

BCAFFL FLAG RULES

5 ON 5

Coin toss to decide possession or side of field (or defer), choice flips for second half, teams **MUST** change ends at the half.

Timing 2 X 20 minute half, NO team time outs. Commissioner controls game clock.

Straight time, clock only stops for injury (starts on ref's whistle). When final horn blows, game is over, unless ball has already been snapped.

Injuries: For serious injuries, immediately inform the game commissioner, who will stop the clock.

Play : teams start their scrimmage from own 5 yd line, have 3 downs to reach centerfield, once over centerfield, have 3 downs to score a touchdown. If turnover by downs, the defensive team gets the ball on their 5 yd line. If intercepted, defense can score, but if flagged, they have choice of point of flagging or their 5 yd line. Defense CAN score a safety.

Converts are : 1 pt from 5yd line, 2 pt from 10 yd line, Defense CANNOT score.

Once a team is inside the defense 5 yd line, they can only advance the ball by passing, NO RUNNING ALLOWED over the line of scrimmage.

The quarterback can take a direct or shotgun snap, they CANNOT run across the line of scrimmage unless they receive a pass or handoff from a teammate. Once the ball has been snapped, the Offense official starts a 7 second count, must verbalize it after 2 seconds, ball must be passed or handed off before ref reaches zero, then no more counting.

Rusher, if lined up within 2 yd either side of the rusher's bag (7 yd from LOS bag), has a right to a direct path to the QB, and cannot be interfered with.

Rule 15-1-1.7 Once a player has caught a legal forward pass, they are no longer allowed to lateral the ball (5 on 5 ONLY rule)

If a penalty takes a team out of the "no run" zone or across centerfield, the line to gain remains the same, and they are still in a "no run" zone

Flag Definitions:

DIPPING: lowering the body to avoid getting flagged, legal Spinning is also allowed, but hands and elbows must be above the shoulders.

BOBBLED BALL: potential receiver touches the ball, is then flagged, finally gets possession, ball is dead where the flag was pulled

JUMPING: players can jump to catch a ball, but once a ballcarrier, any jumping causes the ball to be declared dead, same as “guarding the flag”, any motion to deflect the defense’s hands.

RIGHT OF WAY: players are entitled to run their routes without being cut off or deflected

RIGHT OF PLACE: a stationary player has right of place, which trumps right of way

Fumbles : ball is dead when it hits the ground, downs continue

NO intentional grounding penalty, unless ref thinks the QB is just trying to kill the clock

PENALTIES:

All penalties are 5 yd except the following :

Pass Interference: by Def, spot of foul (SOF), and an automatic first down (AFD). By offence, Loss of down (LOD)

Roughing the passer : 10 yd, AFD

UR or Unfair Play : 15 yd, may include ejection (ejection if racial, religious, sexual, threat, etc.)

Flag pull (before ball is touched) SOF, and AFD if ball is caught, if dropped, AFD at LOS

Flag guarding : Point Of Foul, downs continue

Illegal Contact : by defense, SOF, AFD by offence, LOD at original LOS

Objectionable Conduct is only 5 yd, but a second one is an ejection

If a team has multiple penalties, the opposition can only choose one to be assessed

If both teams foul, replay from original LOS, but we can still assess dead ball fouls for yardage.

OVERTIME : Playoffs ONLY

Coin toss, winner chooses between offense, defense, or end of field. Ball is put on 5 or 10 yd line, offense can go for 1 or 2 point convert. Repeat for the other team. If still tied, the ball is now put on 5 yd line, teams will attempt 1 pt convert attempts each, until tie is broken.

7 on 7

Coin toss, winner chooses offense, defense, or end of field, can defer choice to second half.

TIMING: 4 x 15 minute quarters, switch sides at ¼ time, 3 minute half time, 1 time out per half. Referee keeps time on the field.

Clock stops for injury and time outs only, with 2 minutes left, 2 minute warning is given, and clock restarts. Teams can agree to call a lopsided game.

OVERTIME: Playoffs ONLY, each team gets 3 converts, alternating chances, 1 or 2 points at each chance. If still tied, each team gets 1 convert until a winner is declared.

KICKING: kickoffs are now eliminated, team gets ball on their own 20 yd line, first down

PUNTS: If punt is blocked in field of play, live till it hits the ground, possession goes to defense, if ball hits the ground in K endzone, touchdown. No yards penalty enforcement is 15yd, no option. We will no longer enforce having whole kicking team behind LOS at time of punt.

ROUGE after 1 pt awarded, ball is placed on scored upon teams 20 yd line, 1st & 10

PENALTIES ; still mostly 5 yd, with the following exceptions:

By Offense: Flag guarding. Jumping, or Diving : POF, downs continue

Rusher interference LOD – no penalty if center never moved

Illegal contact LOD

Pass interference LOD

Illegal Forward Pass LOD at original LOS

By Defense: Illegal flag pull POF AFD if caught, if incomplete pass, AFD at LOS

Pass interference POF AFD

Illegal contact AFD

Roughing the Passer 10 yd, AFD

Personal fouls, UR, Major fouls : 15yd, LOD if offence, AFD if defense, can result in ejection.

