

2019 BMFA 5 VS 5 FLAG Football Rules Revised



The following rules are in accordance with the Canadian Flag Football Rule Book from Football Canada. Modifications have been made for Burlington Minor Football – Spring Flag Program 2018 by Southern Ontario Touch Officials Association (SOTFOA) and BMFA Executive.

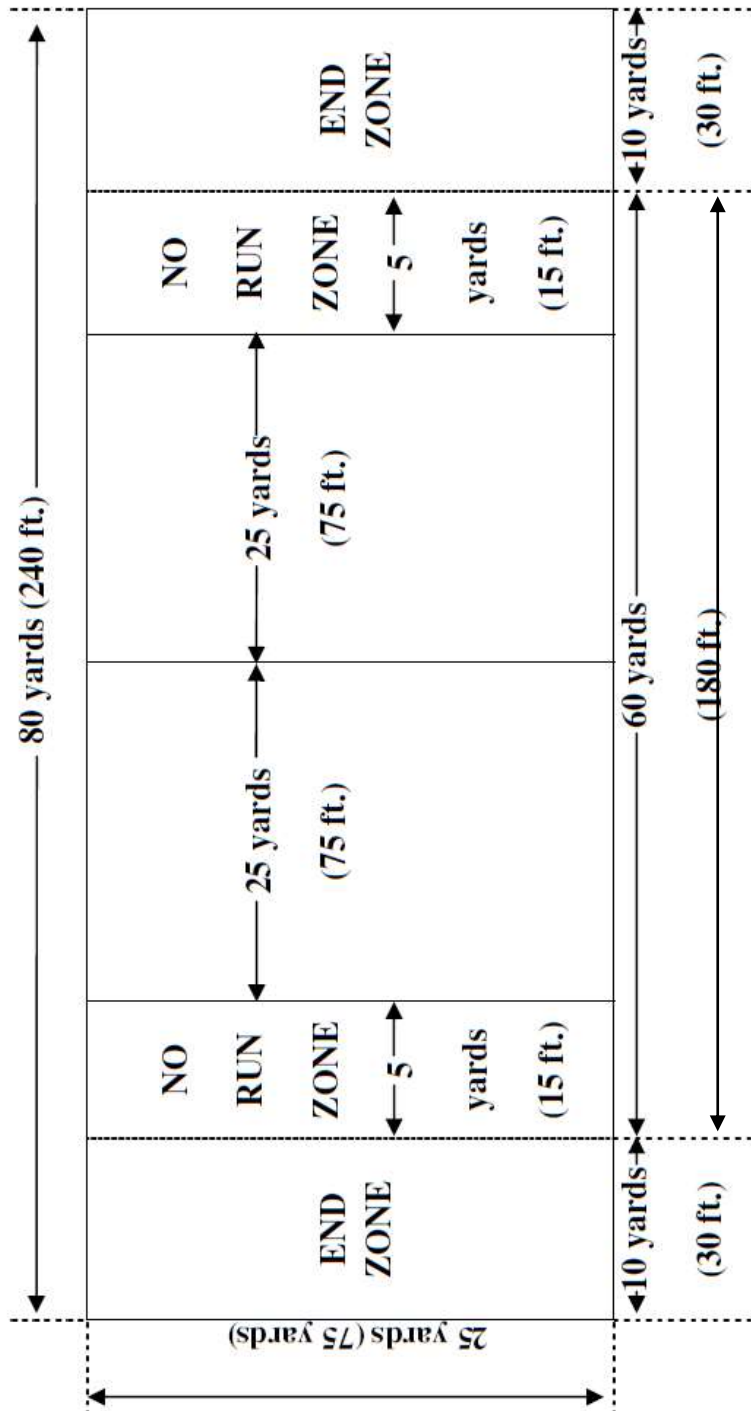


NEW RULE CHANGES ARE IN UPPERCASE, BOLDED AND ITALICS

Field will marked with cones for end zones (10 yards); a 5 yard no run at each end zone and ½ field mark

JV and V will use 100 yard fields

Coaches to assist with field set up and take down



(Increase for JV & V 20 yards)

GENERAL OUTLINE OF THE GAME

GENERAL GAME PROCEDURES

- Tyke Division plays 4 downs for ½ field; all other divisions 3 downs for ½ field
- **2 x 23** - minute halves straight time running, (tyke division: 2 x 20 minute halves)
- 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;
 - Only the last play will be repeated after an infraction is called
 - Converts are considered a play
 - IF TOUCHDOWN SCORED ON LAST PLAY, TEAM CAN ATTEMPT A CONVERT
- 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 2nd. Half;
- Teams change ends for 2nd. Half;
- Each team starts possession from their 5 yard line
- 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 its own 5-yard line;
- 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;
- **Rusher starts at 12yard rush for Tyke, ATOM, PEEWEE divisions**
- **Rusher starts 7 yards from line of scrimmage for Bantam, Junior Varsity and Varsity;**
- Rusher is deemed the first player to cross the line starting 7 yards (12 yards Tyke, Atom Peewee) from LOS
- In order to “maintain the privilege of a clear and direct path without obstruction”, the rusher(s) must line up no further than 2 yards to either side of the “rusher's bag”; **designated rusher will declare by raising their hand prior to snap**
- **In Tyke, Atom and Peewee division only one designated rusher allowed**
- All defenders may rush once the ball has been handed or tossed to a 2nd. Player in the backfield, as this latter action cancels the requirement of the rusher rule;
- 20 seconds to put the ball into play after the ref. “whistles in the play”;
- If there is NO RUSH the QB has 7 seconds from the snap, to throw the ball; the count ends if the ball is given to another player; (countdown to be called by official)
- First to possess the ball will be deemed the QB (first to touch after snap is included);
- 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 (In accordance with Football Canada Flag Rule Book)**
- Only one forward pass over the line of scrimmage per play (thrown, shoveled in the direction of the opponents' goal line)
- **FORWARD HANDOFFS ARE NOT ALLOWED (in accordance with FB Canada Flag Rule Book Rule 5 Section 2.10)**
- Multiple handoffs may be to side or behind the QB are allowed.
- Defender 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.
- Ball in Possession is defined as stop rotation and shows influence on the ball (moves ball into body)
- Ball placement will be at the point ball held at time of whistle.
- **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

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 the catch**
- After the first forward attempt has been made, any transfer that results in the ball travelling in the direction of the opponent's “dead-ball line” (offside pass);
- Extension of arm with ball to gain yards (including goal line);
- Blocking/obstruction, holding/tackling;
- Any defender contacting the QB's arm during the throwing motion.
- **No forward passes behind the line of scrimmage (LOS) ie. Screen plays**
- No batting the ball out of the defenders 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
 - 1 point, scrimmage on the 5-yard line, ball must not be run over the line of scrimmage;
 - 2 points, scrimmage on the **12-yard line**;
 - **INTERCEPTION ON CONVERT CAN BE MUST BE RUN BACK ACROSS THE ORIGINAL LINE OF SCRIMMAGE –POINTS AWARDED BASED ON LOS**
 - **1 point from 5 and 2 points from 12 yard line.**
- Safety touch – 2 points.

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 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.
- **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.
- **Obstruction:** any action that takes away the rusher's direct path to the QB. or passer.
- **Offside:** breaking the plane of the line of scrimmage before the snap.
- **Pass Interference:** Any interference made by a player against an eligible receiver before an eligible receiver has caught the pass.
- **Target-area pass interference** occurs in close proximity to the arrival point of the ball and receiver. All else is remote-area or interference.
- **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., DnR.

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.

Obstruction: By the offence, of the rusher – F., P5., from LoS., DR., StO.

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

Offside Pass: If touched or completed by offence – WF., P0., Pol., DnR. (Ed.'s Note: Exercise caution; if intercepted, whistle MUST NOT be blown!)

Pass (Remote Target) Interference:

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

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

Remote area – 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: F., P10., Pol., automatic 1st. down., StO.

*Any rules not listed above will be applied in accordance with the
CANADIAN AMATEUR FLAG FOOTBALL RULE BOOK 2009*

The Referee is responsible for the adherence to the rules and regulations by both teams and all officials. The Referee will make the final decision on any on-field situation not covered by the rules and regulations. All officials should strive to maintain a safe environment for the players.

At any time during the game, if a referee feels that continuing to play the game at hand may jeopardize a player's safety, the official may remove that player from the game immediately. An explanation should be included on the game sheet as to the reason why the player was removed. A referee's decision in this matter is final and cannot be challenged by the player affected or his/her teammates. Teams/players wishing to protest an official's decision must do so in writing to the League Executive within 48 hours of the conclusion of the game.

A participant (player or official), suffering from a wound or laceration, where oozing or bleeding occurs, must leave the playing field until appropriate medical treatment is administered. The participant may return to the playing field only after the bleeding has stopped and the affected area or the open wound has been completely and securely covered. The referee must approve the participant's return to the playing field.

If a player or official has any part of his/her uniform or equipment saturated with blood, the uniform must be cleansed or changed immediately. "Saturated" being defined as the amount of blood being sufficient to soak through the garment and onto the skin or such that the blood would easily be transferred to another participant.