

City of Casper Recreation Division / Boys & Girls Clubs of Central Wyoming

2013 Ultimate Flag Football League Guidelines – Junior League

1. Division of play: Divisions may be Kindergarten, 1st, and 2nd. Grades may be combined if necessary.
2. League games and practices will be scheduled on Mondays, and Wednesdays. Games and practices will be held on the outfields of the North Casper softball fields across the street from the Boys & Girls Club on “K” Street.
3. No more than 7 players will be on the field during live ball play.
4. Metal cleats in any form are illegal. Rubber cleats and tennis shoes are legal.
5. Blocking and tackling are not permitted.
6. Games shall consist of two 20 minute halves using a running clock. Officials may stop the clock as needed at their discretion. Each team is allowed two one minute timeouts per half. Substitutions may be made during any dead ball period.
7. The ball placement for the point after touchdown will be the 3 yard line hash mark. The scoring team will have one chance to either pass or to run the ball in following each touchdown. Junior division defensive players must remain 7 yards back.
8. All Junior League games will begin with the offensive team taking possession of the ball at the 25 yard line. Possession will be determined by a coin toss or rock, paper, scissors.
9. Fumbled balls that hit the ground are dead on the spot and remain the offensive team’s ball.
10. The ball will be put into play from the line of scrimmage with a hike from either between the legs or standing to the side of the ball.
11. The Junior Division will be allowed 4 downs to move the ball to the next first down line. If the offense does not get a first down, the ball becomes immediate possession of the defensive team at the spot where play ended. There are no punts in the Junior Division.
12. The quarterback cannot run the ball forward for yardage. Quarterback sneaks or runs from the center are not legal. Handoffs, laterals, pitches and passes are legal.
13. All players in the Junior Division must be a minimum of 7 yards from the line of scrimmage when the ball is snapped for ALL possessions including the extra

- point attempt. When the ball is snapped, these players may all rush the quarterback. There is no pass count in the Junior Division.
14. An offensive player who receives a handoff from the quarterback may pass the ball as long as he has not crossed the line of scrimmage.
 15. Offensive and defensive players should remain on their feet during play – diving is a violation and a safety concern. A player who leaves his feet in an attempt to gain extra yardage or to de-flag an opponent should be penalized for unnecessary rough play.
 16. The ball is always spotted where the player's feet were when he was deflagged and not where the ball was. If the flag falls off, the ball is dead.
 17. Flags must be attached as intended by the manufacturer and must be worn outside the jersey. Flag guarding and stiff arming are illegal.
 18. The offense may have only one player in motion at a time during the set.
 19. Only one foot needs to be inbounds on a reception.
 20. Interceptions may be run back.
 21. A play is dead when:
 - The ball is fumbled. The flag is pulled or falls off.
 - The ball carrier is out of bounds. The ball carrier's knee hits the ground.
 - A touchdown or safety is scored.
 22. Penalties:
 - All defensive infractions will result in a 10 yard penalty. Examples of defensive penalties are personal foul, pass interference, unnecessary roughness (reckless play, diving, etc.), and any other defensive violation as deemed by the referee.
 - All offensive infractions will result in the loss of a down. Examples of offensive penalties are personal fouls, illegal blocking, flag guarding, stiff arming, unnecessary roughness (reckless play, diving, etc.), and any other offensive violation as deemed by the referee.
 23. Only one pre-designated team coach may address the referee.
 24. Each team shall supply one parent to help call play along the sideline.

Remember, we want everyone to have FUN! We expect good sportsmanship from players, parents, coaches, and all involved. Have a great time and enjoy the season!!