



## **RULES and REGULATIONS**

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### **Rule Book Guidelines**

- Safety of the players is a priority.
- Keep rules simple for the refs to make fair and consistent calls.
- Keep the rulebook short and concise so the coaches *and* refs will read it.



## EQUIPMENT

### Field Setup

- The field shall be 40yds wide by 80yds long.
- The playing field shall be made up of four (4) zones each 20yds long, with 10yd end zones.
- A down marker will be used to indicate the number of the down.

### Team Size

- Teams will have EIGHT players on the field (8 on 8). Teams can play two men down if they are short.
- If a team is three players short, they will automatically forfeit the game. However, the opposing coach may lend players in order to allow the game to be played as a scrimmage. The officials will call the game as if it were a regular game.

### Required/Recommended Equipment

- The league at the start of the season will provide game day footballs, but teams must use an approved ball. The following football sizes are required,
  - D6-D9 Peewee football
  - D10-D11 Junior football
  - D12 Youth football
  - In the case of inter-divisional games, each team will use the ball appropriate for their division when on offense.
- Matching team uniforms provided by the league must be worn. Each team will be given a different color from all the other teams.
- All players on the field must be wearing their team's color and have their jerseys tucked in. If a ball carrier is found with an un-tucked jersey at the conclusion of a play he/she will receive a warning; with the exception being if the jersey became un-tucked during the previous play as a result of a defender causing the jersey to become un-tucked. **A second infraction will be considered flag guarding.** Jerseys can be taped to pants.
- Each player on the field must wear league provided flags to be worn around the waist outside of game jerseys. Flags must be centered with a flag on each hip and a flag in the rear. **Improperly worn flags are subject to flag a guarding penalty.**
- Flags may not be altered in any way from their factory condition.
- An identical set of "game flags" will be provided to both teams by the officials at the start of the game. To facilitate this, a bucket will be placed behind each bench. It will contain 2 sets of flags (4 sets total). Players are to place the flags back in the bucket after their game.
- Mouth guards are **MANDATORY** and must be readily visible to the referee.
- All players must wear black football pants that cover the knees. Shorts are not allowed, and will result in a player being barred from the game.
- Sneakers or cleats (no toe cleats, metal cleats or spikes) are preferred.



- All male players are highly encouraged to wear an athletic support and cup.
- Padded “Gamebreaker” headgear is allowed/recommended, but may not be used in an offensive manner, i.e., spearing (refer to Unnecessary Roughness section).

### **Banned Equipment**

- Metal spikes; screw in cleats; hard or soft casts; protective pads or padded undergarments of any kind, jewelry, including rings; rubber wrist bands and watches; baseball caps or bandanas of any kind; anything that conceals the flags. Note: Beanies and Skullcaps are permitted.
- Wearing any banned equipment on the field will result in a delay of game penalty. Players wearing banned equipment will not be allowed back onto the field until the banned equipment is removed.

### **Coaches**

*The following shall apply to all coaching staff:*

- All coaches are required to have a background check.
- All approved coaches will wear a league identification lanyard (when provided) on the sidelines. If a coach does not have a lanyard, the coach will not be allowed on the sidelines during the game.
- Non-coaching and non-GM parents are not allowed on the sidelines, except down marker holders and MPR monitors.
- All head and assistant coaches must be at least 21 years of age.
- Each coach is expected to read and understand all stated rules in this booklet. Any questions should be directed to the BCS Division Commissioner.
- All football personnel and coaches will abide by the BCS Coaches Code of Conduct. Any violation of these rules will result in immediate expulsion from your coaching privileges.
- If any coach deliberately and flagrantly violates these rules, the BCS board may suspend the coach without prior notice.
- **The head coach has final responsibility for his/her actions, those of his/her coaches, players, staff and parents.**
- When a head coach of record is not present at a game, the assistant coach will act as head coach.
- The coach on the field is the only person allowed to speak to the referee, and at the referee’s discretion, an unsportsmanlike conduct penalty will be called on other coaches if they continually attempt to speak to the ref during the game.
- All coaches are to be respectful to each other, players, parents, and referees, before, during, and after games.
- **The referees are empowered to eject any coach from a game if that coach is acting unsportsmanlike, using foul language, or is causing a disruption to the game. Swearing at the referees because you do not agree with a call is not acceptable and will not be permitted.**



- The Head Coach shall identify himself during the coin toss by accompanying his team captains.

### **MPR (Minimum Play Record) Monitor**

*The following shall apply to MPR Monitors:*

- All players must play a MINIMUM of **14** plays per game, unless there is an injury.
- If a player arrives late or leaves early the MINIMUM number of plays is **10**.
- MPR Monitors are responsible for completing the MPR form, and ensuring all players have complied with the minimum number of plays per game.
- Prior to the start of the game, it is required that both teams have a minimum of one (1) MPR Monitor ready and available to carry out their duties.
- MPR Monitors should stay as close to the 30-yard line on either side, if possible.
- The MPR Monitor should be prepared at all times to provide the Head Coach with the number of plays each player has completed.
- The MPR Monitor must notify the Head Coach prior to start of the second half, if their records indicate that any players have not fulfilled their mandatory plays.
- NOTE FOR PLAYOFFS: Teams will be monitoring the opposition, and vice-versa, so each team will need two (2) monitors for those games. If **BOTH** coaches agree it is not necessary to monitor each other's MPR, this requirement is waived.
- Coaches must turn in MPR sheets to the BCS Field Monitor (when present) at the completion of each playoff game.

### **Down Marker**

*The following shall apply to Down Marker responsibilities:*

- Down marker will be on the home side of the field at all games.
- It is the responsibility for the home team to supply 1 down marker volunteer.

## **GENERAL RULES OF PLAY**

### **Home and Away Team Responsibilities**

- Home team will warm up on the East side of the field (at Mira Costa) prior to the start of the game.
- Home team will occupy the benches on the South side of the field (at Mira Costa) during the game – (closest to the stands).
- Home team will be responsible for providing a volunteer for the down marker.
- Away Team will warm up on the West side of the field (near the score board at Mira Costa) prior to the start of the game.
- Away team will occupy the benches on the North side of the field (at Mira Costa) during the game – (furthest sideline from the stands).



- At American Martyrs Field, the Home team warms up on the baseball infield and will occupy the sideline closest to the infield. The Away team will occupy the opposite sideline and warm up behind the south end zone (off of the field of play at all times).
- Please remember WATER ONLY on all fields. No food, juice, sports drinks, candy, soda, pop, etc, are allowed on the fields.

### **Coin Toss**

- Before the game, the referee will gather players (4 Max) from each team near the center of the field for the coin toss. The Head Coach must accompany the players and identify himself to the refs.
- The game opening toss and the overtime toss (if applicable) will be called by the visiting team before the coin is flipped.
- The winner may choose one of these options:  
**Direction or Receive/Kick**
- The loser of the coin flip will be given the other option – i.e., direction or kick.
- Teams do the opposite in the second half. There is no second half coin flip.

### **Game and Play Clock**

- The games will consist of running “clock” two 24-minute halves.
- Regular season games should attempt to end within the one hour allotted (playoff games may run slightly longer if required).
- End of Half – End of Half is defined as the final 1:00 of the first half and final 2:00 of the second half. The clock stops on all dead ball plays at the End of Half unless otherwise noted.
- Dead balls that stop the clock at the End of Half are: incomplete passes, ball carrier steps out of bounds, scoring plays, change of possession, penalty (clock stops until ball is set), time out, official time out, or a spiked ball after offensive line is set. The clock is also stopped for extra point tries.
- If a team is losing by 13 or more points in the final 2 minutes the clock will not stop.
- Each team receives three timeouts TOTAL per game, to be used whenever they wish. Each timeout will last one full minute (:60).
- A play is over when a referee blows a whistle signaling its end.
- The offense will have 30 seconds to start the next play after the spot of the ball. Failure to do so will result in a Delay of Game penalty.
- Halftime will be two minutes (2:00) long.
- Coaches must have their teams assembled behind their bench 5 minutes before their scheduled kick-off or with no less the 5 minutes to go in the prior game. If a team is not at the coin toss on time (subject to referee discretion), the opposing team automatically wins the coin toss. No game will begin before the scheduled time unless both coaches are present and in agreement, regardless of when the previous game ends.

### **Coaches on the Field**



- Each team may have one (1) coach on the field during play. These coaches shall assist the alignment of players and calling the plays. In D6, two (2) coaches per team may be on the field.
- During the execution of a play, these coaches shall remain a minimum of fifteen (15) yards behind any of the participating players.
- Coaches can not talk on the field but may talk on the sidelines during a play. When teams are at the line of scrimmage, coaches should refrain from giving further instructions. ON-FIELD COACHES MUST BE SILENT ONCE THE QB BEGINS HIS CADENCE.
- If in the opinion of the referee, the coach continues to give instructions once the QB begins his cadence, or the coach becomes verbally involved in the play in any way, a 5-YARD penalty shall be assessed.
- If in the opinion of the referee, the coach on the field makes no attempt to avoid an oncoming player or otherwise avoid interfering with a play, that coach will be penalized for unsportsmanlike conduct.

### **Substitutions and Injured Players**

- Free substitution shall be in effect at all times. However each player must play the minimum number of plays per the MPR.

### **Procedure for Injured Players**

- If the referee stops play for an injured player or players to be checked/assisted, the injured player needs to leave the field for at least one play. A player may return to play after a coach's timeout, whether or not a subsequent play has been run.
- Head Injury process---If a player receives minor or major head injury/bangs head/etc during practice, pre-game warm-ups, or game, then he/she is not allowed to return to play until cleared by his/her parent or guardian. The player is not allowed to clear himself/herself. This parental notification process is important with concussion awareness. If a parent or legal guardian is not present to clear the player, then the player will not be allowed back in the game.

### **General Kicking Rules (Kickoffs & Punts)**

- On kick offs, players on the kicking team are allowed to run toward the line of scrimmage prior to the ball being kicked but must remain behind the line of scrimmage until the ball is kicked.
- The receiving team must have at least 5 players lined up 10 yards from the line of scrimmage until the ball is kicked.
- A 2-yard halo shall be maintained around a player attempting to field a kick.
- Contact by a member of the kicking team with a member of the receiving team attempting to catch a ball shall be penalized as a Personal Foul.
- Non-contact intrusion of the neutral zone (halo) by a member of kicking team shall be penalized as Encroachment.
- Kicks are not "live". The kicking team cannot retain possession even if the receiving team fumbles the ball -- it is considered a dead ball.



- *Downing the Kick:* If the receiving team does not touch the ball, the play continues until the ball comes to a stop on its own or the kicking team touches it. The receiving team takes possession at the place where this occurs.
- If the receiving team touches the ball, the play continues until the ball hits the ground or until the ball carrier is down.
- If the receiving team contacts the ball but does not take possession, the ball will be spotted at either the place contact was made or the place the ball hits the ground, whichever is further back. If the receiving team contacts the ball in the field of play but the ball then lands in the end zone, it is a touchback.
- If a kickoff or punt crosses the offense's goal line, the whistle will be blown and the offense will be awarded a touchback. The ball is spotted at the 20-yard line.
- Diving for the ball by either receiving or kicking team in an attempt to down the ball is strictly forbidden and will result in a diving penalty.
- IF THE BALL IS DROPPED, MUFFED OR TIPPED IT IS A DEAD BALL AND CANNOT BE ADVANCED.

### **Kicking Off**

- Kickoffs shall be from the kicking team's 30yd line.
- Kickoffs following a safety shall be from the 20 yd line of the kicking team.
- Kicks **MUST** be made off a tee in D8 – D12. D6 and D7 may opt to punt or kick off a tee.
- A coach shall remove the kicking tee (if used) immediately after the ball is kicked.
- If the kick goes out of bounds before being touched by a member of the receiving team it is a penalty. The ball shall be placed either on the receiving team's 35 yd line, or on the line where the ball went out of bounds, whichever gives the receiving team the greatest benefit. **NO RE-KICK.**

### **Punts**

- Punts shall be from the offensive line of scrimmage.
- A team must declare its intention to punt to the referee. This declaration must be made in time for the defensive team to set up for a punt return.
- Once a declaration to punt is made the only way a team can change their decision is to take a time out.
- Punts are considered a normal offensive play and are subject to the 30-second play clock.
- Rushing the punter is prohibited.
- If the punt goes out of bounds before being touched by a member of the receiving team, it is spotted at the point it went out of bounds.
- The receiving team must start the play 10 yards from the line of scrimmage.

### **General Information on Plays**

- Ball carriers may not Flag Guard or jump to avoid a flag from being pulled.





- The quarterback may take a direct snap from under center or be back any number of yards in the backfield.
- Players need only get one foot down in bounds for a completed pass.
- The Center Sneak is a banned play in BCS due to the risk of injury.
- Attempts at a Center Sneak will be penalized as an A-Gap Violation.
- The offensive team must have three (3) players on the line of scrimmage. These three players must be contiguous with the center (that is within arm's length). There must be one player on each side of the center (within arm's length). Up to seven players are allowed on the line of scrimmage.
- Only one player in the backfield may be in motion at the snap of the ball. That motion must be off the line of scrimmage and parallel to or away from the line of scrimmage.
- The defensive team may choose any formation but must have at least two players on the line of scrimmage and no players in the A-gap.

### **A-Gap Rules**

- The A-gap is the area 1 yard wide on either side of the ball along the LOS and 2 yards from the line of scrimmage on the defensive side of the ball. A referee will mark the width of the A-gap with small beanbags prior to the start of each play.
- The A-gap is closed and off limits to the defense and the offense for the safety of the center from the time the quarterback starts his cadence until the referee whistles the play over. On "broken plays" the referee may use judgment to determine that an offensive or defensive player going through the A Gap was inadvertent and/or did not cause a safety issue and does not qualify as an A Gap violation.
- The defense cannot blitz through the A-gap of the offensive line. The offense cannot take advantage of the A-gap by running up the A-gap with any player.
- The center must leave the A-gap area before he can block or catch a pass.

### **Jumping and Spinning**

- Players may NOT jump to avoid a tackler.
- Players may NOT dive for the end zone or to gain additional yardage.
- Players may NOT attempt short yardage "over the pile" jumps.
- A player may dive in an attempt to catch a pass.
- A player may dive to pull a flag.
- Players may jump/hurdle a player that has fallen in the player's way.
- Quarterbacks are allowed to jump when passing the ball.
- Any player who jumps illegally and lands on another player will be flagged for Unnecessary Roughness.
- Players may spin.

### **Fumbles, Dead Balls and Interceptions**

- A fumble is defined as any unintentional act where a player loses possession of the ball.





- An interception is defined as any intentional act where a player tries to transfer the ball to a teammate through an act such as a forward pass, backward pass, lateral, shovel pass, etc. which results in a change of possession.
- All fumbles are considered dead balls as soon as the ball carrier loses possession.
- If the ball hits the ground behind the player who fumbled it, the ball is placed at the point it first hits the ground.
- If the ball hits the ground in front of the player, the ball is placed at the point the player lost possession.
- A fumbled ball may not be recovered in the air or advanced by either team.
- An interception can be advanced by the intercepting team.
- A player may not strip anyone of the ball. Anyone making intentional contact with the ball while it is being carried causing the ball to be fumbled will be called for Stripping.
- The ball is dead if a ball carrier's flag is removed on its own.
- If a ball carrier or pass receiver has a missing flag or flags, the ball is dead at the spot where the player took possession of the ball.

### **Ball Spotting**

- Spotting the ball is up to the referees' judgment. It is up to the referee to try and be near the spot whenever possible.
- Ball will be spotted where the runner's hips are when the flag is pulled. If the ball carrier is holding the ball forward in an unnatural position, then the ball will be spotted where the hip is when the flag is pulled. This applies to the goal line and throughout the field of play.
- The spot is not where the defender was standing when they pulled the flag.
- The spot is not where the defender throws the flag on the ground.
- If a receiver makes a dive for a ball and his/her arms are outstretched and is down because of the knee-down rule, the ball should be spotted right where the ball would normally be carried (receiver's hips)

### **Bumping**

- A defender and/or receiver may contact each other as many times as desired within five yards of the line of scrimmage.
- After 5 yards contact can be interpreted as Pass Interference.

### **Passing**

- A forward pass is a pass thrown from behind the line of scrimmage toward the offensive team's goal.
- A lateral pass is thrown parallel to the line of scrimmage or backward. An incomplete lateral pass is a fumble and the new line a scrimmage is where the ball touched the ground.
- A pass may be thrown over-hand, under-hand, or side arm.
- The QB may spike the ball to kill the clock at the End of Half. Intentional grounding will be called when the QB downs the ball while in the tackle box to avoid a loss of yardage.



## **Receiving**

- ALL players are eligible to receive forward passes.
- One foot in bounds constitutes a completed pass. However, if the receiver steps out of bounds, and returns in bounds, he/she becomes an ineligible receiver.
- If an offensive and defensive player catch a ball simultaneously, the ball is declared dead at that spot and awarded to the offense.
- Two or more receivers may touch the ball in succession resulting in a completed pass.
- If a receiver's flag falls off prior to making a catch or is pulled while making a catch, it is ruled a reception, and the ball is spotted where he/she made the catch.

## **Center**

- The center must snap the ball between his/her legs. The snap must be continuous, meaning it must pass directly and immediately from the center to another player on offense.
- Center must have both feet at the scrimmage line with no part of his/her body beyond the forward tip of the ball.
- The center may adjust the ball one time per play.

## **First Downs**

- The field is divided into four 20-yard zones.
- The offense has 4 plays to reach the next zone.
- If the offense fails to reach the next zone after 4 complete plays, possession will turn over to the defense.
- Any penalty that results in a first down starts a new set of downs with the line to gain the next closest zone.

# **SCORING**

## **Touchdowns**

- When a ball carried by an offensive player breaks the plane of the defensive team's end zone or an offensive player gains control of the ball in the defensive team's end zone, it is considered a touchdown.
- The ball and hips must break the plane before a flag pull in order to score a touchdown.
- If any conversion is intercepted, it can be returned for 2 points.
- Conversion attempts do count as clock plays unless the touchdown is at the End of Half. If the clock is stopped it would remain stopped for the extra point(s), and until the ball is kicked off.
- If a touchdown is scored as time runs out in a half, there will still be an attempt for a conversion (where necessary).



### **3 Point Play**

- If an offensive team is on or inside the opponent's 20 yard line, the offensive team may elect (on any down) to "go for 3". This election is final and can only be reversed if a time out is called prior to the try (but after the election to go for 3).
- If the offense has the ball between the 20 and 10 yard lines, the attempt will take place from the 5 yard line.
- If the offense has the ball between the 10 yard line and goal line, the attempt will take place from the 2 yard line.
- The down marker will remain at the spot at which the offense elected to attempt the 3 point play.
- The offense will have a single try to score.
  - If successful, the offense is awarded 3 points and the defense begins the following possession at their own 30 yard line (no kickoff)
  - If unsuccessful, the defense takes possession of the ball at the down marker.
  - If the play results in an interception, the defense can advance the ball. The ball will be placed at the down marker or the spot the intercepting player was marked down or out of bounds, whichever is most beneficial to the intercepting team.
  - Returning an interception to the opponent's end zone results in a touchdown with normal extra point and kickoff rules.
- The 3 point play is subject to normal clock rules, and is **NOT** an untimed scoring attempt.
  - No extra time is given in order for a team to setup for the attempt.
  - Unless a timeout is called by either team, the clock continues to run and is subject to expiring at the End of Half.
  - Penalties will be enforced the same as any other offensive play and the clock will operate in the same manner as any other offensive play (subject to End of Half clock rules)

### **Scoring Values:**

- Touchdown = 6 points
- Safety = 2 points
- PAT, referee will ask if the scoring team will go for 1 or 2 extra points.
- If the offensive team elects to go for 1 extra point the ball will be placed on the 2-yard line. The offensive team may run or pass the ball from the 2-yard line.
- If the offensive team elects to go for 2 extra points the ball will be placed on the 5-yard line. The offensive team may run or pass the ball from the 5-yard line.
- In the event of an intercepted PAT pass that is run back to the opposite end zone (80 yards) the defense is awarded 2 points regardless if the PAT attempt was for 1 or 2 points. The offensive team that scored six points will kick off after the interception.

### **Safeties**

- A safety is when the ball is moved into the end zone of the team controlling the ball and then downed.
- Two points are awarded for a safety when the offense is downed in its own end zone. The offense will then punt from their own 20-yard line to the defense.
- *Examples of safeties are:*



- A "bad snap" lands in the offensive team's end zone.
- The offense, during the course of a play, drops the ball in offensive end zone.
- An offensive player carrying the ball is downed in the end zone.
- Any live ball penalty committed in the end zone by the offense. Examples include illegal blocking, flag guarding, illegal forward pass and intentional grounding.

## Ties

- **During the regular season, if the score is tied at the end of regulation time, a tie will be entered into the standings.**
- During the post season, if the score is tied at the end of regulation time, an overtime period will be played.
- A coin toss is used to determine who gets the ball first with the visiting team calling heads or tails. The coin toss winner may defer. All overtime play will be held in the West (MCHS) or North (AMS) end zone.
- Each team is allowed one time out for the duration of overtime.
- Each team gets one play and can elect to go for one or two points. The ball will be placed on the two yard line for a one point try and the five yard line for a two point try.
- If a team turns the ball over, their possession is over.
- The defense can score the same as in regulation.
- If after both team's possession the score is still tied, another overtime period will begin.
- After the first overtime period, teams will alternate first possession.
- Beginning with the third overtime period, no one point attempts are allowed, teams must go for two points.
- This process will be repeated with teams having equal chances to score until a tie no longer exists.

## Referees

- Referees for the games will be provided by the league. These referees are contracted by the league and shall serve as the head referees for all games.
- There will be a minimum of 2 referees provided per game.
- Referees are instructed to identify the player that commits a penalty by name, number, or position on the field.
- Referees have the right to interpret and apply all rules to maintain safety.
- **Issues which occur during a game which are not set forth in these rules will result in the referees making a judgment call.**
- **The referees are to be treated like any other visiting professional. These individuals are being paid for their time. If you have a problem with the conduct of any referee, notify the league president immediately after your game.**

## Penalties

EOP – End of Play

[www.bcsflagfootball.com](http://www.bcsflagfootball.com) Beach Cities Sports Flag Football PO Box 3371 Manhattan Beach, CA 90266



LOS – Line of Scrimmage

POI – Point of Infraction

- The team not committing the penalty gets to choose between the result of the play or the enforcement of the penalty.
- If both teams commit penalties then neither penalty will be enforced, and the down is replayed.
- No penalty may move the ball more than half the distance toward the penalized team's goal line. When penalty yardage is greater than the distance to the goal the maximum penalty is half the distance to the goal line.
- A half cannot end on a defensive penalty that is accepted. If the penalty is accepted, it is marked off and a single un-timed down is played. If the penalty is declined, the half is over.
- First Down will be determined after the ball is spotted at the end of a play and any applicable penalty yardage is assessed. Net yardage (forward progress +/- penalty yardage) must be sufficient to be awarded a first down.

### **Flagrant Fouls**

- The following fouls are considered flagrant by the league and repeated committing of these fouls will not be permitted. The league shall track players that commit flagrant fouls on a per season basis.
  - *Personal Foul*
  - *Intentional Tackling*
  - *Unnecessary Roughness*
  - *Unsportsmanlike Conduct*
- Two flagrant fouls issued to the same player in one game will result in an automatic ejection of that player from the game.
- Multiple infractions by an individual player in one game or across several games may result in further action, including suspension from future games or ejection from the League, subject to the League's discretion.
- The ejection process will also apply to coaches and any parents/spectators on the field or in the stands.
- If a player or coach is ejected from a game, then they are automatically suspended for the following week's game (or the next game if on a double header weekend).
- Suspended players and coaches will not be allowed to attend the game that they are sitting out (they cannot be at the field, in the stands, before, during or after the game).

### **Unnecessary Roughness**

*Offense - 10 yards from EOP – Loss of Down*

*Defense – 10 yards from EOP - Automatic First Down for offense*

- The safety of all players is a primary concern of the league. Referees shall call Unnecessary Roughness when any player uses excessive force or violence during a play, **EVEN IF THE PLAY IS TECHNICALLY WITHIN THE RULES.**



- For example, if an offensive or defensive player takes a running start and plows into or flattens another player, or if an offensive or defensive player runs through another player without making an effort to avoid contact.
- All players are expected to play “in control” at all times. Players are in violation of the Unnecessary Roughness Rule when they risk injury to themselves or to other players due to unsafe or out of control conduct on the field. Examples include but are not limited to: head butting, throwing elbows or forearms, blocking out of bounds, excessive follow through or arm extension when blocking, and intentionally hitting, kicking or tripping other players. Repeated or flagrant violations may result in the player being ejected from the game.
- A player who is wearing padded headgear may not lead with their head, i.e. spearing.
- Unnecessary or overly violent contact.

### **Unsportsmanlike conduct**

*Offense - 10 yards from EOP – Loss of Down*

*Defense – 10 yards from EOP - Automatic First Down for offense*

**All players, Head and Assistant Coaches are expected to follow the BCS codes of conduct.**

The following are examples but this list is not comprehensive.

- Verbal Abuse, profanity and Taunting
- Constant or repeated audible criticism of the referees
- Intoxication
- Any player involved that strikes another player or involved in a fight will be immediately ejected from the game and be suspended indefinitely pending a ruling from the league president.
  - Being ejected from a game will result in the player being ineligible for the remainder of that week and the following week.
  - Before a player can be ejected from a game, all referees must confer and unanimously agree.

NOTE: Only the Head Coach or coach on the field may speak to the referees. If any other player or coach contests a call or says ANYTHING to a referee that the ref feels is inappropriate, an Unsportsmanlike Conduct penalty will be called. This will be enforced. **THE REFEREES ARE EMPOWERED TO EJECT ANY COACH.**

### **Taunting**

*Will be a spot foul where the taunting occurred. If occurring on a TD, the TD will be called back and the ball spotted where the offense occurred. If occurring after a TD, a 10 yard penalty will be assessed on the extra point try.*

- Any flagrant acts or remarks that deride, mock, bait or embarrass an opponent are considered taunting.

### **Personal Foul**

*Kicking Team - 10 yards from EOP – Replay Down*



- Contact by a member of the kicking team with a member of the receiving team attempting to field catch a ball.

### **Encroachment**

*Kicking Team - 5 yards from EOP – Play counts*

- Intentionally failing to provide a two-yard neutral zone for a kick-receiving player to catch the ball.

### **Roughing the passer**

*Defense –10 yards from the line of scrimmage - Automatic First Down (or the penalty can be declined if the result of the play has a greater advantage).*

*Defenders may raise arms while rushing the passer so long as no contact is made with the passer.*

*Excess contact with passer before, during or after throwing the ball including but not limited to:*

- Rushing the passer and running into him while going for passer's flags.
- Defenders cannot make contact with the passer's head and/or shoulders/throwing arm.

### **Charging (Offense)**

*5 yards from end of play - Loss of Down*

- When a ball carrier intentionally runs into a defender or stiff arms a defender.
- When an offensive player intentionally runs through or over a defensive player with a running start.

### **Bull Rushing (Defense)**

*10 yards from EOP - Automatic first down for offense*

- When a defender intentionally uses their momentum or excessive force to bull rush through an offensive player.

### **Pass Interference – Defensive or Offensive**

*Offense – 10 yards from LOS – Loss of Down*

*Defense – POI, or 10 yards, whichever is greater – Automatic First Down for offense*

- Pass interference shall be called as a standard interference penalty.  
That is, non-contact interference such as face-guarding as well as any physical contact that interferes with a receiver's OR defender's legitimate right to catch the ball BEFORE the ball arrives and while it is in the air shall be considered pass interference whether the contact was intentional or not. The receiver is allowed to keep running forward until he is downed.
- Any significant physical contact after the ball arrives shall be considered a Personal Foul.
  - Either receiver or defender pushing off while the ball is in the air.
  - Making contact with receiver more than 5 yards past the line of scrimmage, while the ball is in the air.





- Intentionally running into a defender without the ball on a passing play.
- Defensive pass interference in the end zone shall result in a first and goal from the 1-yard line.
- If a receiver's flag is intentionally pulled prior to a reception, this is also considered pass interference.

### **Delay of game**

#### *5 yards from LOS – Replay Down*

- Offense not snapping the ball within 30 seconds of the ball being set at the line of scrimmage ready for play.
- Too many players on the field.
- Not wearing a mouthpiece during a play.
- Wearing any banned equipment during a play.
- Defense delays or hinders the offense from making the next snap.

### **Illegal Procedure**

#### *Offense - 5 yards from LOS – Replay Down*

- Movement by an offensive player before the snap.

### **False Start**

#### *Offense - 5 yards from LOS – Replay Down*

- A player in a set position makes a sudden movement in a way that simulates the start of the play.

### **Illegal Motion**

#### *Offense - 5 yards from LOS – Replay Down*

- Motion by a player prior to snapping of the ball can be made by any of the players.
- No more than one player can be in motion at the snap of the ball.
- Any number of players (minus the center) may be in motion before the snap, but ALL players in motion must come to a complete stop prior to the ball being snapped. Once set, a single player may then be in motion when the ball is snapped.
- No forward motion shall be allowed while ball is being snapped.

### **Illegal Formation**

#### *Offense - 5 yards from LOS – Replay Down*

- Being in the neutral zone at the moment the ball is snapped.
- Fewer than three (3) players on the line of scrimmage. These three players must be contiguous with the center (that is within arms length). There must be one player on each side of the center (within arms length of the center).

### **Off sides**



### *Defense - 5 yards from LOS – Replay Down*

- Player enters the neutral zone or makes contact with an offensive player.
- Player is in the neutral zone when the ball is snapped.
- If a defensive player crosses the neutral zone causing an offensive player to false start, encroachment will be called on the defense.

### **Diving**

#### *10 yards from EOP*

- Leaving your feet in order to down the ball during a kicking play.
- Diving forward in an attempt to gain yardage or advance the ball. Results in Loss of Down
- Diving into the end zone or for a first down. Results in Loss of Down

Note: A player is allowed to dive to catch the ball or pull a flag.

### **Illegal Blocking**

#### *10 yards from LOS when the penalty occurs at or behind the line. 10 yards from POI when the penalty occurs beyond the LOS – Replay Down*

- Use of excessive force by any player to force past a blocker or defender will be considered Unnecessary Roughness.
- Blocking must be below the neck and above the waist.
- Blocker must be on his feet at all times while blocking.
- Blocking any player in the back is illegal.
- Blocking using an elbow or forearm is considered Unnecessary Roughness.
- Impeding another player's progress by holding their body and/or clothing.
- All linemen must simply "stand" at the line of scrimmage and await the snap. The center is the only player that may assume a three-point stance.
- Butting, elbowing, and knee blocking are not permitted.

### **Flag Guarding**

#### *5 yards from POI / Play dead at POI (loss of down)*

- Any action taken by the ball carrier that impedes a defensive player from being able to make a clean attempt to pull their flag.
- When a ball carrier physically (covering, knocking hands away, slapping hands away, etc) prevents a defender from reaching the ball carrier's flags.
- When the ball carrier holds their belt or flags.
- A ball carrier's natural arm motion while running can be flag guarding if it physically prevents a defender from reaching the ball carrier's flags.
- A quarterback holding the ball at the waist prior to passing the ball.
- A jersey, towel or any article of clothing that obstructs the flags.
- Jumping for any reason other than avoiding a player lying on the ground or a quarterback jumping to pass.



- If the ball carrier is wearing an illegal flag (e.g., wrapped flags, improper flags, partial flags, etc.), the ball will be dead at the point where the ball carrier takes possession of the ball.

### **Illegal Forward Pass**

*5 yards from POI, Loss of down*

- Throwing the ball forward beyond the line of scrimmage
- Throwing the ball forward more than once on a single play.

### **Intentional Grounding**

*5 yards from POI, Loss of down*

- If within the tackle box, throwing the ball intentionally away from eligible receivers so that the passer avoids being tackled for a loss. A ball can be thrown out of bounds if the passer is not avoiding a tackle.
- If outside the tackle box, any pass beyond the line of scrimmage is not considered grounding.
- A quarterback (or person receiving the ball from center) can legally spike the ball to stop the clock at the End of Half.

### **Down Field Blocking**

*10 yards from LOS – Replay Down*

- Offensive players cannot block beyond the LOS on a downfield pass until the ball is caught. Blocking beyond the LOS is permitted on passes thrown behind the LOS.

### **Tackling**

*10 yards from POI - Automatic first down*

- An infraction will be called when there is no effort made to pull the flag.
- A tackling penalty will be enforced if a defender unintentionally impedes the ball carrier or knocking the ball carrier down or by grabbing a part of the ball carriers body or clothing while attempting to pull the ball carrier's flag.

### **A-Gap Violation**

*5 yards from LOS, Replay Down*

### **Inadvertent whistle**

- If the referee blows the whistle pre-maturely or by mistake the ball is dead at the spot where the ball carrier was when the whistle was blown. If the whistle occurs early during a play and the ball carrier has not crossed line of scrimmage, then the play and down is to be repeated.

### **Excessive Scoring**

- If a team is leading by 36 points at any time during the game additional points will not be counted or reflected on the scoreboard. The conversion will not be attempted, the scoring team leading will kick off after the touchdown.



- Neither points scored nor points against will be used to determine standings.

### **Intentional Tripping/Tackling on a Breakaway Touchdown**

*Offense – Ball placed at the 1-yard line*

- If a player is running on a breakaway TD and is deliberately tackled or tripped by a pursuing player (with no attempt to grab the flag) or by an individual associated with the defensive team who comes onto the field. However, if anyone (player, coach, parent, etc) comes off the sideline to interfere with a breakaway then a TD will be given to the team and disciplinary action to the offender(s).

### **Standings**

- Standings will be based in order on: a) win % then b) number of wins and then c) head to head and then d) coin flip (to determine playoff seeding).

Send rules questions to [president@bcsflagfootball.com](mailto:president@bcsflagfootball.com).