



2017 PJFL Rules - Points of Emphasis

Pleasanton Junior Football League's flag division is a youth sports league focused on developing young player's skills and enjoyment for the sport of football. Coaches should always:

1. Familiarize players with the fundamentals of football focusing on player safety and fun.
2. Exhibit and instill the ideals of sportsmanship, honesty, loyalty, courage, and respect.
3. Foster an enjoyment of football that encourages continued player participation and enthusiasm.
4. Provide equal, practice, development, and play time consideration regardless of individual talent level or relationship.

GENERAL MECHANICS:

- Standard Game is 8 players vs. 8 players,
 - All players on offense are eligible to advance the ball via run or pass
- Game consists of two 30-minute running clock halves with 5-minute half time.
- Play Clock
 - **Junior & Intermediate:** 45 Seconds from whistle to snap
 - **Senior & Varsity:** 30 Seconds from whistle to snap
- Touchdown = 6 points,
- Point After Touchdown (Senior & Varsity must declare before play) Points for **successful conversions** awarded as follows:
 - **Junior & Intermediate:** Ball placed on 2 yard line
 - Ball does not exchange hands – 1pt, Ball is exchanged via handoff, pass, pitch to another player -2pts
 - **Senior:** 1 pt. – Ball placed on 2 yard line. 2 pt. – Ball placed on 5 yard line.
 - **Varsity:** 1 pt. – Ball placed on 2 yard line. 2 pt. – Ball placed on 7 yard line.
- Times Out – Either 1 Full or 2 Partial Times Out per team per half (Full = 1 min., Partial = 30 Seconds)
- Notice of the approaching end of each half (5 min remaining) is designated by Officials announcing "5 more plays".
 - PAT play does not count against the 5 plays.
- Games played at Patel Co Field may be managed by a running clock (See Additional Notes)
- Coaches are permitted on field during play.
 - All coaches must be 10 yards behind the QB on offense and the Safety on defense.
 - **Junior:** 2 on Offense, 2 on Defense
 - **Intermediate & Senior:** 2 on Offense, 1 on Defense
 - **Varsity:** 1 on Offense, 1 on Defense.

PLAYER EQUIPMENT:

- Mouth guards MUST be worn at all times during practice and games.
- Jersey: Only league provided jersey is allow, MUST BE TUCKED IN AT ALL TIMES.
- Shorts: Only ALL BLACK shorts (pjfl logo allowed) with no pockets.
- Flags: Only league sanctioned belt and flags: (penalty for infractions)
 - Flags must be located on hips at side.
 - Belts must be cinched tight.
 - Flag holders must point out
 - **Any modification, addition, alteration of material or substance to/into/on the flag, holder or belt is strictly prohibited.**
- Footwear: Only rubber cleats or sneakers allowed.
- Eyewear: Glasses **must be** sports safety design with a strap that secures the eyewear to the player.
- Head Gear: OPTIONAL: Players may wear league approved padded head gear.
- No jewelry or accessories may be worn. (medical bracelets and/or medically necessary items allowed)

GAME PLAY:

- Many general rules of football apply with some exceptions:
 - **Junior Division:** Ball will start in QB's hands (3 week trial period, Junior Coaches vote)
 - Only allowable cadence is "Ready, Set, Hut"
 - QB cannot be shaded to a side and must be 1-7 yards directly behind the center
 - No kick offs. Ball is placed mid-field (offset by any penalties) at start of game and 2nd half
 - Player with the ball may **not** spin, jump or dive forward.

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- No fumbles. Play is dead upon touching ground. (jumping on or diving for loose ball is penalty)
 - Ball dropped by a punter is not a fumble or down. Punter picks up ball and punts.
- Multiple forward passes that are caught behind the line of scrimmage are permissible.
- No fake punts. No rushing the punter. Both sides stay set until ball is kicked.
 - Incoming player must be player with least play time on roster.
- Ball is down at the spot of the flag pull, and/or out of bounds except on the goal line.
- Accurate and complete line up must be provided to officials prior to coin toss. (20 yard penalty)
- Line up restrictions and play time rules: (penalties for infractions)
 - Playing on either offense or defense each half is considered a phase
 - There are 2 phases each half (1 offense phase, 1 defense phase)
 - Players should play a balanced number of phases based upon play time guidelines:
 - No player can play 4 phases if another player plays only two.
 - Substitutions are only permitted to replace an injured player.
- There is NO overtime or sudden death when the game ends in a tie score.

LINE OF SCRIMMAGE:

Blocking: All blocking needs to be done while standing and to the front of the defender. Pushing to the ground is prohibited. Blocking defenseless or vulnerable player prohibited. Blocking requires "open hand" with contact restricted to the area between the shoulders to the waist.

Rushing: Only the designated defensive linemen can rush prior to **1) QB** leaving the pocket OR **2) the ball** leaving QBs possession. All rushers must wear a **red wrist band** that identifies them as eligible rusher. No intentional pushing to the ground is allowed. **All rushers must avoid initiating contact with the center – choose a gap.** Centers are to be treated as vulnerable and no aggressive engagement of the center should occur. **3 rushers in Jr. only 2 rushers in Int., Sr. and Var.**

FORMATIONS: Standard format for PJFL is 8 v. 8

8 v. 8 Offense: There must be exactly 5 players on the line of scrimmage and 3 in the back field. All players on the line must be set at the snap of the ball. Only one player may be in motion at snap, and must be moving either parallel or away from the Line of Scrimmage. Guards may split out as far as 3 yards away from center- **this is 9 feet!**

8 v. 8 Defense: All defenders must be at least 1 yard (3 feet) from the line of scrimmage. All rushers (3 for Jr., 2 for Int., Sr. & Var.) on the DL must wear a **red wrist band** that identifies them as eligible rusher.

- **Junior:** 3 DL's required. The Nose Guard must line-up directly on the center and the Defensive Ends are to line up directly on the Guard or on the **outside** shoulder of the Guard.
- **Int., Sr & Var:** **Only 2 DL's allowed**, must be lined straight up or on outside shoulder of Guards

PRACTICES: Our "designated" practice location is Hart Middle School (HMS), and (by allotment) Patelco Fields (at Bernal). There is no reserved area for any specific division. However, it preferred and optimal if teams practice near other teams in the same division. You should use NO more than a 20 yard segment (sideline to sideline) unless no other teams are present. Be courteous and share the space at HMS so that all teams have room to practice. **Practice on Labor Day weekend is prohibited. Note: no additional forms of player development should be scheduled.**

- **Pre- season:** Each team is permitted to hold two 2-hour practices.
 - One practice must be during the week (Monday – Friday)
 - One practice must be on Saturday
 - ALL activities (stretching, warm ups, instruction, drills) must be done within the 2 hours.
- **During the Season:** Each team is permitted the following:
 - One 2-hour during the week (Monday – Friday)
 - One 1-hour pre-game preparation on Saturday. Must be held within 1.5 hours prior to your game.
 - ALL activities (stretching, warm ups, instruction, drills) must be done within allotted time.

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