



JUNIOR COMET SPORTS RULES

Flag Football – Passing League Rules

----- GENERAL & PLAYING RULES -----

ABUSIVE CONDUCT – Player

(Fighting – Hitting – Kicking – Tripping – Swearing - 2nd Unsportsmanlike - Verbally harassing anyone)

All the above actions will result in an ejection per board member consult from the game, plus a 1 game suspension.

For further explanation see “**FLAGRANT MISCONDUCT**” on Pg. 7.

ABUSIVE CONDUCT – Spectator

(A) Any spectator will be removed from the premises for abusive language/conduct.

(B) A spectator so removed may attend the next game.

(C) A second violation by that same person will be prohibited from attending games for the remainder of the season.

AIR QUALITY –

If the AQI (Air Quality Index) is higher than 150, all outdoor practices and games will be cancelled and can resume when levels drop to 150 or lower.

We Follow OSAA (Oregon School Activities Association) guidelines on air quality. These Guidelines can be found via this link: <https://www.osaa.org/health-safety/air-quality>.

We use the Air Now App to get these numbers, this app gets its information for the Oregon Department of Environmental Quality.

AVOIDANCE –

(A) The ball carrier **MUST AVOID THE DEFENDER!**

(B) The ball carrier is not allowed to “plow” into or run over a defensive player. (i.e., dropping a shoulder)

PEN: 5-yds from the spot of the foul.

BLITZING –

(A) Blitzing is legal.

(B) 1 blitz per 1st down series.

(C) Only one player is allowed to blitz from the defense per play.

(D) The blitzing player must be lined up 5-yds behind the line of scrimmage.

PEN: 5-yds from the line of scrimmage

BLOCKING –

(A) A legal block is palms open with the elbows bent at all times.

(B) The arms should never be fully extended.

(C) Contact must be made only between the belly button and the player’s collarbone while facing the opposing player.

PEN: 10-yds

CENTER & CENTER SNEAKS –

(A) Centers are protected until the ball is snapped and their head is up!

(B) No Center sneaks without the Quarterback handing the ball back to the Center or the Center turning around to receive the ball back from the Quarterback.

PEN: Ball placed at the original line of scrimmage PLUS loss of down.

CHEER –

A team cheer and shaking of hands is **Expected** of both teams following each game.

COACHES/PLAYERS AREA –

- (A) Coaches are expected to remain in the team area, except when speaking with a referee or during a time out.
- (B) Players are expected to remain in the team area.
- (C) No spectators are allowed within the coaches/players area and must remain in the spectators' area (the outer side of the playing fields. No spectators are allowed within the inner row(s) in between the playing fields.
- (D) In the **Lower League**, one coach may be on the field at all times, but must remain 5 yards behind the line of scrimmage and **out of the area of play**.
- (E) In the **Upper League**, a coach is allowed on the field for the first 2 games of the season, after the first 2 games, coaches must remain on the sideline.
- (F) A maximum of 3 registered coaches are allowed on the sideline, all others will be asked to remain in the spectator seating area.

DEAD BALL –

- (A) The play is dead any time the ball touches the ground after the snap.
- (B) If this happens to the offense, they retain possession of the ball at the spot the ball first hit the ground, **UNLESS** it was a 4th down play, then it's a turnover on downs, at that spot.

DIVING/JUMPING –

No diving/jumping while running with the ball.

PEN: 5-yds from spot of the foul .

DISPUTES –

- (A) Coaches, players, and spectators are not allowed to argue with the referee, this may result in an ejection if necessary. Spectators will be warned on the first occurrence and will be asked to leave on the second occurrence.
- (B) Referee(s) are not allowed to argue with a coach, player, or spectator.
- (C) If a dispute arises, an official timeout with clock stoppage will be called by the referee. A board member will be called in to clarify rules, resolve the dispute, have final say, and adjust the game clock as needed.

FLAG PULLING –

(A) Wrapping arms around an opponent while flag pulling is considered tackling.

PEN: 10-yds

FLAG GUARDING –

If a runner uses their hands or arms to block or guard their flags from being pulled, the play will be whistled dead.

PEN: 5-yds from the spot of the foul.

FIELD LAYOUT –

30-yds wide by 60-yds long with 10-yd first down lines. End zones are 10-yds deep (80-yds long total).

This is subject to change slightly pending location and space availability.

FIRST DOWNS –

- (A) 1st downs are given at each advancing line on the field.
- (B) 4 downs to reach the next 1st down line.

GAME GEAR –

- (A) **JERSEYS** – Jersey’s **MUST** be worn on the top layer of clothing. All upper body attire (shirts/jackets etc.) **MUST** be tucked into pants or shorts. **Any un-tucked upper body attire will result in the player being “down” when touched by the opposing team with one hand.**
- (B) **MOUTH GUARDS** - All players **MUST** have a mouth guard in place when in the game, **NO EXCEPTIONS!**
PEN: 5-yds
- (C) **FLAG BELTS** – Flags are to be positioned over each hip and over the center of the tailbone. **If a player’s flag(s) fall off during a play, that player may advance the ball until he/she is touched by an opposing player with one hand.**
- (D) **EYEWEAR** – Prescription eyewear **ONLY** may be worn in the game by players.
- (E) **FOOTBALL GLOVES** – Are allowed.
- (F) **HATS** – Ballcap style hats are not allowed in the game by players. Beanie style hats may be worn in cold weather.
- (G) **JEWELRY** – No jewelry is to be worn by players.
- (H) **SHOES** – Cleats are recommended but not required. Open-toed shoes/sandals of any kind are not allowed.
- (I) **SOFT HELMETS** – Are allowed.

HUDDLE TIME –

Limited to 30 seconds per down from the time the ball is placed on the line of scrimmage by the referee.
Pen: 5-yds from the line of scrimmage (Delay of Game)

INJURY –

Players leaving the game due to injury will return to rotation as soon as possible, if possible. The time clock may be stopped by the referee if necessary. See **“STOPPING THE CLOCK”**. The coach of an injured player will observe for possible head injury/concussion and must notify Board Member if the player shows signs of such.

KICK OFFS –

- (A) Kick offs will be done via a tee from the 20-yard line of the field.
- (B) A maximum of 2 players are allowed back to receive the kick with a minimum of 1 player.
- (C) All other receiving team players must start on the 30-yard line.
- (D) If the ball rolls out of the End Zone, it is a touch-back. (Ball will be spotted at the 20-yard line)
- (E) If the ball is kicked out of bounds, it will be placed at the nearest line (forwards or backwards) where it went out of bounds.
- (F) Kicks on the ground are dead balls upon the kicking team touching the ball.
- (G) The ball must be kicked off within 30 seconds of the referee placing the ball on the ground, if it is not, the referee will call delay of game on the kicking team.

PEN: 5-yds

KNEE TOUCHES –

- (A) During the course of play, if the knee of the player with the ball touches the ground behind the line of scrimmage, the play is dead at the spot of the touch.
- (B) If the ball carriers knee touches beyond the line of scrimmage, the play will be whistled dead, and the ball will be placed at the spot of the touch.

LEGAL FORMATION –

Can be **ANY** offensive set desired.

LENGTH OF GAME –

- (A) Games start as scheduled.
- (B) Two – 25-minute halves, with a running clock. See **“STOPPING THE CLOCK”**.
- (C) **HALFTIME** – 10 minutes.
- (D) Games cannot end on a defensive penalty.
- (E) **OVERTIME & TIE GAMES** – See **“OVERTIME AND TIE GAMES”**.

MOTION –

You may send 1 player in motion following these rules:

- (A) Only one player may motion per down.
- (B) That player may only motion once per down.
- (C) Motions must be made in a lateral movement. (No advancing towards the line of scrimmage.)

Illegal Motion PEN: 5-yds from the line of scrimmage. (Replay Down)

NOSE GUARDS –

Are allowed – The Nose Guard cannot touch the Center until their head is up and must be at least 2 yards from the ball. *(This rule is subject to change during the 2024 season)*

PEN: 5-yds

OFFENSIVE PLAY TIME LIMIT –

- (A) None!
- (B) The referee will raise their hand 5-seconds after the ball is snapped and **ANY** defensive player(s) **MAY** rush the Quarter Back or ball carrier at that time.

OVERTIME & TIE GAMES –

- (A) First possession will be determined by a coin toss with the home team calling the toss. The winner of the coin toss can elect to be on offense or defense first.
- (B) The ball will be placed at the 5-yard line for the start of every possession. And have one play only to score
- (C) P.A.T Points awarded in overtime. One Try per Round unless there is a Penalty
- (D) If the team that wins the coin toss scores, the opposing team has the chance to score as well.
- (E) If the opposing team does not score, then the game is over.
- (F) If the opposing team does not match the score of the team who had the first possession the game is over.
- (G) This will continue until we have a winner
- (H) Team A or B must be declared to start overtime by both teams. These players will play both sides of the ball. If the game continues to a 2nd overtime the team that did not start the 1st overtime must be rotated in. This will continue round by round until a winner is declared.
- (I) All rules apply. The only exception is at the start of a new overtime period, you will receive 45 seconds to rotate the new team in and snap the ball. Time will start once the ball is spotted at the line of scrimmage by a referee.

PASSING PLAY –

- (A) Any overhand throw is a pass.
- (B) If the pass is behind the line of scrimmage, the defense may penetrate the line of scrimmage once the receiver has made a catch.
- (C) The defense can blitz any time once during the 4th down series.
- (D) If the Quarterback is blitzed or rushed, it **DOES NOT** count towards your 2 runs.

PLAYERS –

8 on 8 in both levels.

- (A) Depending on the number of players that show up, this is negotiable between the coaches prior to the start of the game, e.g. 7 on 7, 6 on 6.
- (B) The coach with the greater number of players will decide if they'll play 8 on 7, or 8 on 6.
- (C) All players will receive equal playing time as required by the Junior Comet Constitution.
- (D) A game can start and continue with 6 players on the field, but the team will do so at a disadvantage.
- (E) All players are eligible pass receivers.
- (F) The opposing team can continue to play with 8 players.
- (G) The opposing team reduce to 7 players if the coach chooses.
- (H) Any fewer than 6 players and that team must forfeit the game.
- (I) Any players not in the game must be wearing their jersey and must be in their team area on the sideline during the game.

PLAYING TIME –

This is considered of utmost importance in ALL Junior Comet programs.

- (A) All players are required to have equal playing time.
- (B) A line-up must be turned into the opposing coach and the Referee, listing team A and team B with player's names and jersey numbers. They must also declare what team is starting on offense and defense (if team A starts on offense, then Team B must play defense for the entire half). Teams will rotate to start the 2nd half.
- (C) - Line-up cards shall be turned into a board member after all game are final. All playing time will be continually recorded and updated throughout the season. Each player is expected to play half of every football game. Any extra playing time due to absent or disciplined players should be distributed evenly among all team players. (Example if John has played 6 halves and Tim has played 4 halves, then Tim **MUST** get the extra playing time before John, since Tim has played less.)
- (D) If a player is pulled for any reason from the game, that coach **MUST** notify the Referee (who & why, i.e. injury, fatigue, does not want to play). That player must re-enter the game ASAP. A referee can deny a substitution if it's apparent that a coach is trying to get a better player in the game.
- (E) - The referee will keep track of players in the game and has the sole authority to remove a player that has not checked in or has been a substitute for an extended period. It is the player's choice if they play and how long of a break, they need due to fatigue, **NOT THE COACHES.**
- (F) - If a team is reducing a player's playing time (due to disciplinary action), **The coach must inform a Board Member prior to the start of the game.**
- (G) - If a player is absent, you must use 2 different players to cover the game. One will play offense while the other will play defense. This information must be provided to the opposing coach and referee before the start of the game and listed on line-up cards as well.
- (H) - If a player is absent or withheld from play for discipline, they will get counted as if they played. **THE BOARD DOES NOT ALLOW MAKE UP PLAYING TIME FOR ANY MISSED PLAYING TIME DUE TO ABSENCE OR DISCIPLINARY ACTION.**
- (I) **A QB is only allowed to play at QB for one half of any game. If they are listed on the lineup card as QB that will count for one half of that game. Team A and B's QB cannot be a Substitute for one another in a game.**

PRACTICES –

- (A) No more than 6 practice days (3 per week), in the first 2 weeks (until school starts). Only 2 practices per week thereafter.
- (B) Practices are to be no longer than 90 minutes long (to allow equal practice times amongst teams.)
- (C) Days & times are set by the coaches and are subject to change if necessary. Coaches will notify families of any changes via team communication.

PUNTS–

- (A) No rushing or down field coverage on punts until the ball is kicked.
- (B) Players must remain in position until the ball is kicked.
- (C) A maximum of 2 players are allowed back to receive the punt with a minimum of 1 player.
- (D) All other defensive players must be on the line of scrimmage.
- (E) If the ball is kicked out of bounds, it will be placed where it went out of bounds to the nearest line (forwards or backwards).
- (F) Punts must be declared, if not, play results in a dead ball and turnover on downs with the ball being placed at the original line of scrimmage.
- (G) During a punt or kick-off, the ball may bounce on the ground after it is kicked until the receiving team picks it up.
- (J) When attempting to pick up a bouncing ball the referee **MUST** whistle the play dead at that spot to avoid a potential collision.
- (K) In a 4th down punting situation, the ball cannot be recovered by the kicking team, therefore players should be going for flags **NOT** the ball!
- (L) It is legal to down a 4th down punt (by grabbing and controlling the ball) by a player on the punting team.

RUNNING PLAY –

- (A) The offense can run twice per 1st down series.
- (B) It is considered a run if the Quarterback hands off or pitches the ball underhand in the backfield.
- (C) Once the Quarterback hands off the ball, the defense **MAY** penetrate the line of scrimmage.
- (D) If the Quarterback is blitzed or rushed, it **DOES NOT** count towards your 2 runs.
3rd Run PEN: Whistle play dead; 5-yds from the line of scrimmage (Remind offense they must pass)

SCORING / P.A.T. (Point After Touchdown) –

- (A) Can be a run or pass (no declaration required) from the 5-yd line. Blitzing is allowed following the blitzing guidelines.
- (B) 6 points = Touchdown
- (C) 1 or 2 points for P.A.T.
- (D) P.A.T. – A Successful run = 1 pt.
- (E) P.A.T. – A successful pass = 2 pts.
- (F) Any excessive end zone celebration is prohibited! (i.e., spiking the ball, dancing, or taunting the opposing team.)
PEN: 10-yds from the line of scrimmage, score will not count, repeat the down.

SIDELINE RULE –

- (A) While next to the sideline, an attempt must be made to pull the flags from the ball carrier.
- (B) Ball carriers are **NOT** to be shoved or pushed out of bounds.
PEN: 5-yds from the spot of the foul.

SNAPPING THE BALL –

- (A) The Quarterback **MUST** take a direct snap or a long snap from the Center.
- (B) When punting, a long snap must be used.

STIFF ARM –

Stiff arms are **NOT** allowed.
PEN: 5-yds from the spot of the foul.

STRIPPING THE BALL –

Is **NOT** allowed! No player is allowed to intentionally strip the ball from a player's hand. Flags should be the only means of stopping a play's progression.
PEN: 5-yds from the spot of the foul.

STOPPING THE CLOCK –

- (A) The clock runs during team timeouts.
- (B) Stopping the clock is at referee/board member discretion. (i.e., injuries / disputes)
- (C) If a dispute arises, an official timeout with clock stoppage may be called by the referee. A board member will be called in to clarify rules, resolve the dispute, have final say, and adjust the time clock as needed.
- (D) During the 2nd half, 1 time-out may be used by each team to stop the clock for 60 seconds.

TACKLING –

- (A) No tackling – see Penalties
PEN: 10-yds

TIME OUTS –

- (A) Two-time outs per half (not savable).
- (B) Time-Outs may be called by a player or coach.

- (C) Timeouts are **60** coachable seconds.
- (D) During the 2nd half, 1 time-out may be used to stop the clock for 60 seconds.
- (E) No time-outs during the last 5 minutes of the 1st half

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----- PENALTIES -----

5-YD PENALTIES

From the line of scrimmage

3rd RUN - BLITZ - HUDDLE TIME - MOTION - OFF SIDES (On off-sides, ball is dead at the time of the foul)

From the spot of the foul

AVOIDANCE - FLAG GUARDING - SIDELINE RULE - DIVING/JUMPING

Loss of down

CENTER SNEAK (ball placed at the original line of scrimmage)

10-YD PENALTIES

From the line of scrimmage

BLOCKING (above the collarbone)
BLOCKING (below the waist)
BLOCKING (in the back)
BLOCKING (with arms fully extended)
CLIPPING or PUSHING (a defensive player from behind)
HOLDING (grasping clothing, flag belt, or body parts)
ILLEGAL USE of HANDS (forearm shivers)
Offense pass interference
Defensive Pass Interference + 1st Down

From the spot of the foul

TACKLING (wrapping arms around an opponent)

From the line of scrimmage - any scoring from the play will **NOT count**

END-ZONE "SHOWBOATING" (excessive celebration - back flips, chest bumping, dancing into the endzone, spiking the ball, etc.)
FIGHTING - HITTING - KICKING - SWEARING - TAUNTING – TRASH TALKING - TRIPPING - 2nd UNSPORTSMANLIKE - VERBAL HARRASMENT

----- FLAGRANT (UNSPORTSMANLIKE) MISCONDUCT -----

The penalties listed below carry a **10-yd penalty** + possible ejection per board member consultation.

FIGHTING - HITTING - KICKING - SWEARING - TAUNTING - TRIPPING - 2nd UNSPORTSMANLIKE - VERBAL HARRASMENT

- (A) Ejected players will serve a 1 game suspension.
- (B) Ejected players will attend their next game and watch from the sideline. Players cannot play until the penalty is fulfilled.
- (C) A second flagrant misconduct penalty on the same player during the remainder of the season will result in a

2-game suspension. The player must attend both of those games and watch from the sidelines, or they will be suspended for the remainder of the season.

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----- **COACHES & REFEREES** -----

- (A) You are responsible for your fans and their actions.
- (B) Remind fans/family/friends during your first team meeting that “Abusive Language” pertains to them as well as the players and coaches. This type of behavior can result in the person being told to leave the field.
- (C) There will always be at least one board member at the field.
- (D) There is to be **NO** tobacco, alcohol, or drugs on the school grounds. If anyone is found to have these items, they will be told to leave.
- (E) If playing fields are not on school grounds and are at a city park, smoking/vaping should be at least 20 feet away from the playing area and spectator area.

----- **SPECTATORS** -----

- (A) Spectators are to remain respectful to all players, coaches, referees, and other spectators. SEE ABUSIVE CONDUCT on page 1.
- (B) There is to be **NO** tobacco, alcohol, or drugs on the school grounds. If anyone is found to have these items, they will be told to leave.
- (C) If playing fields are not on school grounds and are at a city park, smoking/vaping should be at least 20 feet away from the playing area and spectator area. Please be respectful.
- (D) If you feel you could help to do a better job, we are always looking for more volunteers! This program is run by volunteers.

Remember: It’s a GAME! – Keep it fun for your team, all players, & everyone!