

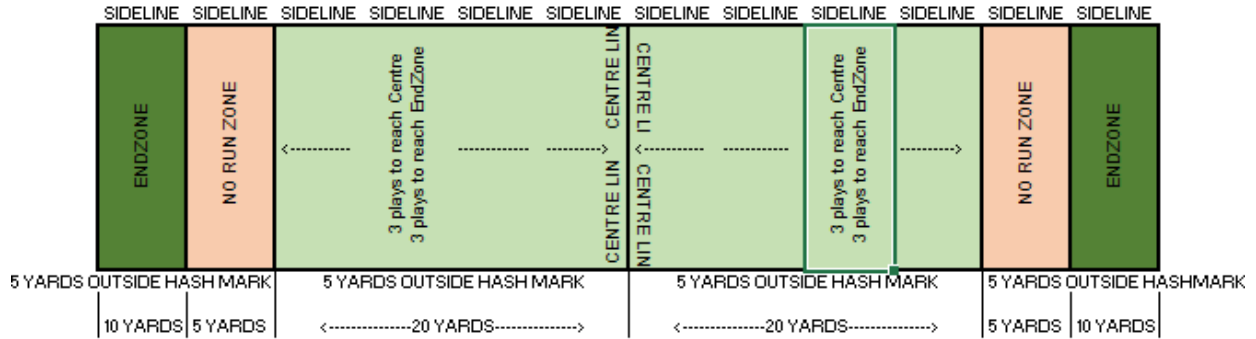
**2024 BMFA  
5 VS 5 FLAG Football Rules**



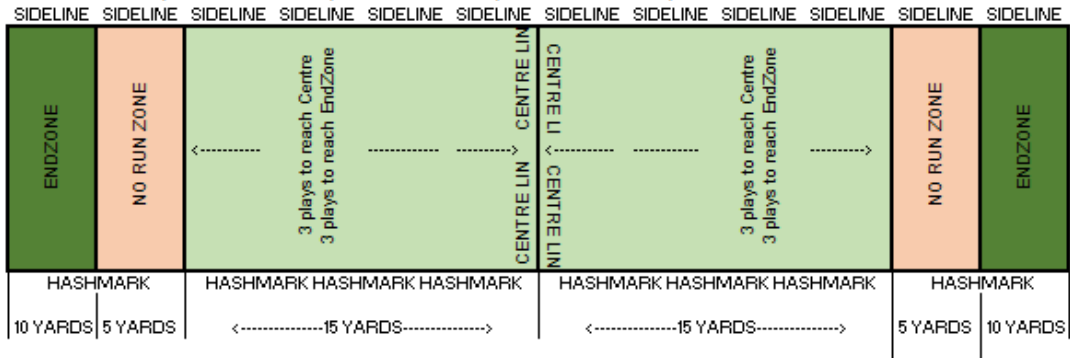
## FIELD SIZES

- JV/VARSITY – 40 YARD FIELD. GOING ONE WAY (IN).
- ALL OTHERS – 60 YARD FIELD (20 YDS PER HALF PLUS TWO 10 YARD END ZONES)  
BOUNDED BETWEEN SIDELINE TO HASH MARK.  
FIVE YARD NO RUN ZONE AT GOALINE.

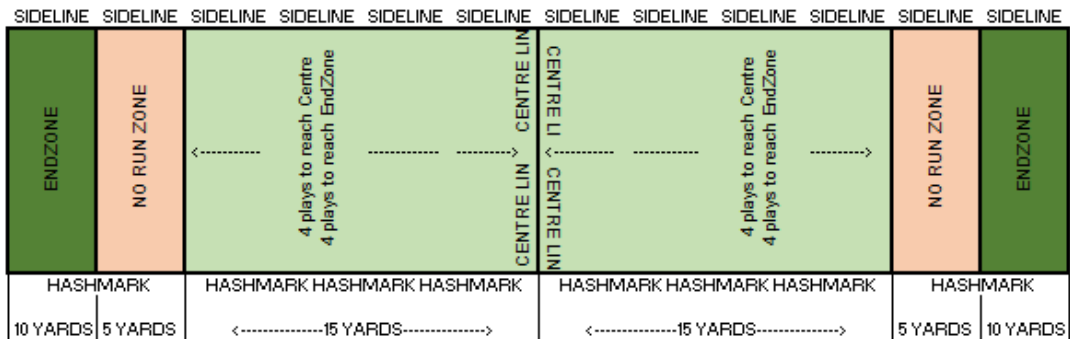
### JUNIOR VARSITY/VARSITY



### ATOM, PEEWEE MINOR, PEEWEE MAJOR, BANTAM MINOR, BANTAM MAJOR



### TYKE



## GENERAL OUTLINE OF THE GAME

### GENERAL GAME PROCEDURES

- Tyke Division plays 4 downs for ½ field; all other divisions 3 downs for ½ field
- 4 on-field players (minimum);
- Winner of coin toss gets first possession on its own 5-yard line; loser chooses end, and gets possession at start of 2<sup>nd</sup> Half;
- Teams change ends for 2<sup>nd</sup> Half;
- Each team starts possession from their 5-yard line
- 3 downs (4 downs in Tyke) are given to gain center field; if achieved, a new series of 3 downs (4 downs in Tyke) is given to score a touchdown;
- Failure to gain center field or to score in the given downs causes possession to revert to the other team, which then starts at its own 5-yard line;
- Interceptions – defense can return interceptions until flagged. The intercepting team will start with the ball at the point of flag. Same first down rules apply from that starting point – Not Applicable in JV/SV for 2024 Season.
- Each team is allowed ONE – 60 second time-out per half, clock stops;
- Team time out must be requested by a player on the field;
- 25 seconds to put the ball into play after the ref. “whistles in the play”;
- There will be no running plays allowed in JV/Varsity

### Rules – JV / SV

- **4 on-field players (minimum)**
- All Games will go in one direction offensively into the proper field end zone starting at the 40 yard-line
- Winner of coin toss gets first possession on its own 40-yard line and loser gets possession at start of 2<sup>nd</sup> half
- 3 downs are given to gain center field; if achieved, a new series of 3 downs is given to score a touchdown
- Failure to gain center field or to score in the given downs causes possession to revert to the other team, which then starts at the 40-yard line going in the one direction
- Interceptions – no returning them; worth 1 point and intercepting team gets new possession at 40-yard line; same first down rules apply from that starting point. On Converts – No POINTS - DEAD
- Each team is allowed one 60 second time-out per half, clock stops
- Team time out must be requested by a player on the field
- 25 seconds to put the ball into play after the referee “whistles in the play”
- There will be no running plays allowed in JV or SV

### TIMING:

- **2 x 22** – minute halves running time
- Tyke division: 2 x 20 minute halves running time
- 2 minute rest at half time;
- At the end of half the referee announces 5 plays; then 5 plays will be played to end of period
- In the last five (5) plays;
  - o Only the last play will be repeated after an infraction is called
  - o Converts are considered a play
  - o IF TOUCHDOWN SCORED ON LAST PLAY, TEAM CAN ATTEMPT A CONVERT

### RUSHING:

- Rusher starts 10 yards for Tyke, Atom, Peewee and Bantam (7 yards for JV/Varsity);
- Rusher is deemed the first player to cross the line, in order to “maintain the privilege of a clear and direct path without interference”, the rusher(s) must line up no further than 2 yards to either side of the “rusher’s bag”; any player rushing outside 2 yards of the rushers bag can rush but

does not have this privilege.

- Designated rusher inside the 2 yard mark will declare by raising their hand prior to snap
- *In Tyke, Atom divisions' only one Mandatory Designated rusher allowed. OTHER DIVISION CAN HAVE ANY NUMBER OF PLAYERS TO RUSH THE QUARTERBACK.*
- If there is NO RUSH the QB has 7 seconds [5 SECONDS IN JV/VARSITY] from the snap, to throw the ball; the count ends if the ball is given to another player; (countdown to be called by official)
- All defenders may rush once the ball has been handed or tossed OR FAKED to a 2nd. Player in the backfield, as this latter action cancels the requirement of the rusher rule;

**OTHER GAME PLAY NOTES:**

- First to possess the ball will be deemed the QB (first to touch after snap);
- The QB may be directly behind the center, or in the “shotgun” formation, any distance back;
- Center must snap the ball between the legs
- *PLAY ACTION FAKES IN ANY DIRECTION BY THE QB ARE ALLOWED*
- Only one forward pass over the line of scrimmage per play (thrown, shoveled in the direction of the opponents’ goal line)
- *FORWARD HANDOFFS ARE ALLOWED*
- Multiple handoffs are allowed from behind the LOS.
- **Forward passes behind the LOS are allowed (i.e Screen Passes)**
- Defensive players must be at least 1 yard away from the LOS (line of scrimmage) prior to snap
- Any defender in front of center must be at least 3 yards away, before the snap;
- Fumbles are dead; ONLY EXCEPTION: the QB.-Center exchange, (the snap), if mishandled/untouched remains live to QB in order for play to continue; in these instances, the defence need only touch the QB or the ball to end the play, whether possession has been regained or not. (1 hand touch)
- Lateral passes to secondary player behind the QB which strike the ground first are dead at point of contact.
- Lateral pass muffed by secondary player that then strikes the ground, is live ball to that player only.
- *LOSING A FLAG: A PLAYER WHO HAS POSSESSION OF THE BALL LOSES A FLAG, THEY MAY CONTINUE TO PLAY UNTIL THEY ARE TOUCH BY THE DEFENSE WITH ONE HAND.*
- Ball in Possession is defined as stop rotation
- Ball placement will be at the point ball held at time of whistle – Where ball is.
- One running play allowed per Offensive possession unless at or in the no run zone.
- Unlimited motion towards the offenses dead ball line (behind LOS) prior to snap
- Spinning is allowed during a run;
- Penalties may result in additional downs being awarded;
- Players are encouraged to hand flags back to opponents after play are dead.
- Players must exercise control to avoid unnecessary contact
- Tipped passes can be advanced
- Running play occurs when team A advances a backwards or lateral pass over the line of scrimmage; if stopped prior to gaining any yards, it is not considered a running play. Same goes for any handoff – whether forward or back.
- In JV & SV, a handoff or lateral where the runner advances the ball beyond the line of scrimmage will be considered a running play; this is not allowed and will result in loss of down

**NOT ALLOWED:**

- Kickoffs, punts;
- “Guarding the flag” in any manner;
- Jumping/hurdling past defender(s) to avoid “de-flagging”; **play is dead at point of jump.**
- Attempting to advance the ball after being “down on the ground” - anything other than 2 feet and one hand contacting the ground constitutes “being down”; (knee down rule applies)
- *QB running the ball across a line of scrimmage*
- Running the ball over the line of scrimmage when scrimmaging on or within the opponent's five-yard line (NO RUN ZONE)
- No laterals after a completed forward pass
- Blocking/obstruction, holding/tackling;
- Any defender contacting the QB's arm during the throwing motion.

- No batting the ball out of the players hands

#### EQUIPMENT REQUIRED:

- Mouth guards properly in place– no option;
- 2 flags will be used, one on each side
- Flags properly attached and available at the start of each play;
- Shirts tucked in, (Tyke, Atom, can have shirts pulled down with belts and flags attached around waist) and with belts not dangling, nothing obstructing access to flags;

#### EQUIPMENT NOT ALLOWED

- Shorts/pants with pockets;
- metal “cleats” or “spikes”;
- tampering with the ball's surface;
- casts or braces not properly covered

#### SCORING:

- Touchdown – 6 points; when the ball breaks the plane of the goal line. (Ball must break the plane of the goal line)
- Converts
  - o 1 point, scrimmage on the 5-yard line, ball must not be run over the line of scrimmage;
  - o 2 points, scrimmage on the 10-yard line;
  - o *INTERCEPTION ON CONVERT CAN BE RUN BACK ACROSS THE ORIGINAL LINE OF SCRIMMAGE –POINTS AWARDED BASED ON Line of Scrimmage (1 point from 5 and 2 points from 10 yard line.) – JV/Varsity – Ball Dead – Whistle blown after interception on Convert.*
- Safety touch – 2 points.
- JV & SV Interceptions – no run back; 1 point and the ball at the 40-yard line for the intercepting team
- Mercy Rule - when one team is more than 30 points up on the other team, then the team behind gets to start at the opponent's 10-yard line and has 4 plays to score. The team that is up by 30 or more points will start on their own 5-yard line (or 40 yard line in JV & SV). They will have 2 chances to get to midfield and another 2 to score. If the difference becomes less than 30 points at any time, it will revert back to regular game play

#### MOST COMMON INFRACTIONS

##### Definitions:

- **Blocking:** When a player deliberately impedes an opponent's approach to the ball, ball carrier, or potential ball carrier by making bodily contact with the opponent.
- **Bodily Contact:** When a player contacts an opponent in such a manner as to stop the opponent's forward motion, to push the opponent backwards, to knock the opponent down or to move the opponent off stride or away from the opponent's intended direction or position.
- **De-flagging player 'not in possession':** flag removal when player does not have possession of the ball.
- **Flag Guarding:** any action by the ball carrier to interfere *with contact* to a defender's attempt at flag removal, including, but not limited to;
  - running with the arm at a level that obstructs a defender's attempt;
  - using the ball to hinder the defender's attempt;
  - pushing away a defender;
  - lowering a shoulder to obstruct a defender's attempt;

**Holding:** grasping a *PLAYER'S* person/clothing and impeding that player's progress, whether the flag has been pulled or not.

· **IMPEDE: TO FORCE AN OPPONENT TO CHANGE DIRECTIONS OR SLOW DOWN WITH OR WITHOUT CONTACT.**

· **INTERFERENCE ON RUSHER: ANY ACTION THAT TAKES AWAY THE RUSHER'S DIRECT PATH TO THE QB. OR PASSER**

· **Illegal Rush:** rush by a defender who had not lined up according to rule or did not abide by the other restrictions before crossing the line of scrimmage.

· **Intentional Grounding:** QB throws ball to area over the line of scrimmage with no receivers to avoid being flagged by opponent

· **Objectionable Conduct:** any action deemed to be inappropriate, derogatory or demeaning.

· **Offside:** breaking the plane of the line of scrimmage before the snap.

· **OBSTRUCTION: WHEN A PLAYER IMPEDES AN OPPONENT'S APPROACH TO THE BALL, BALL CARRIER OR INTENDED RECEIVER WITH OR WITHOUT CONTACTING THE OPPONENT**

· **PASS INTERFERENCE (TARGET-AREA ) OCCURS IN CLOSE PROXIMITY TO THE ARRIVAL POINT OF THE BALL AND RECEIVER. ALL ELSE IS OBSTRUCTION.**

· **Screening:** When any player who is not playing the ball extends the arms or waves a hand in an attempt to distract a receiver, to block a receiver's vision, or to touch the ball. If the ball hits the "screener", the play is treated as target-area pass interference.

· **Tackling:** standing directly in the path of the ball carrier and creating contact in an attempt at flag removal, thereby impeding that player's progress; OR, grasping the ball carrier's person/clothing and causing that player to fall.

· **Tripping:** leg contact causing the opponent to fall, will be at the officials discretion.

· **Unnecessary roughness:** any action causing excessive contact or that is deemed to be extreme/unwarranted

#### **PENALTY APPLICATIONS:**

Most infractions incur a penalty of 5 yards; the non-offending team has the option to decline the penalty.

#### **LEGEND**

**DnR. = Down not repeated.**

**DR. = Down repeated.**

**F. = Flag thrown.**

**LoS. = Line of Scrimmage.**

**NO. = No Options, no opportunity to decline penalty.**

**PBD. = Point where the ball was ruled dead.**

**Pol. = Point of Infraction.**

**P5. = Penalty of 5 yards.**

**StO. = Subject to Options.**

**W. = Whistle blown to end play.**

**WF. = Whistle blown AND flag thrown**

#### **APPLICATION**

**Blocking/Interference WF., P5., Pol., DnR., NO.**(Generally, by the offence during a run)



**Deflagging player 'not in possession':** F., P5., Pol (if Caught), DR. IF Not Caught-P5,LOS, DR

**Flag Guarding:** WF., P5., Pol., DnR., NO.

**Holding:** F., P5., Pol., DR., StO.

**Illegal Rush:** F., P5., LoS., DR., StO.

**Intentional Grounding:** F. Pol., DnR

**Jumping/diving:** WF., P5., Pol., DnR., NO.

**Objectionable Conduct:** F., P10., PBD., automatic 1st. down, NO.

**Rusher Interference:** By the offence, of the rusher – F., P5., from LoS., DR, StO.

**Offside:** F., P5., LoS., DR., StO.

**Pass Interference:**

By the defence : target area – F., P5., Pol, automatic 1st.. down, StO.

By the offence, target area – P5., LoS, DnR., StO.

Remote area by defense – F., P5., LoS., DR., StO.

**Screening:** F., P5., LoS, automatic 1st.. down, StO.

**Tackling:** F., P5., Pol., automatic 1st. down, StO.

**Tripping:** F., P5., Pol., automatic 1st. down, StO.

**Unnecessary Roughness (Including Roughing the Passer):** F., P10., Pol., automatic 1st. down., StO.