

FLAG FOOTBALL

RULES AND REGULATIONS

2023



Jefferson Parish Department of Parks & Recreation

EAST BANK OFFICE
6921 Saints Drive
Metairie, LA 70003
(504) 736-6999
FAX: (504) 736-9524
Athletics Fax: (504) 736-9524

WEST BANK OFFICE
7437 Lapalco Boulevard
Marrero, LA 70072
(504) 349-5000
FAX: (504) 349-5013
Athletics Fax: (504) 349-5007

E-Mail: jprecreation@jeffparish.net

2023 JPRD Flag Football Rule Book



These are the official rules and regulations for the 2023 Flag Football season adopted by the Jefferson Parish Department of Parks and Recreation (JPRD), 6921 Saints Drive, Metairie, LA 70003 and 7437 Lapalco Boulevard, Marrero, LA 70072. The authorized Volleyball program conducted at our playgrounds will comply with these rules and regulations. They are intended to enhance a competitive balance between playgrounds, minimize risks to participants, and promote enjoyable participation and sportsmanship. Any activities, to include practice, clinics, and games, conducted outside the scope of these rules and regulations will not be considered as part of the authorized JPRD sports program that entitles players, coaches, and sponsors to certain rights and privileges.

JPRD has adopted the rules of various sports coordinating bodies to govern rules not covered by JPRD. The JPRD rules and regulations will supersede these rules when applicable.

The Center Supervisor is the nearest JPRD official and certainly the most informed on matters dealing with the playground athletic leagues. We strongly suggest that parents, coaches, and players contact their playground Center Supervisor in attaining help. Naturally, the administrative staff at our Parks and Recreation Headquarters stands ready to help if needed, however, the first step is your Center Supervisor.

2023 Rules Committee

Brad Roth, Operations Manager/Programming

Harold Buhler, Eastbank Athletic Area Coordinator

Erin Ruddick, Special Program Supervisor

Chad Ramirez, Special Program Supervisor

Michelle Dearthmitt, Special Program Supervisor

Tim Collins, Athletics Administrator

Shawn Burras, Westbank Athletic Area Coordinator

Henre' Toliver, Special Program Supervisor

Tiffany Joseph, Special Program Supervisor

Andrew Lore, Special Program Supervisor

INDEX

DATES TO REMEMBER4

NEW RULES FOR 20235

PROPOSED RULES FOR 2024.....5

MANDATORY PARTICIPANT INSURANCE PROGRAM6

EMERGENCIES7

SAFETY7

ORGANIZATIONAL (FOR INTRAMURAL AND INTER-PLAYGROUND LEAGUE PLAY ONLY).....8

CLINICS.....9

ELIGIBILITY.....9

RESPONSIBILITY OF COACH.....11

FLAG FOOTBALL RULES13

Dates to Remember

- July 1.....Registration/Rec 1 Opens
- August 12 Practice / Tryouts may begin
- August 21..... Flag Football games may begin. Rules and schedules must be in the Office of the Area Coordinator no later than one (1) week before the first game
- August 30..... All Intramural rosters and Coaches Agreements are due
- September 13.....Registration Closes
- October 5 All Star rosters are due to Area Coordinator
- October 7All Star Coaches Meetings (*This is a Saturday – will meet mid-day after practices*)
- October 7 All Star practice may begin
- October 14.....Pre-Season Tournaments (Eastbank)
- October 21 East / West District All Star Tournaments begin
- October 24.....Parish Championships (Eastbank)

New Rules for 2023

- 8U - 'No Run' zones eliminated. Teams may run anywhere on field.
- 8U – If the ball falls to or touches ground during initial center to quarterback exchange the play is ruled a “Do Over” with no loss of down, once per down. On second consecutive occurrence, the down is consumed.
- 8U – defenders must line up at least 5 yards from line of scrimmage prior to the snap.
- 10U – one coach for each team is permitted on the field pre and post snap to help their players, but **MUST** be off the field prior to the snap of the ball.
- 12U – no coach is allowed on field.
- K2 football for 9/10's and TDJ for 11/12's.
- All-Stars will play with 6 players on field, encourage intramurals to play with 6 in 9/10's and 11/12's.

Proposed Rules for 2024

Mandatory Participant Insurance Program

All participants in Jefferson Parish Department of Parks and Recreation programs must pay for participant insurance. Coaches are eligible for the same plan and may voluntarily pay to enroll. Cost is \$14.00

The Participant Insurance Program consists of the following:

HEALTH INSURANCE: Maximum \$15,000 coverage for all injuries arising out of participation by registrants in the activity sponsored and directly supervised by the Jefferson Parish Department of Parks and Recreation. This plan acts as a secondary insurance, which pays deductibles, as well as any remaining covered expenses, after the primary has exhausted its benefits. If, however, there is no primary insurance, it will pay the same as a primary.

LIABILITY INSURANCE: Offers \$1,000,000 coverage protecting the enrolled individuals, coaches and team for claims arising out of bodily injury and property damage, and litigation costs to defend such claims. There is a \$500 deductible per claim.

[It is strongly recommended that all coaches enroll in the above insurance plan. Coverage (for coaches) for the above plan is from April 1, 2023 through April 1, 2024.]

Coverage includes suits arising out of:

- Injury/death of participants
- Incidental medical malpractice
- Non-owned auto coverage (association liability only)
- Host liquor liability (non-profit)
- Ownership use or maintenance of fields
- Consumption use of food and drink
- Libel, defamation, false arrest, wrongful eviction or invasion of privacy
- Injury/death of adult volunteers
- All activities necessary or incidental to conduct of practices and games
- Liability assumed for work done by independent contractors
- Spectator injury
- Cost of investigation and defense of claims, even if groundless
- Property damage liability

Section

4

Emergencies

4:00 **EMERGENCIES:**

- 4:01 In case of injury, coaches must be prepared to seek immediate medical attention.
- 4:02 All injuries, regardless of severity and site of injury, must be reported to the Center Supervisor. This information must be accurate and reported in a timely manner.
- 4:03 Coaches must have phone numbers of their players available to contact parents in emergency situations. Parent must be immediately advised of all injuries as well as the playground supervisor.
- 4:04 Each JPRD playground has first aid supplies located in a designated area. AED machines are located at each playground. Coaches must know where these supplies are located at their playground.

Section

5

Safety

- 5:01 JPRD employees, league commissioners and volunteer coaches are to be aware and monitor situations, during practice and games, when there is an injury that results in blood being present. They must be cognizant that anytime there are blood and body fluids present, it must be treated with respect, regarding its ability to transmit infectious disease. Under circumstances in which differentiation between body fluid types is difficult or impossible, all body fluids are considered potentially infectious.

Before being allowed to compete, all athletes must cover wounds on their body.

Practice or competitive play must be stopped and any injured player must be immediately attended to.

In the event of injury or sickness involving blood or bodily fluids, the following procedures must be followed:

- ◆ If at all possible, injured person shall render first aid to himself and cover his own wound.
- ◆ When rendering first aid, protective gloves must be worn when it is anticipated blood or bodily fluids are involved. Clean gloves must be worn for each individual treated. Do not wear the same gloves for multiple injured parties.
- ◆ An individual, who has treated an injury where blood is present or has cleaned a potentially contaminated surface, should wash their hands with soap and hot water, whether or not protective gloves have been worn.

- 5:02 Good hygiene shall be practiced. Towels, uniforms, cups and water bottles will not be shared

5:03 **FIRST AID:**

- 5:03:01 Each playground is equipped with a first-aid cabinet located in the Assistant Supervisor's office.
- 5:03:02 BRUISES – Raising the injured part and/or applying ice helps reduce the swelling and helps control the pain, however, be sure there is a thin layer of material between the ice and the skin.
- 5:03:03 FRACTURES:
- ◆ Symptoms may include swelling and redness or bruising; contorted limbs; abnormal lumps, ridges or hollows; numbness or tingling. Player may hear a snap or pop when injured or feel bone grating.
 - ◆ Life threatening fractures generally involve breaks in large bones (thigh, etc.), or those which sever an artery or affect breathing.
 - ◆ Make the player comfortable – placing a rolled towel or pillow under the injury to support it may help.
 - ◆ Apply ice to reduce swelling.
 - ◆ Immobilize the injured part -
For a bone - be sure to include the joints above and below the fractures.
For a joint – be sure to include the bones above and below the injured joint
Apply ice and raise injured part.
 - ◆ Keep player from getting chilled or overheated
 - ◆ Get medical attention

Section

6

Organizational (For Intramural and Inter-playground League Play only)

- 6:01 It is the responsibility of the Supervisor to inform, encourage and recruit as many boys and girls as possible in his/her area to participate in his/her flag football program.
- 6:02 JPRD rules will be used for this program.
- 6:03 Intramural rules and schedules must be in the office of the Area Coordinator of Athletics **no later** than one (1) week before the first game.
- 6:04 All players must wear molded bottom rubber cleats or basketball/tennis/volleyball type shoes.
- 6:05 All participants must participate in 2 unbroken quarters of intramural flag football games for which they are present.
- 6:06 Depending on participation numbers, Center Supervisors may play boys and girls separate or together.
- 6:07 No four (4) year old's will be allowed to participate.
- 6:08 League must consist of a minimum of 8 games.

Please note that these are minimal acceptable requirements. Supervisors may choose to require additional participation rules. Also, remember that all players must participate in every intramural game for which they are present. NO MATCH THE BENCH RULES!

Clinics

Clinics can be conducted until October 1, 2023. Reminder- all clinics will be open to all flag football participants in J.P.R.D.

Eligibility

The competitive balance and integrity of our program are maintained by strict adherence to the following eligibility criteria. Coaches and supervisory personnel must make every effort to assure that players and their parents are aware and are following these criteria. Failure to do so may result in innocent teammates being exposed to games lost due to forfeiture.

8:01 RESIDENCY:

- 8:01:01 All participants must reside in Jefferson Parish or boundaries deemed legal by JPRD.
- 8:01:02 Participants' legal residence must be recorded on the official JPRD registration form and the valid JPRD I.D. card.
- 8:01:03 The initial or original selection by the participant of a playground for participation in the youth athletic programs will become their designated or proper playground.
- 8:01:04 Waivers – Participants are allowed to participate outside their home playground with an approved and current JPRD waiver. All waiver rules apply. Refer to the JPRD Playground Participant Selection Policy.

8:02 DUAL PARTICIPATION:

- 8:02:01 Participants may not simultaneously play JPRD and LHSAA Senior High School varsity or junior varsity programs.
- 8:02:02 Any player, who is a member of an LHSAA affiliated team after October 1, 2023 is ineligible to participate in the 2023 JPRD Flag Football Program.
- 8:02:03 In order to increase participation, dual participation in the intramural programs is permissible.
 - ◆ Players who dual participate in the same sport will only be required to pay one (1) insurance fee per person.
 - ◆ Participant will be required to play All-Stars in their correct age group provided their playground has an All-Star team in that age group. However, if the playground does not have an All-Star team in his/her correct age group, then the player will be allowed to play All-Stars in the older age group.

8:02:04 We will have All-Stars in 9/10's and 11/12's.

8:03 ENFORCEMENT OF ABOVE ELIGIBILITY RULES FOR RESIDENCY AND DUAL PARTICIPATION:

8:03:01 Verified violators, identified by means of protest as outlined in these regulations, or any other means of identification, will result in immediate expulsion from the flag football program.

8:03:02 Additionally, violators are subject to suspension for a calendar year plus one sport of the youth athletic program administered by JPRD.

8:03:03 Any challenges of the eligibility credentials of a participant will be fully investigated by JPRD prior to assessment of penalties. Participants will be required to produce certified affidavits with backup documentation to support their eligibility status.

8:04 AGE PARTICIPATION

8:04:01 Participants must play in their correct age classification as specified within these rules and regulations.

8:04:02 The age determining date for the JPRD Flag Football Program is August 1, 2023.

8:04:03 Participants correct age and birth date must be recorded on the JPRD registration form and the valid JPRD I.D. card.

8:05 ENFORCEMENT OF ELIGIBILITY RULES FOR AGE PARTICIPATION

8:05:01 Verification of a violator(s) (identified by protest or other means) of the age classification requirements of JPRD leagues or tournaments will result in immediate expulsion from the flag football program. The protested game will be a forfeit for the offending team (tournament of league play) and other games may be forfeited or further sanctions imposed pending a JPRD review of infractions.

8:05:02 Violators of the age classification requirement are subject to suspension for a calendar year plus one sport of the youth athletic program administered by JPRD.

8:06 REGISTRATION FORM and INSURANCE FEE - It is mandatory that all participants, upon registering, submit an official signed registration form and pay the insurance fee.

8:06:01 Participants cannot choose the league in which they will play.

8:06:02 It is the responsibility of the Supervisor to see that these procedures regarding registration are followed.

8:06:03 No player is to participate in practice and/or games until the registration form and insurance fee has been received by the Center Supervisor. The Center Supervisor must submit these forms and fees to the respective Main Office, prior to the deadline established for rosters.

8:07 I.D. CARDS - All players competing in Parish championship play and inter-playground leagues must have a valid JPRD I.D. Cards Yellow, Blue, and Red will be the acceptable I.D. color for the 2023 season.

Responsibility of Coach

- 9:01 Coaches must agree to allow the Parks and Recreation Department to conduct a background check. This check may include sex offender registries maintained by the Louisiana State Police and child abuse and criminal history records. The appointment of a volunteer is conditional upon receiving no inappropriate information on the background check.
- 9:01:01 Any Coach/Volunteer declining a background check will not be allowed to coach or help any JPRD team/program.
- 9:02 Supervisors and coaches are responsible for knowing all the rules in these regulations and abiding by them where they apply.
- 9:03 All coaches are expected to set an example, especially in their behavior and sportsmanship, to their team. NO PROFANITY will be used at any time.
- 9:04 Ridicule or “razz” by coaches or members of his team about officials, the opposing team, or otherwise, will not be tolerated.
- 9:05 No coach can take his team from the **field** during a game.
VIOLATION: Coach will be subject to dismissal by JPRD.
- 9:06 No coach in the JPRD programs will be allowed to officiate in any game that is in the same class or division as his team.
- 9:07 Any player or coach ejected from an intramural or inter-playground league will have to sit out the team’s next played game.
- 9:07:01 Any coach ejected from a game/event must leave the premises before play can be resumed and that coach is not allowed on the premises for the remainder of that calendar date. That coach will also not be allowed anywhere on the premises while his/her team is playing its next game. Any player ejected from a game must sit out the remainder of that game and cannot participate in his/her team’s next played game.
- 9:07:02 This rule will be in effect for non-franchised tournament play as well as JPRD franchised tournaments that involve only JPRD teams, Eastbank or Westbank.
- 9:07:03 Any coach ejected in his/her last played game of the season can be subjected to disciplinary action by the Area Coordinator of Athletics.
- 9:07:04 Any coach/parent/fan ejected from a game/event, must attend a mandatory meeting with the JPRD Athletic Administrative staff before being allowed to coach/attend a JPRD game/event.
- 9:08 A coach is responsible for keeping his bench clear of persons who are not members of his coaching staff. [Remember – each team may have three (3) coaches, and their names must appear on the roster.]
- 9:09 Any parent and/or fan ejected from a game/event, must leave the premises before play can be resumed. That parent and/or fan will not be allowed anywhere on the premises where his/her team’s next game is being played.

Section 10

League (For Intramural and Inter-playground League Only)

- 10:01 All supervisors should take extra precautions to balance the talent between all teams in their leagues.
- 10:02 Teams are to be made up of a maximum of ten (10) players to allow coaches the opportunity to play all players during league games.
- 10:03 Supervisors are to receive Main Office or Administrative Approval in placing over-age players in lower-age classifications because of a player's ability; however, all players so changed will be ineligible for competition in the Parish-wide tournaments in any division.
- 10:04 The following are the minimal acceptable participation rules:
- 10:04:01 All players must play two (2) quarters per game.
- 10:05 TOT LEAGUES - - BOYS AND GIRLS (Ages 5&6):
- 10:05:01 Any child making five (5) years of age before August 1, 2023 will be eligible for this program.**
- 10:05:02 Teams may not leave the playground or play teams from any other area/playground at their (home) playground without Main Office Approval.
- 10:05:03 No 5-year-old may be placed in a league with any players with a league age of 8 or older.
No 6-year-old may be placed in a league with any players with a league age of 9 or older.
No 7-Year-old may be placed in a league with any players with a league age of 10 or older
No 8-year-old may be placed in a league with any players with a league age of 11 or older**
- 10:06 ROOKIE LEAGUE – BOYS AN GIRLS (Ages 7&8)
- 10:07 MINOR LEAGUE - - BOYS AND GIRLS (Ages 9&10)
- 10:08 JUNIOR LEAGUE - - BOYS AND GIRLS (Ages 11&12)
- 10:09 SENIOR LEAGUE – BOYS AND GIRLS (Ages 13-15)
- 10:10 In cases where a player arrives after the start of a game . . . all such players (late) will be required to participate.
- 10:11 If due to injury or illness, a team can no longer put a full line-up of players on the field, they would NOT be required to forfeit the game.
- 10:12 UNIFORMS:
Uniform jerseys must be of matching color. Uniform pants must be of similar color and have no pockets or belt loops.

11

Rules

11:01 Game

- 11:01:01 At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the loss.
- 11:01:02 The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Teams may not choose to defer to the second half.
- 11:01:03 The offensive team takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield to gain a first down. Once team crosses midfield it would have three (3) downs to score a touchdown.
- 11:01:04 If the offense fails to score, the ball changes possession and the new offensive team starts its drive on its own 5-yard line, if team elects to punt. If team goes for it on 4th down, it is the spot of the ball.
- 11:01:05 All possession changes, except interceptions or turn over on downs, start on the offense's 5-yard line.
- 11:01:06 Team change sides after each half. 2nd half possession changes to the team that started the game on defense.

11:02 Terminology

Boundary Lines----The outer perimeter lines around the field. They include the sidelines and back of the end zone lines.

Line of Scrimmage---- (LOS) an imaginary line running through the point of the football and across the width of the field.

Line-To-Gain----The line the offense must pass to get a first down or score.

Rush Line----An imaginary line running across the width of the field seven yards (into the defense side) from the line of scrimmage.

Offense----The team with possession of the ball.

Defense----The team opposing the offense to prevent it from advancing the ball.

Passer----The offensive player that throws the ball and may or may not be the quarterback.

Rusher----The defensive player assigned to rush the quarterback to prevent him/her from passing the ball by pulling his/her flags or by blocking the pass.

Downs (1-2-3) ----The offensive team has three attempts or “downs” to advance the ball. It must cross the line to gain to get another set of downs or to score.

Live Ball----Refers to the period of time that the play is in action. Generally used in regard to penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.

Dead Ball----Refers to the period of time immediately before or after a play.

Whistle----Sound made by an official using a whistle that signifies the end of the play or a stop in the action for a timeout, halftime or the end of the game.

Inadvertent Whistle----Official’s whistle that is performed in error.

Charging----An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with a shoulder, forearm or the chest.

Flag Guarding----An illegal act by the ball-carrier to prevent a defender from pulling the ball-carrier’s flags by stiff arm, lowing elbow or head or by blocking access to the runner’s flags with a hand or arm.

Shovel Pass----A legal pitch attempted beyond the line of scrimmage.

Lateral----A backward or sideways toss of the ball by the ball-carrier.

Unsportsmanlike Conduct----A rude, confrontational or offensive behavior or language.

11:03 Equipment

11:03:01 Official JPRD approved flag belts will be provided at each game by JPRD.

11:03:02 Footballs will be provided by JPRD. Team footballs are not allowed.

11:03:03 Players must wear shoes. Cleats with exposed metal are never allowed and must be removed.

11:03:04 Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed.

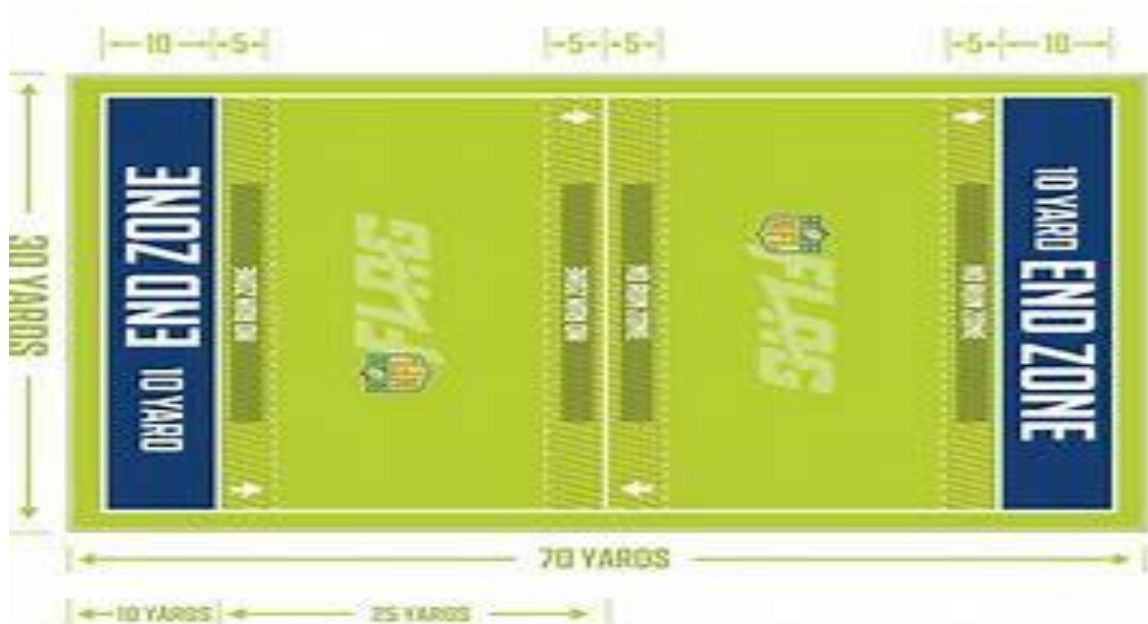
11:03:05 Players must remove all jewelry and hats.

11:03:06 Players’ jerseys must be tucked in to the pants if they hang below the belt line.

11:03:07 Pants with belt loops or pockets are not allowed. A player cannot participate with shorts that have pockets or loops.

11:04 Field

11:04:01 The field dimensions are 70 x 30, 6- man field – **NFL Flag suggests 30x25**



11:04:02 Stepping on the boundary line is considered out of bounds.

11:05 Rosters

11:05:01 Teams must consist of at least six (6) players with a maximum of ten (10) players.

11:05:02 Teams must start games with a minimum of five (5) players. In the event of an injury, a team with insufficient players may play with four (4) players on the field but no fewer than four (4).

11:06 Scoring

11:06:01 **Touchdown:** 6 points

11:06:02 **PAT** (point after touchdown) **1 point** (5-yard line) or **2 points** (10-yard line)

a. Note: 1-point PAT is pass only; 2-point PAT can be run or pass.

11:06:03 **Safety:** 2 points

a. A safety occurs when the ball-carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone.

11:06:04 A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 5-yard line) or a 2-point conversion (from the 10-yard line). Any change, once a decision is made to try or the extra point, requires a charged timeout. A decision cannot be changes after a penalty. Interceptions on conversions cannot be returned.

11:06:05 Forfeits are scored 6-0 for the winning team.

11:07 Timing and Overtime

11:07:01 Games are played on a 40- minute continuous clock with 4 ten-minute quarters. Clock stops only

for timeouts or injuries.

- 11:07:02 One-minute break between all quarters.
- 11:07:03 Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
- 11:07:04 Each team has one 30-second timeout per half.
- 11:07:05 Officials can stop the clock at their discretion.
- 11:07:06 In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.
- 11:07:07 If the score is tied at the end of regulation time, an overtime period will be used to determine a winner. **Overtime format** is as follows:
- a. A coin flip will determine the team that chooses to be on offense or defense first.
 - i. If a second round of overtime must be played, the team that lost the coin toss will get to choose offense or defense for the start of the second round of overtime. This process continues with teams alternating who gets to choose to be on offense or defense to start out during every round of overtime.
 - ii. The referee will determine which end of the field the overtime will take place on.
 - b. Each team will take turns getting one (1) play from the defense's 5-yard line for one point or the defense's 10-yard line for two points. Whether to go for one or two points is up to the offensive team. Whether or not the team that begins on offense converts or not, the team that started on defense gets a chance on offense to win or tie by converting a one or two-point play of their own.
 - i. Example: Team A starts on offense and chooses to go for one point from the 5-yard line and is successful, Team B are then on offense and can choose to either go for one point from the 5-yard line to tie and force a second round of overtime or to go for two points from the 10-yard line for the win.
 - ii. If the second team on offense in an overtime round fails to beat or match the team that went first, the team that went first wins.
 - c. During regular season play, the game will end after two overtimes.
 - d. In playoffs, both teams must "go for two" from the 10-yard line starting with the second round of overtime.
 - e. There are no timeouts.

11:08 Coaches

- 11:08:01 Coaches are expected to adhere to JPRD philosophies, coaching guidelines and code of conduct.
- 11:08:02 Only rostered coaches are allowed on the sidelines.

11:09 Live Ball/Dead Ball

- 11:09:01 The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
- 11:09:02 The official will indicate the neutral zone and line of scrimmage. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regard to the neutral zone, the official may give both teams a “courtesy” neutral zone notification to allow their players to move back behind the line of scrimmage.
- 11:09:03 A player who gains possession in the air is considered inbounds as long as one foot comes down in the field of play.
- 11:09:04 The defensive may not mimic the offensive team signals by trying to confuse the offensive players while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike conduct penalty.
- 11:09:05 Substitutions may be made on any dead ball.
- 11:09:06 Play is ruled “dead” when:
- a. The ball hits the ground. If the ball hits the ground as a result of a bad snap, the ball is then placed where the ball hit the ground.
 - b. The ball-carrier’s flag is pulled.
 - c. The ball-carrier steps out of bounds.
 - d. A touchdown, PAT or safety is scored.
 - e. The ball-carrier’s knee or arm hits the ground.
 - f. The ball-carrier’s flag belt falls off.
 - g. The receiver catches the ball without flags.
 - h. The 7 second clock expires.
 - i. Inadvertent whistle.
- 11:09:07 In the case of an inadvertent whistle, the offense has two options:
- a. Use the down, take the ball where it was when the whistle blew.
 - b. Replay the down from the original line of scrimmage.
- 11:09:08 If a team has a timeout remaining, a team is allowed to use a timeout to question an official’s rule interpretation. If the official’s ruling is correct, the team will be charged a timeout. If the rule is interpreted incorrectly, the timeout will not be charged and the proper ruling will be enforced. Officials should all agree upon any controversial call in order to give each team the full benefit of each call.
- 11:10 Running**
- 11:10:01 The ball is spotted where the ball is when the flag is pulled.
- 11:10:02 The quarterback is the offensive player who receives the snap.
- a. In 6u and 8u, the quarterback can directly run with the ball once every set of downs.
- 11:10:03 Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player but must be behind the line of scrimmage. The offense may use multiple handoffs.
- 11:10:04 Absolutely NO laterals of any kind.
- 11:10:05 No-Run-Zones are located 5 yards before each end zone and 5 yards before midfield are designed to avoid short-yardage power-running situations. (Reminder: Each offensive team approaches only TWO no-run zones in each drive – one 5 yards from midfield to gain the first down and one 5 yards from the goal line to score a TD).

- 11:10:06 The player who takes the handoff can throw the ball from behind the line of scrimmage.
- 11:10:07 Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush.
- 11:10:08 Runners may not leave their feet to advance the ball. Diving, leaping or jumping to avoid a flag pull is considered flag guarding.
- 11:10:09 Spinning is allowed, but players cannot leave their feet to avoid a flag pull.
- 11:10:10 Runners may leave their feet if there is a clear indication that he/she has done so to avoid collision with another player without a flag guarding penalty enforced.
- 11:10:11 No blocking or “screening” is allowed at any time.
- 11:10:12 Offensive players without the ball must stop their motion once the ball has crossed the line of scrimmage. No running with the ball-carrier.
- 11:10:13 Flag obstruction – All jerseys **MUST** be tucked in before play begins. The flags must be on the player’s hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

11:11 Passing

- 11:11:01 All passes must be from behind the line of scrimmage, thrown forward. The quarterback may throw the ball away to avoid a sack, but the pass **must** go beyond the line of scrimmage.
- 11:11:02 Shovel passes are allowed.
- 11:11:03 The quarterback has a seven (7) second limited-time “pass clock”. If a pass is not thrown, the play is dead, the down is consumed and the ball is returned to the line of scrimmage.
- Example....If the QB is standing in the end zone at the end of the play, the ball is returned to the line of scrimmage (LOS).

11:12 Receiving

- 11:12:01 All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- 11:12:02 Only one player is allowed in motion at a time. All motion must be **at least** one yard behind and parallel to the line of scrimmage and no motion is permitted toward the line of scrimmage.
- 11:12:03 A player must have at least one foot inbounds when making a reception.
- 11:12:04 In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- 11:12:05 Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5-yard line.
- 11:12:06 Interceptions are returnable but not on conversions after touchdowns.

11:13 Rushing the Passer

- 11:13:01 All players who rush the passer must be a minimum of seven yards from the line of scrimmage

when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback can defend on the line of scrimmage.

11:13:02 Once the ball is handed off, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.

11:13:03 A special marker, or the referee, will designate a rush line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.

a. A legal rush is:

- Any rush from a point 7 yards from the defensive line of scrimmage.
- A rush from anywhere on the field AFTER the ball has been handed off by the
- quarterback.
- If a rusher leaves the rush line early (breaks the 7- yard area), they may return
- to the rush line, reset and then legally rush the quarterback.
- If a rusher leaves the rush line early and the ball is handed off before he/she
- crosses the line of scrimmage, he/she may legally rush the quarterback.

b. A penalty may be called if:

- The rusher leaves the rush line before the snap and crosses the line of scrimmage before a handoff or pass – illegal rush (5 yards from the line of scrimmage and first down).
- Any defensive player crosses the line of scrimmage before the ball is snapped – off sides (5 yards from the line of scrimmage and first down).
- Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed off – illegal rush (5 yards from the line of scrimmage and first down).

c. Special circumstances:

- Teams are not required to rush the quarterback with seven-second clock in effect.
- Teams are not required to identify their rusher before the play.
- If rusher leaves the 7-yard line before the snap, he/she may immediately drop back to act as defender with no offside penalty enforced.

11:13:04 Players rushing the quarterback may attempt to block a pass; however, NO contact can be made with the quarterback in any way. Blocking the pass or attempting to block the pass and then contacting the passer will result in a roughing the passer penalty.

11:13:05 The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback, regardless of where they line up prior to the snap. If the “path or line” is occupied by a moving offensive player, then it is the offense’s responsibility to avoid the rusher. Any disruption to the rusher’s path and/or contact will result in an impeding the rusher penalty. **If the offensive player does not move after the snap, then it is the rusher’s responsibility to go around the offensive player and to avoid contact.**

11:14 Flag Pulling

11:14:01 A legal flag pull takes place when the ball-carrier is in full possession of the ball.

- 11:14:02 Defenders can dive to pull flags but cannot tackle, hold or run through the ball-carrier when pulling flags.
- 11:14:03 It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.
- 11:14:04 If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends.
- 11:14:05 A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
- 11:14:06 Flag guarding is an attempt by the ball-carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm or shoulder or intentionally covering the flags with the football jersey.

11:15 Formations

- 11:15:01 Offenses must have a minimum of one player on the line of scrimmage (the center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage.
- a. One player at a time may go in motion **at least** 1-yard behind and parallel to the line of scrimmage.
 - b. No motion is allowed toward the line of scrimmage
- 11:15:02 Offensive players must come to a complete stop for one second before the ball is snapped unless he/she is the only player in motion.
- 11:15:03 Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
- 11:15:04 The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.

11:16 Unsportsmanlike Conduct

- 11:16:01 If the field monitor or referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. **NO APPEALS WILL BE CONSIDERED. FOUL PLAY WILL NOT BE TOLERATED!**
- 11:16:02 Offensive or confrontational language is not allowed. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee may give one warning. If it continues, the player or players will be ejected from the game.
- 11:16:03 Players may not physically or verbally abuse any opponent, coach or official.
- 11:16:04 Ball-carriers **MUST** try to avoid defenders with an established position.
- 11:16:05 Defenders are not allowed to run through the ball-carrier when pulling flags.
- 11:16:06 Unsportsmanlike conduct penalties:
- a. Defense + 10 yards from line of scrimmage and automatic first down
 - b. Offense - 10 yards from line of scrimmage and loss of down

11:17 Penalties

11:17:01

General

1. Referees determine incidental contact that may result from normal run of play.
2. All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)
3. Games may not end on a defensive penalty unless the offense declines it.
4. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
5. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

11:17:02

Defensive spot fouls

Defensive pass interference	Automatic first down
Holding	+ 5 yards and automatic first down
Stripping	+ 5 yards and automatic first down
Defensive unnecessary roughness	+10 yards and automatic first down
Defensive Unsportsmanlike conduct	+10 yards and automatic first down

11:17:03

Offensive spot fouls

Screening, blocking or running with the ball	-5 yards and loss of down
Charging	-5 yards and loss of down
Flag guarding	-5 yards and loss of down
Offensive unnecessary roughness	-10 yards and loss of down
Offensive unsportsmanlike conduct	-10 yards and loss of down

11:17:04

Defensive penalties

Offside	+5 yards from line of scrimmage
Illegal rush (starting rush from inside 7-yard marker)	+5 yards from line of scrimmage
Illegal flag pull (before receiver has the ball)	+5 yards from line of scrimmage and automatic first down
Roughing the passer	+5 yards from line of scrimmage and automatic first down
Taunting	+5 yards from line of scrimmage and automatic first down

11:17:05

Offensive penalties

Offside/false start	-5 yards from line of scrimmage
Illegal forward pass (any pass received or lands behind the line of scrimmage or throwing a pass after crossing the line of scrimmage)	-5 yards from line of scrimmage and loss of down
Offensive pass interference	-5 yards from line of scrimmage and loss of down
Illegal motion (More than one person moving)	-5 yards from line of scrimmage
Delay of game	-5 yards from line of scrimmage
Impeding the rusher	-5 yards from line of scrimmage and loss of down

Jefferson Parish Government



Cynthia Lee Sheng.....PARISH PRESIDENT

Ricky J. Templet..... Councilman-At-Large, Division A

Scott Walker..... Councilman-At-Large, Division B

Marion F. Edwards District 1

Deano Bonano District 2

Byron L. Lee..... District 3

Dominic Impastato III District 4

Jennifer Van Vrancken District 5

The Americans with Disabilities Act (ADA) provides protection for disabled individuals with respect to employment, public accommodations, public services and telecommunication. JPRD advises the public, its employees and job applicants that it does not discriminate on the basis of disability status in admission or access to, treatment or employment in, its programs, services or facilities. All programs and facilities are open to all citizens regardless of race, sex, color, religion, national origin or disability. If you are a person with a disability and would like more information and/or special accommodations for our programs or facilities, please give us a call at 731-4600.

JEFFERSON PARISH
DEPARTMENT OF PARKS AND RECREATION



2023 Coaches Agreement for Football

There are numerous benefits from playing organized youth sports. Jefferson Parish Department of Parks and Recreation youth athletic programs offer well organized sports programs that provide a safe wholesome environment where children can enjoy their spare time and sport experience. We have as our highest goal to protect the children involved in our youth sports program. One way of protecting our children is to require a background check for managers and coaches.

As a condition of volunteering, I give permission for the Jefferson Parish Department of Parks and Recreation to conduct a background check on me, which may include a review of sex offender registries, child abuse and criminal history records. I understand that if appointed, my position is conditional upon the league receiving no inappropriate information on my background. I understand that regardless of previous appointments JPRD is not obligated to appoint me to a volunteer position. On the back of this agreement is the Jefferson Parish Department of Parks and Recreation coaching policy. Your signature below also indicates that you will comply with these rules and regulations and the coaching policy on the back of this agreement.

PLAYGROUND NAME _____ AGE GROUP _____ BOYS GIRLS

NAME OF HEAD COACH (*Please PRINT or TYPE*) _____ PHONE NUMBER _____

ADDRESS _____ CITY _____ ZIP _____

SIGNATURE OF HEAD COACH _____ DATE _____

SIGNATURE OF ASST. COACH _____ DATE _____

SIGNATURE OF ASST. COACH _____ DATE _____

SIGNATURE OF ASST. COACH _____ DATE _____

SIGNATURE OF ASST. COACH _____ DATE _____

It is important to inform coaches of the policies, rules and regulations of our Youth Football Program. Attached is a complimentary copy of the Rules and Regulations. Please use them to assist you while coaching your team.

The Center Supervisor at your playground will issue any rules pertaining to the playground’s local league. You may refer to them if a need arises.

We encourage input from coaches toward formulating rules and regulations. Any questions or comments on these rules or suggestions for the 2023 rules should be directed to:

JEFFERSON PARISH DEPARTMENT OF PARKS AND RECREATION
Attention: Mario Bazile or Brad Roth
6921 Saints Drive, Metairie, LA 70003 or 7437 Lapalco Boulevard, Marrero, LA 70072
or by e-mail to jprecreation@jeffparish.net

The original of this agreement must be detached and submitted with the team roster.

Thank you for your interest. We appreciate you volunteering your valuable time coaching a JPRD football team.

COACHING POLICY

RELEASE

In signing this coaching agreement, you hereby agree to release the Jefferson Parish Department of Parks and Recreation, the Director, sponsors, or any supervisors appointed by them from responsibility for any injuries which you may incur while engaged in practice sessions, games, or traveling to and from games and activities.

LIABILITY

This Department is committed to providing safe, wholesome programs and facilities for our participants. In spite of our best efforts, we sometimes encounter liability situations due to the nature and extent of the sports program we offer. The Department of Parks and Recreation strongly **urges** its coaches to limit their risks, as well as ours, by considering the following:

- ◆ The Department of Parks and Recreation will offer a clinic to train coaches in fundamentals and safety methods at the local playground hosted by your Center Supervisor. Attendance at this clinic will assure compliance of Louisiana Legislative Act R.S. 9:2798. This law provides limited legal protection for volunteers attending a safety clinic offered by league sponsors.
- ◆ The Department of Parks and Recreation offers an optional accident and liability insurance policy to coaches. The premium is \$13.00 for a one-year period ranging from April 1, 2023 to April 1, 2024. Your Center Supervisor can give you more information and register you into this insurance program.

CONDUCT

Coaches are held to a high standard of sportsmanship. Their conduct toward players, spectators and game officials will be beyond reproach. Verbal abuse, misconduct and taking a team off the playing area will not be tolerated.

All coaches must abide by the policy of Jefferson Parish regarding a Drug Free Work Place. All coaches are required to perform their duties without the presence of illegal drugs, alcohol or inappropriate legal drugs in their system.

In signing this agreement, you certify that you have no record of convictions of sex offenses, or offenses against children or offenses of violence, or moral turpitude, or tested positive in a Jefferson Parish administered drug test. The Department of Parks and Recreation has a policy of not employing or granting coaching privileges to persons with the types of records described.

PROGRAMMING

The sport programs of this Department are arranged and coordinated by the Athletic Division. These programs are designated within this booklet. Any out of –program participation requests will be channeled through your Center Supervisor and/or Area Coordinator of Athletics for approval. Additionally, coaches cannot make final arrangements for travel from home areas, publicity or television without the approval of the Department of Parks and Recreation. No firm action can be taken unless approved by the Athletic Board of the Eastbank and/or Westbank. Coaches agree NOT to recruit or solicit JPRD players to participate in the same sport programs that will conflict with practices, games and tournaments of JPRD teams.

VOLUNTEER INSURANCE

EXPIRATION DATE: _____

PLAYGROUND _____

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE NUMBER (H) _____ (W) _____

SOCIAL SECURITY NUMBER _____

FOR OFFICE USE ONLY

CASH

CK **CK#**

TOTAL AMOUNT RECEIVED \$

INITIALS