

# 2014 BPAA K-1 Flag Football Rules

1. Games will consist of two 20-minute halves and a five (5) minute half time. Each team will receive two time-outs per half with no carry over.
2. Clock runs continuous throughout the game. No official score will be kept. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams must change sides after the first 20 minutes.
3. Football Size: Pee-Wee Football. Provided by BPAA
4. Field Size: 50 yards long by 30 yards wide with two 5-yard end zones and a midfield line-to gain. No-running zones precede each line-to-gain by 5 yards.
5. Rosters: Teams must have a minimum of 6 players and no more than 12 players participating on the roster.
6. Equipment:
  - BPAA provides each player with flag belts, jersey, and socks.
  - Players must wear shoes. Cleats are allowed, however cleats with exposed metal are not allowed and must be removed.
  - Players may wear gloves, elbow pads, and kneepads.
  - Official jerseys must be worn during play.
  - All players must wear a mouth guard for practice and games. An athletic supporter is also recommended.
7. General Rules:
  - Teams must play 5 offensive players versus 5 defensive players.
  - Each team may have two (2) coaches on the field and/or in the huddle. During games, a maximum of one (1) Head Coach, one (1) Assistant Coach and two (2) Parent Assistants are allowed to be on the field/sideline area. All other parents must be on the sideline opposite the teams.
  - A coin toss determines first possession.
  - The offensive team takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, it has four (4) plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
  - If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
  - The offensive team must have at least two players and no more than 4 players on the line of scrimmage when the ball is snapped.
  - All possessions, except interceptions, start on the offense's 5-yard line.
  - There are no kickoffs.
  - Each time the ball is spotted a team has 40 seconds to snap the ball.
  - Stepping on the boundary line is considered out of bounds.

## 8. Running

- The quarterback cannot run with the football.
- Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.
- "No running zones" located five yards from each end zone are designed to avoid short-yardage, power-running situations.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).
- The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- No blocking or "screening" is allowed at any time.
- Offensive players must stop their motion once the ball has crossed the line of scrimmage.
- No running with the ball carrier.

## 9. Receiving

- All players are eligible to receive a pass (including the quarterback if the ball has been handed off behind the line of scrimmage).
- Only one player is allowed in motion at one time.
- A player must have at least one foot inbounds when making a reception.

## 10. Passing

- Shovel passes are allowed.
- The quarterback has a seven-second "pass clock". If a pass is not thrown within the seven seconds, play is dead, loss of down. Once the ball is handed off, the seven-second rule is no longer in effect.
- Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start at the 5-yard line.
- All passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage.

## 11. Scoring

- Touchdown: 6 points
- Extra points: 1 point (played from the 5-yard line) or 2 points (played from the 10-yard line)
- Safety: 2 points

## 12. Rushing the Quarterback

- Rushing the quarterback is not allowed.
- Defensive players may defend on the line of scrimmage.
- Once the ball is handed off, all defenders may go behind the line of scrimmage. No blocking or tackling is allowed.
- If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the player will receive a warning. If a player continues the rough play he or she will be asked to sit out the rest of the half or the game.

### 13. Dead Balls

- The ball must be snapped between the legs, not off to one side, to start play.
- Substitutions may be made on any dead ball.
- Play is ruled "dead" when:
  - Ball carrier's flag is pulled
  - Ball carrier steps out of bounds
  - Touchdown or safety is scored
  - At the point of an interception (interception returns are not allowed)
  - Ball carrier's knee hits the ground
  - Ball carrier's flag falls out
  - There are no fumbles. The ball is spotted where the ball hits the ground.
- 2nd Fumble Rule – If the center or QB fumble the initial exchange (i.e. snap) it is not a dead ball.
- Only the QB can pick up the ball. All fumbles between QB and runners are dead ball. QB cannot run with the ball but can scramble behind the LOS.

### 14. Flag Pulling

- A legal flag pull takes place when the ball carrier is in full possession of the ball.
- Defenders can dive to pull flags, but cannot tackle, hold, or run through ball carrier when pulling flags.
- It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.
- If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends.
- A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.
- Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping of head, hand, arm or shoulder, or intentionally covering flags with the football or jersey.

### 15. Penalties

All penalties will be assessed from the line of scrimmage. Only the coach may ask the referee questions about rule clarification and interpretations.

#### Defense:

- Offsides-5 yards and automatic first down
- Interference-10 yards and automatic first down
- Illegal contact (holding, blocking, etc.)-10 yards and automatic first down
- Illegal flag pull (before receiver has ball)-10 yards and automatic first down
- Illegal rushing (coming across the line of scrimmage before the ball is handed off)-10 yards and automatic first down

#### Offense:

- Illegal motion (more than one person moving, false start, etc.) five yards and loss of down
- Illegal forward pass (pass thrown beyond the line of scrimmage) five yards and loss of down
- Offensive pass interference (illegal pick play, pushing off/away defender) 10 yards and loss of down
- Flag guarding-10 yards (from line of scrimmage) and loss of down

## 16. Play Time / Practice Time

- Coaches must make every effort to play players close to 50% of the time. On teams with more than
- 10 players, coaches must make every effort to see that players share a significant amount of play time.
- Coaches can not limit players play time because a player missed practice or because of skill level.
- No player is allowed to play more than one-half (1/2) of the game in the offensive backfield.
- Offensive backfield is defined as Quarterback (QB) and any running back position.
- Teams can practice up to twice per week unless granted an exception by league. Practice should not last longer than 90 minutes.
- The Commissioner will investigate complaints that coaches are not abiding by the spirit and intent of the rules above.