players. NO EXCESSIVE contact is allowed.
  - (4) Rusher must avoid hitting the QB's arm, even on the follow through motion.
  - (5) NO limit on the number of rushing attempts (BLITZS) by a team.
- c) Pass Defense
  - (1) Receivers are allowed a free release from the line of scrimmage. NO Bump and Run coverage. *This is an illegal contact foul - 10-yard penalty.* This would be enforced from the end of the related run (running play) or previous spot (pass play).
  - (2) Defenders are not allowed to play through the receiver to make a play on the ball.
  - (3) Interceptions occur if:
    - (a) The interceptor possesses the ball before the ball contacts the ground, &
    - (b) The interceptor has a body part down in the field of play after possessing the ball.
  - (4) If the defense intercepts a pass, they can return the ball for a touchdown.
    - (a) Interceptions are an automatic 1 point for the



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defense and can be advance for 2 points.

(b) Interceptions during conversions after touchdowns will count as 1 point, but cannot be advanced for 2 points.

d) De-Flagging/Tackling

(1) The defender must make a play at the flags. A player may not try to strip, grab or knock free a ball in player possession, including a quarterback prior to passing the ball. If this occurs, it is penalized as an illegal contact foul or unsportsmanlike conduct foul.

(2) When de-flagging the ball carrier:

(a) The ball carrier is down at the point when the flag is removed NOT when it falls off or is dropped.

(b) The ball will be spotted using forward progress where the ball is at when the flag comes unclipped, not where the flag may fall.

(c) Forward progress is the forward-most point of the ball when de-flagged, if a player is holding the ball out in front of her body, then that's the dead-ball spot where the ball will next be put into play.

e) Punting

(1) There will be NO punts.

### D. Scoring

1. Touchdown: 6 points

2. Tampering with a Flag:

a) If a player is determined to have tampered with their flag it will result in a loss of down and a warning.

b) Next infraction results in disqualification.

3. Point After Touchdown:

a) No kick attempts

b) 5 yards = 1 point

c) 10 yards = 2 points

4. During a PAT attempt, the ball remains live, allowing the intercepting team to return the try for 2 points to the other end of the field.

5. Once a team declares their choice for a 1- or 2-point conversion and the ball is declared ready for play by the officials, the decision is final.



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6. Additionally, when a touchdown is scored and the PAT down has not been played when the game clock reaches 0:00, the game shall be extended for the PAT down on the same end of the field that the touchdown was scored.
7. Safety: 2 points
8. Interceptions are an automatic 1 point for the defense and can be advance for 2 points.
9. Interceptions during conversions after touchdowns will count as 1 point, but cannot be advanced for 2 points.

### **E. Coaching Your Team**

1. There will be one offensive coach allowed on the field at any time. The coach must be positioned behind the offensive huddle.
2. Coaches are not allowed to challenge any official ruling.
3. Remaining team coaches can work from the sidelines.
4. No defensive coaches allowed on the field, except for Jr Micro and Mirco (see Section XIV, D1).
  - a) For Jr Micro and Micro, 1 defensive coach is allowed on the field. Defensive coaches will have 25 seconds to call a play and be off the field from the chop end whistle. The same 25 seconds as offense. Defensive delay of game is a 5 yard repeat down penalty.
5. Coaches will be given 1 sideline warning during play. Second warning will result in a 10 yard penalty or half the distance to the goal. Third warning will result in coaches ejection.
6. Coaches must play each player a minimum of 5 plays per game.

### **F. Special Rules**

1. No blocking.
2. Face guarding is illegal.
3. Blocking will result in a loss of down, return to previous spot.
4. Ball carrier is legally down when touched below the neck with one hand. A defender cannot leave his feet to make a tag.
5. Fumbles (including snap) are dead balls at the spot with the last team in control retaining possession at the spot.
6. Offensive teams will have 25 seconds to put the ball into play from the chop end whistle. Delay of game is a loss of down.
7. The offensive team is responsible for retrieving and returning the ball to



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the official. The clock does not stop, and any delay of the offense in retrieving and returning the ball to the official will result in delay of game.

8. Excessive celebration is not allowed and will not be tolerated. If a team clears the sideline to celebrate a touchdown and delay the game they will be penalized 15 yards on defense on the next opponent's offensive drive/possession . If on an extra point the team will be penalized 15 yards on defense and the extra point will not count.
9. A game cannot end on a defensive penalty. If this occurs, the offense will have an untimed down if time has expired.
10. Teams are allowed one, 30 second timeout in the final two minutes of each ballgame. 30 seconds will be added to the end of the game clock per time out.
11. Player Verification Challenge
  - a) Coaches are allowed to challenge the legitimacy of the opposing team's players for age verification, at any point during the game.
  - b) Coaches are allowed one challenge per game day.
  - c) If the team that is challenged CANNOT verify the name, age, and player photo the result will be:
    - (1) Forfeiture of game
    - (2) The player will either be removed and/or placed in the appropriate division.
    - (3) The head coach will be removed from the league for the remainder of the 7on7 season and the issue will be escalated to the Commissioner of SCJAAF for review.
  - d) If the team that is challenged provides accurate verification of the name, age, and player photo the result will be:
    - (1) Loss of down on the current or next offensive possession.
  - e) 30 seconds will be added on to the end of the game, per challenge.
  - f) Failure to be on your assigned field, ready to play, after 10 minutes from your start time will result in forfeiture of game.

### **G. Overtime/Tie Breaker**

1. In the event the 2nd half ends in a tie, overtime will commence.
  - a) A coin toss shall decide who receives the ball first.
  - b) Winner of the coin toss can choose to be on offense first, defense first or choose the end of the field that overtime will be played on.



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The loser of the toss shall exercise the remaining option for the first extra period and shall have the first choice of options for subsequent even-numbered extra periods.

- c) Each team will receive one (1) time out per overtime period.
  - d) Teams will alternate possessions, starting at the 20-yard line. The line to gain is always the goal line regardless of whether a penalty enforcement places the ball more than 20 yards from the goal line to start a new series of downs.
  - e) Teams may go for 1 or 2 points after a touchdown is scored.
- 2. Each team will have at least one possession during each over time unless B scores first. If team A scores first, team B will be given a series of down from their 20-yard
  - 3. Unfair Acts:
    - a) The Referee has much latitude in handling obviously unfair acts during a game. This would include situations that arise when a team commits a blatant and obvious intentional foul or fouls to gain a clock advantage late in a game. We should treat these intentional fouls as Unsportsmanlike Conduct fouls. Each player committing these unsportsmanlike acts will have a counted unsportsmanlike conduct foul, with 2 unsportsmanlike conduct fouls by a single player or coach resulting in disqualification. The following is a list some other potential intentional fouls that could be committed during the game:
  - 4. A player or non-player or person(s) not subject to the rules shall not hinder play by an unfair act which has no specific rule coverage.
  - 5. No team shall repeatedly commit fouls which halve the distance to the goal line.
  - 6. No player shall hide the ball under the jersey.
  - 7. Neither team shall commit any act which, in the opinion of the Referee, tends to make a travesty of the game.

### **H. Division Pairings**

- 1. League kick-off will begin with round robin play of 3 twenty minute games for each team.
- 2. After Week 3, and depending on the total number of teams per division, based on wins/losses and points scored, teams will be placed in either



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- division 1 or 1A, with division 1 being the stronger division.
3. Division seeding will be ongoing for 4 weeks, after which division seedings are final.
  4. Division seeding is determined by:
    - a) Record
    - b) Total points scored
    - c) Point differential total score minus total give up.
  5. All teams participating in pairings will be from teams formed from Chapters within JAAFSC.
  6. DURING PLAYOFFS BRACKET WINNER WILL BE DETERMINED BY:
    - a) Head to head Competition.
  7. DURING PLAYOFFS AT LARGE TEAM WILL BE DETERMINED BY:
    - a) Record
    - b) Total points scored
    - c) Point differential total score minus total give up.
  8. During the playoffs, championship games are single elimination.
  9. POINT VALUES:
    - a) Offensive touchdown 6 = points
    - b) Extra point from the 5 = 1 points
    - c) Extra point from the 10 = 2 points

### **I. Penalties**

1. Offensive Penalties Assessed Result
  - a) Illegal Contact- 10-yard penalty
    - (1) When an offensive player makes excessive contact with a defensive player.
    - (2) No Blocking or Moving Screens
  - b) False Start- 5-yard penalty
    - (1) When an offensive player moves in a way that simulates the start of a play.
  - c) Offensive Pass Interference - 10-yard penalty
    - (1) When an offensive player hinders a defensive player's ability to catch a pass by making physical contact with the defensive player.



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- (2) It is forward-pass interference if any player of A, who is beyond the neutral zone, interferes with an opponent's opportunity to move toward, catch, or bat a pass.
- (3) It is not forward-pass interference if:
  - (a) Unavoidable contact occurs when two or more players are making a simultaneous, bona fide attempt to move toward, catch or bat the pass.
  - (b) Contact by A is immediately made on a B lineman and the contact does not continue beyond the neutral zone.
- d) Illegal Forward Pass- 5-yard penalty from the spot of the infraction (loss of down, if by offense)
  - (1) When a player is or has been past the line of scrimmage throws the ball forward or when more than one forward pass is thrown during a play.
  - (2) When a forward pass is thrown after a change of team possession.
- e) Illegal Quarterback Run - 5-yard penalty, loss of down
  - (1) When the quarterback runs the ball more than once per series of downs.
- f) Illegal Shift/Illegal Motion - 5-yard penalty
  - (1) When an offensive player in motion moves towards the line of scrimmage before the ball is snapped.
  - (2) A maximum of one (1) player off the line of scrimmage is allowed to be moving laterally/backward at the snap of the ball.
- g) Flag Guarding - 10-yard penalty from the spot of the infraction, loss of down.
  - (1) When a player, either intentionally or accidentally, inhibits a player from de-flagging them using their hands, arms, etc. (including stiff arming).
- h) Illegal Formation- 5-yard penalty
  - (1) When the offensive team has more than 3 players lined up behind or off the line of scrimmage at the snap.
- i) Hurdling/Spinning/Diving - 10-yard penalty
  - (1) A player may not attempt to jump over an opponent.



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- (2) A player may not spin to avoid a flag from being pulled.  
("spinning is a complete 360 degree turn and not allowed, however a turn and change of direction is permitted")
  - (3) A player may not leave their feet and dive in any direction to advance the football.
- 2. Defense Penalties Assessed Result
  - a) Illegal Rush - 5-yard penalty
    - (1) When a defensive player rushes the QB after being less than 7 yards behind the line of scrimmage at the snap.
    - (2) When more than two (2) players rush at a time.
  - b) Illegal Contact - 10-yard penalty
    - (1) When a defensive player makes excessive contact with an offensive player.
    - (2) A player may not run through the ball carrier when pulling a flag.
  - c) Illegal Flag Pulling - 5-yard penalty, automatic first down
    - (1) A defensive player may not intentionally pull the flags off a player who has not touched the ball.
    - (2) Run Play - enforced from end of run
    - (3) Pass Play - Complete - enforced from end of related run
    - (4) Pass Play - Incomplete - enforced from previous spot
  - d) Roughing the Passer - 10-yard penalty, automatic first down
    - (1) When a defensive player contacts the QB while the QB is in the throwing motion or has just completed the throwing motion. This includes hitting the QB's arm after they have released the ball.
  - e) Defensive Pass Interference - 10-yard penalty
    - (1) When a defensive player hinders an offensive player's ability to catch a pass by making physical contact with the offensive player.
    - (2) It is forward-pass interference if any player of B, who is beyond the neutral zone, interferes with an opponent's opportunity to move toward, catch, or bat a pass.
    - (3) It is not forward-pass interference if:
      - (a) Unavoidable contact occurs when two or more players are making a simultaneous, bona fide attempt to move toward, catch or bat the pass.



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- (b) Contact by B is obviously away from the direction of the pass.
- f) Defensive Holding- 10-yard penalty
  - (1) When a defensive player holds up the offensive player while attempting to de-flag that player.
- g) Encroachment - 5-yard penalty
  - (1) When a defensive player crosses the line of scrimmage before the ball is snapped.
- h) Tackling - 10-yard penalty
  - (1) A player cannot tackle the ball carrier.
- i) Sliding - 10-yard penalty
  - (1) A player may not slide to get the flag.

### **XIV. Lineman 5v5 Rule Book (Rules Subject to Change - New Section Add)**

5v5 is a fun and physical competition where two opposing teams consisting of 5 offensive lineman compete against an opposing team of 5 defense lineman. At the line of scrimmage they will engage in a series of matches where the defensive lineman will use pass rushes to defeat an opposing offensive lineman and the offensive lineman will use a series of pass protection moves to defeat the opposing defensive lineman.

#### **A. Field Dimensions**

1. The "Pit" dimensions will be approximately 20 yards long by 10 yards wide.

#### **B. Starting Each Game**

1. Coin Toss. The toss of the coin will take place within two minutes of the scheduled start time of the game. The toss will be called by the team captain (Ref's Discretion) before the coin is flipped. The team that wins the coin toss will choose to begin on offense or defense.
2. A whistle will begin each game.
3. Each game lasts 15 minutes with a running clock. The proposed format for league play is:
  - a) 4 minutes - 5v5
  - b) 1 minute - break
  - c) 4 minutes - 5v5
  - d) 1 minute - break/transition



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- e) 5 minutes - team competition
- 4. The official will declare when the clock is under 1 minute.
- 5. The clock never stops.
- 6. A whistle will end each game.
- 7. The referees will keep the official score and time on the field for each game.

### **C. Game Play Rules**

- 1. There will be 5 down offensive lineman and 5 down defensive lineman at the line of scrimmage (LOS) at all times.
- 2. Only (1) offensive lineman and (1) defensive lineman will compete each play beginning with tackles and defensive ends.
- 3. Linemen must have 2 foot splits at all times.
- 4. Moving down the LOS, each pair of opponents will get 2 reps before moving to the next pair of lineman.
- 5. This sequence will continue in order until the time is up (halftime or end of the game).
- 6. Playing Offense
  - a) All 5 offensive lineman will be in alignment at all times.
  - b) Offensive Linemen who are not involved in the play, must step away when action is coming their way.
  - c) A play begins at the movement of an offensive player.
  - d) Offensive lineman cannot pull defenders down during their rush, but they can slap hands down.
- 7. Playing Defense
  - a) All 5 defensive lineman will be in alignment at all times (This is the only defensive front allowed)
  - b) A defensive lineman cannot rush until an offensive player moves.
  - c) A defensive lineman cannot bullrush or pull offensive lineman down during their rush
  - d) Defensive lineman can extend their arm while rushing for 3 steps only.

### **D. Coaching Your Team**

- 1. There will be a max of 2 certified coaches per team permitted in the Pit.
- 2. Coaches are not allowed to challenge any official ruling.



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3. Coaches will be given 1 warning during play. Second warning will result in a point to the other team. Third warning will result in coaches ejection.
4. Profanity is not allowed.
5. Coaches are responsible for their parents and players.

### **E. Scoring**

1. POINT VALUES:
  - a) Offense prevents rush = 1 point
  - b) Defense sacks QB = 1 point

### **F. Overtime/Tie Breaker**

1. In the event of a tie, the next repetition between the offensive lineman & defensive lineman wins the game.
  - a) Whichever team is on offense will take the next rep on offense as for defense

### **G. Penalties**

1. Offensive Penalties Assessed Result
  - a) Holding = 1 point defense
  - b) Pulling hands/shirt down = 1 point defense
  - c) Hands to face = 1 point defense & warning
  - d) Non step away = 1 point defense
2. Defense Penalties Assessed Result
  - a) Offside = 1 point offense
  - b) Pulling hands/shirt down = 1 point offense
  - c) Hands to face = 1 point offense & warning