



Brampton Sports League Flag Football Rules Revised

General:

- Thursday evening games on indoor turf at 7 pm, 8 pm, 9 pm, and 10 pm 6 versus 6 (including QB).
- Flags & belts supplied by league
- 40-minute game running time (two x 20-minute halves then 5 plays added on the end of the game)
- 3 plays to half; if they get over half then 3 more plays to score Turnover if no first down or score is made; opposing offence to start at 5 yards line.
- **QB is not allowed to cross line of scrimmage.**
- Interceptions and converts are live. 1 foot inbound = completion. No kicking.
- Season includes playoffs intercepted convert can be run to the opposite goaline for 2pts
- Free Agent teams available (once registered, free agents are combined on teams with other free agents)
- Registration includes 10 players and includes 10 Brampton Sports League game shirts
- Maximum team size is 12 players
- BSL Championship medals awarded to league winners

Game Mechanics

- Substitutions can be made at any break in the game or between plays.
- One 30-second timeout per team per half; which will stop the running game clock.
- Ball possession starts on 5-yard line in place of kickoffs.
- Any player who receives the ball in the backfield through a snap, is a quarterback and can scramble but cannot cross the line of scrimmage. play is whistled dead and loss of down. Qb can make a hand-off or lateral pass to a RB and they can Run.
- DEFLECTIONS or TIPPED BALLS, which are caught, are dead at point of deflection ONLY in those situations where the pass is tipped by one offensive player and then caught by a different offensive player.
- If the ball tipped or deflected by an offensive player to a defense player and caught the play continues until the player is touched.
- Fumbled balls between the QB and Centre are live to the QB only.
- Laterals to option QB that are caught than fumbled are live to Option QB.
- Fumbled balls are dead balls.
- Fumbled after reception, ball is dead at the place of fumble.
- Player with one knee down can continue to play unless flag is grabbed. if 2 knees or more are down the play is dead
- Rear end zone line is not LIVE (in play) unless resulting in a catch play. A player can exit over dead ball line and re-entry the end zone during the play but must catch the ball in the end zone to score.
- If ball hits ceiling, dead ball and loss of down.
- Female players must have both flags pulled to stop the play. This helps promote female players into the game and make it more fair all around



- Each team is responsible to pick up own ball, if delay in retrieving ball 20-second count will commence.
- 4 loud steamboats (counted by referee)
- Steamboats count begins once the ball is lifted off the ground by center, regardless of if quarterback calls hut.

Rushing

- Once 4 steamboats are counted, rusher may cross the line of scrimmage and other defensive players may join in the rush.
- Steamboats count begins once the ball is lifted off the ground by center, regardless of if quarterback calls hut.
- Rusher must wait for all four (4) steamboats before advancing. But can move from side to side with QB.
- Offside by the rusher occurs when any part of the body is over the line of scrimmage before the four (4) steamboats are finished.
- In the event the rusher successfully grabs the QB's flag before the ball has left the QB's hand, the result will be a sack and roll the down at that point.

Scoring

- 6 points for a touchdown.
- 1-point (from 5 yards out) or 2-point (from 10-yards out) converts. Converts must be another play but does not count as a play in the last 6 plays of a half.
- 2 points for a safety. (Flagged in one's own end zone).
- Game is deemed over when a team is winning by 40 points or more with 2 minutes left in the game.
- If a team is winning by 21 points or more at the end of the second half the last 5 plays will not be played.

Penalties:

All penalties and loss of downs will be enacted at the discretion of the referee

- Taunting - There will be no taunting of opposing players = 5-yard penalty.
- Spiking - Any spiking of the ball at any time = 5-yard penalty. If spiking occurs after a touchdown the offending team will be penalized 5 yards on the convert.
- Delay of game = 5-yard penalty loss of down.
- Defensive holding = down over and 5-yard penalty.
- Offensive holding = loss of down and 5-yard penalty.
- When player with the ball is running with the ball, team members cannot interfere with play, no hand blocking or impeding allowed. Infraction = dead ball at place of infraction 5yard penalty downs continue

Catchable Balls:

- Defense = pass interference at the spot of the foul and repeat down.
- 2ND RIGHT TO THE BALL: Any player has second right to a ball after being tipped or deflected.
- A player who interferes with another player, i.e. grabs hands or in some way prevents a player from catching a tipped or deflected ball is guilty of Pass Interference when the ball remains catchable.



- Aggressive hand or body contact either before or after a reception (co-incidental contact allowed, both players going for the ball) = 15 yards down over and completed yards.
- Aggressive Pushing out of bounds = 15 yards down over and completed yards.
- In the END ZONE, any defensive rough play toward the intended receiver, or flag against the defender covering the intended receiver, is an automatic touchdown or convert.
- In the END ZONE, any offensive rough play is a loss of down & 5-yard penalty or loss of attempt at convert.
- Any additional rough play or roughness not mentioned above is at the discretion of the official. Offending player(s) will be cautioned and/or removed from the game and/or face possible suspension.
- FIGHTING. Any person(s) fighting, automatic game ejection and further league discipline.
- TACKLE = GAME EJECTION AND 15 YARD PENALTY
- No swearing/threatening at officials or opposing players = loss of down + series ejection and/or game ejection +15-yard penalty.
- Team captains have the right to remove a player on his team from the field of play due to poor conduct or unsportsmanlike behavior. Refusal of the player to leave will result in an automatic league suspension.
- If any player does not play a minimum of 50% of the game, the team in question shall suffer a forfeit and the opposing team will earn a win.
- **A breach of any of the above deemed to be aggressive by an official, can be followed up by game ejection of the player(s) or team from the game and/or banishment from the league.**

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