

BFFC Rules and Regulations 2019 v1.2

Draft Rules

- a) Be present during all division workout sessions during evaluation week. Schedule will be posted on the website, www.bocafootball.com. There are no Pee-Wee Evaluation.
- b) Draft will take place shortly after evaluations. Date and time will be announced well in advance.
- c) The Impartial Division Coordinator will serve as the Draft Coordinator. The draft is a snake draft format. For instance, in a six team draft, the person with the 1st pick then gets the 12th and 13th picks.
- d) The players will be graded as follows (1-impact player, 2- very good, 3-average, 4-below average, 5-participant). All the players that were evaluated in May will have their test results available at draft and will be given a rating by the Board.
- e) All the coaches will be with the kids in their respective ages and go through the whole list of players evaluating them on a scale of 1 thru 5.
- f) Team names will be picked by the head coach's service years in Boca Flag Football. (First Board Seniority then number of seasons coached in BFFC).
- g) All the names of the players will be announced and rated by all the coaches after evaluations are finished. The majority rules (one vote per team) and then the player will be assigned a number by the coordinator. If the coaches are talking about a coach's child, that team cannot have any input with their child's rating. If there is any disagreement or prolonged discussion the Impartial Division Coordinator will make the final decision.
- h) Pluses and Minuses will be assigned to each coach's kid having a ranking of 1, 2 or 3 during the ranking of the players. A coach's kid with a plus after their ranking MUST be the FIRST selection the coach is to make in that ranking category. (example: a 2 plus ranked kid will be the coach's first 2 selected when the 2's are slotted to be taken in the draft). A coach's kid with a minus after their ranking MUST be the SECOND selection the coach is to make in that ranking category. (example - a 3 minus ranked kid will be the coach's second 3 selected when the 3's are slotted to be taken in the draft). If there is an agreement that a coach's son is a plus or minus for a particular ranking (example all hands vote that a child is 1+) than that will be their ranking. However, if there are differing votes to a player's ranking, example 5 coaches say a player is a 1+ and 4 coaches say a player is a 2+, then the coaches should try to agree on a +/- rating, possibly 1- in this case. If the coaches cannot agree, the neutral coordinator will facilitate the final ranking, as close to the midpoint as possible.
- i) After all players in a division are assessed, the number of 1s and 2s will be smoothed out to match the number of available teams.

For example, if there are 7 teams in a division and 16 kids are ranked 1s. Before leaving the rankings, 2 of those kids will need to be moved down to a 2. This ensure all 7 teams get 2 picks in 1s and prevents draft slotting and coaches kids from allowing a team to get more picks before their kids.

Then if the 2s had 11, plus the 2 moved down, there are now 13. One of the level 3 ranking players would be moved up to 2 to make 14 total, making the round even.

- j) After all players are evaluated, the snake draft order will be determined as follows:
 - (1) ALL of the player ratings of the coaches' kids are averaged out, player rating is rounded to nearest hundredth. Once a player's final ranking is established to get the weighted average we would use the table to the right.
 - (2) After the evaluation on Saturday, draft slots will be determined by the average of the two highest coach's kids. The team with the weakest average rating of the coach's kids will be slotted first for the draft, the team with the second lowest average rating of the coaches kids will be slotted 2nd and so forth.
 - (a) For example, in a 4-team league if team A had coaches kids rated 1+ & 1- $(1+2)/2=1.5$, team B had players rated 2+ & 4 $(3+7)/2=5$, team C had 1- & 1-&2- $(2+2)/4=2$ and team D 1+ & 5 $(1+9)/2=5$

1+	1
1-	2
2+	3
2-	4
3+	5
3-	6
4	7
5	9

- (i) The Slotted Order would be :

BFFC Rules and Regulations 2019 v1.2

1. Team B—5 (winning the coin flip)
 2. Team D—5 (losing the coin flip)
 3. Team C—2.0
 4. Team A—1.5
- (3) Your draft slot is your position for the entire draft.
- (4) If there are three or more teams that have the exact same average, these teams will pick out of a hat to determine their draft slot order
- (5) Any team with two 1+ players will draft last. Ties determined by coin flip.
- (6) Any team with three 1- players must select their children as the first three rounds of the draft. This rule applies to coaches' kids with two 2- or two 3-.
- (7) A team with two 1- players will choose their children in the second and third round. This rule applies to coaches' kids with two 2- or two 3-. This rule applies only if the given ranking has 3 rounds in the initial draft board. For example, if there are 6 teams, and 18 1s, this would be 3 rounds of 1s and the 1-'s would be slotted in the 2nd and 3rd round. If there are 6 teams, and only 12 1s, then this rule does not apply and the kids would be slotted in the 1st and 2nd rounds.
- (8) A team with a 2+ and 2- ranking, would have the kids slotted in the 1st and 2nd picks of the round of 2s. For example, if there are 3 rounds of 2s, the 1st round would be the 2+, the 2nd round would be the 2- and the 3rd round would be open for selecting from the draft. This applies to 1+, 1- and 3+, 3- when there are 3 rounds in those respective rankings.
- (9) In the case where a division has an uneven number of players, there will be a change to how those teams pick their final player ranked a 3. Teams will additional players, when the rule is invoked as defined below, would get to pick their final teams pick (10th or 11th player) at the end of the round of 3s immediately after their final pick of 3 ranked player. For example, a team with 11 players on it, and a draft where there are 2 rounds of 3s, when the rule is invoked, after they pick their final pick of the 3s (in this case their 2nd 3 ranked player), would get to immediately pick one more player and slot them in their 11th spot. Then the snake draft continues back in the original order. This ensures the teams with extra players do not end up with 2 low 5s, instead the extra player is a low 3 or the top 4.

In order to invoke this rule, 50% of the teams in a division must have more players than the other teams. This helps the teams slotted in the draft and guaranteed a 10th player, when 50% or more teams have 9 players or an 11th player when 50% or more have 10 players. For example, a division with 4 or 5 teams, would require 2 or less teams with additional players to invoke this rule. A division with 6 or 7 teams would require 3 or less teams with extra players to invoke the rule. If a division has more than 50% of the teams with additional players then this rule will not be invoked and the snake draft would continue as normal throughout the entire draft.

- k) There is no trading of draft slots
- l) Only two pre-picked players are allowed to be on a team prior to the start of the draft (i.e.: two coaches or a coach and sponsor). If there are siblings that are on a team, you can have 3 players (i.e.: one coach's child plus another coach has twins).
- m) There may be a few players in the draft pool who are 'tied' to a sponsor. A coach may draft one of these players during the draft. However, the draft coordinator reserves the right to not allow two players who are tied to two different sponsors to be picked by the same team. The league counts on sponsorship for revenue and in some cases, this could cause a sponsor to not be able to sponsor a team which the league wants to avoid.
- n) Siblings will be drafted on the same team unless their parents request otherwise. As soon as one sibling is drafted, the other sibling will be slotted using the same process for the coaches in rule K. If another coach's child is already slotted in a later round that a sibling would normally be slotted in, the sibling will be slotted in the following round. For instance, in the 3rd round if a coach picked sibling A who was rated a '2', the would also get sibling B who could be rated a '4'. Assume that team had a coach's child rated a 4 who was slotted in the 6th round according to rule K already. In that case, sibling B would be this team's 7th round pick.

BFFC Rules and Regulations 2019 v1.2

- (1) If no team has picked a pair of siblings at the end of the draft, the siblings will be placed on the last team to have two open spots left. For example, in a 6-team draft of ten players, the team that has the 6th draft position should be the last team with two open picks (unless coach's kids are slotted in the 9th or 10th rounds) since they pick last in the 9th round and first in the 10th round. Therefore, they would get the siblings if they were not picked earlier.
- o) We advise the coaches that the drafting should start from the list of players according to their skill level. First the one's, two's, three's, etc. Coaches can choose anyone they want as long as it is within one rating of the highest rated player left on the draft board. For instance, if there is still a '2' rated player on the draft board, a coach can pick that '2' or any '3' rated player. However, they cannot pick a '4' or '5' rated player with that particular pick.
- p) In order to be drafted, players must be evaluated or be given a rating by the Impartial Division Coordinator.
- q) We may allow one trade per team; they can only be done at the end of the draft in front of the whole group. There has to be a unanimous decision by the coaches in order to be approved. The Impartial Division Coordinator has the right to veto or overrule the coaches vote. If a team wants to do more than one trade, any approval is at the discretion of the Impartial Division Coordinator.
- r) Teams are to be called right away and confirmed. Any players that have decided not to play this year must be reported to the coordinator.
- s) All teams will be capped at 10 players. However, if an unforeseen circumstance arises and one team is forced to have 11 players (while all other teams have 10), the team who gets the 11th player will be determined by picking out of a hat. In other words, the team with the 1st draft slot will not automatically get the 11th player. The Division Coordinator or Board can override this rule and not use the hat; instead they would determine the team(s) that get the 11th player based on the strength of the team or the coach's kids rankings. This would only be done to help provide parity between the teams.
- t) The Impartial Division Coordinator will be consulted regarding any late sign ups. The late signee must be evaluated by the Impartial Coordinator (other coaches can be in attendance) and will be given a rating between 1-5. If a player is rated 1 or 2, they may not be allocated to a team due to the fact that the balance of the league can be thrown off if an impact player signs up late. The Board has the final say on any late additions and whether they are able to be placed on a roster.
 - i) All late signups will be handled where the draft was continued. For instance, in a 4 team, 10 round draft, if there were only 38 players in the draft pool, the team with the 2nd draft slot would next the next sign up and the team with the 1st draft pick would get the final sign up. If a team has a player drop out and does not have a full roster prior to the start of the season, the new players added will be assigned to the teams to complete the draft then all other team's rosters will be filled with new additions using the method described above. If at any point, a team is short one player more than any other team, that team would automatically receive the next new addition before resuming where the draft left off.
- u) In the event a division does not have a coordinator, a board member shall fill the role.

II. General

- a) The game will be played in the manner and spirit of High School Football, by High School Flag Football rules, with the exception of the BFFC Modified rules.
- b) Flag football is a game of skill, both offensively and defensively. Rough tactics are not to be used. Plays and tactics should be designed to employ speed and deception rather than violent contact.
- c) Age groups will be set up as follows:

(1) Pee-Wee	Ages 4-5
(2) Tigers	Ages 6-7
(3) J-V	Ages 8-9
(4) Varsity	Ages 10-11
(5) Senior	Ages 12-13
- d) The cutoff date for all age groups will be **Aug 1st** of the prospective year to be played. All participants will be required to have their date of birth (and therefore their age) verified by way of a birth certificate upon request.

BFFC Rules and Regulations 2019 v1.2

- e) Rescheduling of a game may be done **ONLY WITH BOARD APPROVAL** (see schedule for rain-outs). This means that a majority vote of the board, approving the request to reschedule, must be obtained. (Any game rescheduled by the board and not played will be a forfeit.)
- f) **WEATHER:**
 - i) Prior to the start of a game, **ONLY BOARD MEMBERS** can call off games due to weather or field conditions.
 - ii) Once the game has started, the **REFEREE** will decide if a game needs to be stopped due to weather or other hazardous conditions.
 - (1) In the event a game is called off and is to be played on another day, the game will resume exactly where left off with the same possession, down, line of scrimmage, score, time outs left, etc.
 - (2) The Board reserves the right to declare the game finished and not to resume. This will usually happen in instances where the game is a blowout.
- g) Home team must supply 3 people (16 years of age or older) for sideline duty. One to hold the down marker and two to hold the yard sticks.
- h) All coaches must wear a league issued or board approved coach shirt to each game. Failure to do so can result in the individual not being allowed to coach in the current game. All coaches must be background checked, signed the coach's agreement and passed the concussion training in order to be a flag football coach. If there are any coaching eligibility questions, you must consult with the field manager to review the situation prior to your game.
- i) All coaches of the BFFC must abide by all provisions in the Coach's Agreement. The Coach's Agreement is listed at the end of this Rules Document.
- j) No team coaches, parents or sponsors can bring outside entertainment (such as a band, DJ, etc.) to the field without prior Board approval.
- k) Whenever possible, players must wear yellow flags as opposed to any other color. All flags must be league issued.
- l) No alcoholic beverages, containers, **TOBACCO PRODUCTS OR VAPING** will be allowed on the playing field or spectator area at any time. **No pets inside the playing field fenced area.**
- m) Player Dress Code
 - i) All players must wear league approved uniforms.
 - ii) Rubber soled cleats only.
 - iii) Mouthpieces cannot be clear, nor can they have a piece sticking out of it.
 - iv) Mouthpieces must be in the player's mouth once the center touches the ball.
 - v) Shirts must be tucked into the shorts.
 - vi) No jewelry allowed.
 - vii) Only solid black shorts with no pockets or stripes will be allowed! Players wearing shorts with pockets cannot play.
- n) **Playing Field:**
 - i) Tiger, Junior Varsity, Varsity and Senior Divisions: 80 x 40 yards, 2 coaches on the field per team.
 - ii) Pee Wee: 50 x 30 yards, 2-3 coaches on the field, one of the defense coaches must spot the ball

III. Fair Play Rules

a) Distribution of touches

- i) Tiger division: Every child must have a rushing attempt (including special teams returns) each game. A minimum of 12 offensive plays must be run over the course of a game for this rule to be enforced. Both teams must track this. If a team fails to have every player make a rushing attempt (including special teams returns), the head coach can be suspended for the next game (there are some exceptions that will be made such as a player getting hurt or leaving early and not playing the rest of the game, etc).
 - (1) (Tiger Division only) If a player lines up as QB and the ball goes past the QB without being touched, this is what will determine if a rushing attempt occurred: If the player is able to pick up the ball and try to run with it, it is a rushing attempt. If the QB never picks up the ball, it is not a rushing attempt.
 - (2) For the playoffs in the Tiger division, if a team has more players than the other team, the team with the lesser number of players playing only has to give enough rushing attempts to players on their team to match how many players the other team has. For example, if 10 players show up on one team while 8 players show up on another, the team of 10 players will only have to give 8 of their 10 players a rushing attempt with the ball.
- ii) Junior Varsity: Over the course of each game, a minimum of 5 different players must have a rushing attempt (including special teams returns). Failure to comply with the rule can result in Coaches being suspended.
- iii) Varsity and Senior: The league strongly encourages equitable distribution of ball handling among 3-5 core players. If one or two players dominate all touches, the board reserves the right to issue warnings and/or coaching suspensions.
- iv) What is a rushing attempt?
 - (1) Player runs with the ball (even if a penalty is called negating the play)
 - (2) Player catches the ball
 - (3) Player picks up ball on special teams and runs with it.
- v) What is NOT considered a rushing attempt?
 - (1) Pass is thrown to player but incomplete
 - (2) Kickoff bounces off player A and player B picks it up and runs with it. Player B is credited with a rushing attempt but not player A.
 - (3) Player punts or kicks off --this is not a rushing attempt
 - (4) Player A is RB who lines up next to the QB. The QB muffs the snap and player A picks it up and the ball is declared dead as stated in our rules. Player A did not have a rushing attempt in this example.
 - (5) If a QB or any offensive player hands off to another player, the only player considered to have received a rushing attempt is the player who ended up with the ball and tried to run with it. It is NOT a rushing attempt for the player handing the ball off.

b) Playing Time

- i) Everyone must play 50% of the time (if player consistently misses practices, the coach can play the child less). If a coach plays a child less due to missing practices, they must notify the division coordinator.
- ii) Every player who sits out a first time, must not sit out a 2nd time until all other players have sat out once (the board reserves the right to issue warnings and/or coaching suspensions for failure to abide by this). Then, every player who sits out a 3rd time, must not sit out a 3rd time until all other players have sat out twice, etc. There are exceptions to this such as if a player gets injured after sitting out already, they must be replaced by a player who has not been subbed yet or who has played more than the other players on the roster up to that point in the game.
- iii) The head coach must turn in the league issued game card (that tracks carries, playing time, etc.) to the field manager after each game. Failure to turn in the card will result in a win or tie not counting in the standings. The scorecard that is turned in must be signed and dated by a coach with the score listed on the card.

c) Coaches Comparison Meetings

- i) At halftime and after the 3rd quarter (2nd water break), a coach from each side will quickly meet to compare # of carries and # of times players have sat to see if there are any violations of the Fair Play Rules that need to be addressed during the 2nd half and after the 2nd water break.
- ii) During a playoff game, after the 3rd quarter (2nd water break), the Board has the right to declare a forfeit if one team does not comply with the Fair Play Rules.

BFFC Rules and Regulations 2019 v1.2

IV. Pre-Game Preparation – 8 v 8

- a) Each team must have a minimum of 7 eligible players at the start of the game.
 - i) If a team has only 6 eligible players at the start of a game, the team is given a warning and must report this to the division coordinator that day. Each team is allowed one warning and can play one game in a season starting with only 6 players.
 - ii) If only 6 eligible players show up at the start of another game for a team with already one warning, they will forfeit that 2nd game (and every repeated violation afterwards) and officially lose by a 7-0 score in the standings. Please note, a scrimmage will then be played between the two teams, but the final score does not count in the standings.
 - (1) Assuming a team is playing with 6 eligible players for a first time, the game will still start on time. No game will be allowed to delay the starting time to “wait” for additional or specific players. You cannot play up one player if you have more players than the other team. It is mandatory to play even.
 - (2) Please note that a team that starts the game with seven eligible players but loses a player for a reason such as injury will be able to play with 6 players for the remainder of the game without receiving a warning. If at any time during a game, a team can only field 5 players to play a game (for instance, start with 7 but lose 2 players or have 6 initial players but lose 1), it is an automatic forfeit and it counts as a 7-0 score in the standings. For the one exception to this rule, see rule found in V- F.
 - (3) Coaches – please confirm with your team in advance for each game. If at any time during the season, you will not be able to field 7 players to play a game, please inform the coordinator as soon as this happens. If enough notice is given, the board may be able to help.
- b) There is a 10-minute grace period at the start of the game. If a team does not have the required number of eligible players after that time, the team forfeits that game
- c) Coin Toss Rules Visiting team calls the coin toss. The team winning the toss can either choose to receive, kick, defend a goal or they can defer their selection until the second half. The team not having first selection in the half shall exercise the remaining options.
 - (1) One instance where a team might not necessarily get the ball (or choice) in the 2nd half is if a team is down by 14 or more points during the regular season. In this case, **the team that is losing by 14 or more will receive the ball for the start of the 2nd half – even if they also got the ball to start the game. For playoff games, the team that is losing by 18 or more will receive the ball for the start of the 2nd half – even if they also got the ball to start the game.**
- d) All players must be on the field at kickoff or snap. Any players walking on the field after they are set is illegal and an **unsportsmanlike like penalty applies**. If there is a huddle only the players in the huddle can be in the next play (i.e., no sleeper plays) (**Penalty on the head coach – unsportsmanlike conduct**).
- e) Sideline rules
 - i) All coaches, players, and parents on the sidelines must stay between the 20 yard lines, and 5 yds off of the field, except to attend to an injured player. Parents are to be on one side of the field and the coaches and players on the other side of the field. Parent must stay behind the orange parent’s line. (Penalty: First time: Warning, Second time: 5 yard delay of game; Third time: unsportsmanlike foul on the head coach whose team the offending parent is on).
 - ii) Parents cannot be on the same sidelines as the players due to county regulations. Also, parents CANNOT come over to the coaches/player sideline at halftime (any violations of this will be subject to Board discipline). Coaches are responsible for the action of your team parents and guests. If there are any parent violations, it is a penalty - unsportsmanlike conduct on the head coach whose team the offending parent is on.
 - (1) Please refer to the diagram on the last page to view the parent designated areas at our fields.

V. Time Management

- a) **GAME CLOCK:** A game will consist of two 25-minute halves (running clock) and an 8-minute half-time. There is a 1-minute water break at approximately the 12 ½ minute mark in each half where the clock is stopped. The players do not leave the playing field during this break. Water will be brought onto the field by another coach.
- b) **TIME OUTS:** Each team is allowed 3 (three) one-minute time-outs per half. **The coach on the field is the only one who can call time-out.** If the coach has no time outs remaining and calls a timeout, 5 yards will be assessed against their team. In addition, a 10 second runoff may be called if it benefits the violating team.

BFFC Rules and Regulations 2019 v1.2

- c) After the ready-for-play signal, the ball is to be put into play as follows:
 - i) Varsity/Senior: 30 seconds
 - ii) Junior Varsity: 40 seconds
 - iii) Tigers: 45 seconds
- d) The clock runs continuously except as follows (see V(g) for special clock rules for the last two minutes of each half):
 - i) Official time-out or two-minute warning
 - ii) Team time-out
 - iii) Scores - clock will start the ensuing kickoff
 - iv) Penalties (on penalties, the clock will start up again with the referee signals 'ready for play')
 - v) During water breaks
- e) Clock speed up rule. If at any time in the second half, a team is down by 18 or more points, the clock will run continuously and will only be stopped for team timeouts. If at any point the deficit becomes less than 18 points, the clock will then run according to our normal rules.
- f) If an injury time-out is called, the injured player must come out of the game for one play. If a team only has six players and there is an injury, but that team is out of timeouts, a team can play down to five players for one play (5v5). After one play, if the game cannot be 6v6, then the shorthanded team would have to forfeit.
- g) During the last 2 minutes of each half a 2-minute warning will be announced by the referee and the clock will be stopped for notification, and then restarted on the ready for play. The clock will also stop in the last two minutes of each half on (this is NOT a team time out):
 - i) Incomplete pass
 - ii) Runner goes out of bounds (except not behind LOS)
 - iii) Change of possession
 - iv) First down only to set the chains (the clock restarts when the referee signals 'ready for play')
 - v) Penalties (the clock restarts when the referee signals 'ready for play')
- h) If stopped, the clock shall start as follows:
 - i) Kick-offs—when the ball is touched by the receiving team.
 - ii) On the snap, if the clock was stopped because:
 - (1) Team time-out
 - (2) Incomplete pass (only in the last two minutes)
 - (3) Out of bounds (only in the last two minutes).
 - (4) Official time – out (in the case of an official time out, the clock will start again when the referee signals 'ready for play')

VI. Kickoffs and Punts

- a) Kickoffs will be from the 35 yard line
- b) Kickoff must be off a kicking tee.
- c) If the kickoff goes out of bounds, or less than ten yards, the receiving team has the option to:
 - i) Put the ball in play where the ball was ruled dead
 - ii) 5 yard penalty and re-kick
- d) The receiving team front line must line up as follows:
 - i) Kickoffs – exactly 5 players are 10 yds from the LOS
 - ii) Punts – minimum of 5 players are exactly 5 yds from the LOS
- e) In the Tiger and JV divisions, the kicking team has the option of giving the ball to the opposing team on the opposing team's own 35 yard line instead of kicking off. See VI – L for how this option is implemented for safeties. This option is available each time a team has to do a kickoff and a coach can change his mind depending on circumstances throughout the game.

BFFC Rules and Regulations 2019 v1.2

- i) The kicking team must declare their intention before the kickoff and cannot change their mind at that instance. For example, if a team decides to kickoff but kicks the ball out of bounds (penalty), they cannot then change their mind and give the other team the ball at the 35 yard line. They must kick off. However, if the team has to kick off at another time during the game, they can choose to do a regular kickoff or have the ball spotted at the receiving team's own 35 yard line.
- f) Field Goals and Extra Points - all players must line up on the 40 yard line behind the kicker. Must line up for ensuing kickoff right away. DO NOT have your players heckle the opposing kicker or else it will be an **unsportsmanlike penalty** on the ensuing kickoff or a re-kick.
 - i) Every division must set up and hike the ball between the center's legs to the punter or to the holder for the field goal or extra point attempt.
- g) If you are kicking a field goal on field 2 or 3 (these fields are 10 yards longer than the other field), the ball will be moved up 10 yards if you are kicking the ball towards the goal post where the extra 10 yards are located.
- h) Anyone on the receiving team may advance the ball, even if the ball strikes another player first. The receiving team will only have one opportunity to pick up a ball which has struck a player and then touched the ground. If the ball hits the ground a second time, after striking a player, it is a dead ball.
- i) The offensive team must notify the referee of their intent to punt. After the ball is snapped, the ball must be kicked within 8 seconds and between the tackles on the offensive line. If not, the ball is dead where it is when the 8th second elapsed.
 - i) Once a team declares its intent to punt, it may not change unless a team time-out is called
 - ii) Play clock will continue after the team declares intent to punt (unless the clock is stopped as a result of one of the rules in section V)
 - iii) Tiger or JV Divisions can choose to punt or place the ball. The ball would be placed 20 yds from the LOS (this option of ball placement cannot be done when on the opponents 25 yard line or closer).
- j) On punts and field goals, no offensive player, except the kicker, can move forward until the ball is kicked. On a kickoff the players are allowed to start running before the kicker kicks the ball but they must be onside before the player kicks it. (**Penalty – encroachment**).
- k) On kickoffs and punts, blocking is acceptable anywhere on the field (there is no 5 yd rule in this instance) as long as it is done in a safe/legal manner. Refer to Section IX for complete blocking rules.
- l) On safeties, the ball is kicked from the kicking team's own 15 yard line with or without the tee. However, in the Tiger and JV divisions, the kicking team can have the option of giving the ball to the opposing team on the kicking team's 35 yard line instead of kicking the ball. The intention must be declared right away and the opposing team cannot attempt to kick off and then change their mind if there is a penalty and an opportunity to re-kick the ball.
- m) If there is a touchback, the ball will be placed at the receiving team's own 15 yard line.

VII. Offensive Basics

- a) Before each offensive play begins, the ball must be spotted in the center of the line of scrimmage. There are no hashmarks.
- b) Offense must have a minimum of 5 players on the LOS including the wr/ends if they are fielding 7 or 8 players. If the teams are fielding 6 players; 3 players must be on the LOS **excluding** the wr/ends (i.e. must have at least one center and 2 guards). **Penalty – not enough players on the line.**
- c) All divisions must set up with a center and two guards within elbows length of each other. All other players can be positioned anywhere else, but you must have at least the minimum of 5 on the LOS (**Penalty – illegal procedure.**) except when playing 6 players or less (then refer to above rule).
- d) Cadence rules – in JV or Tiger, if the center intentionally holds onto the ball after the QB says 'hut 2' (JV) or 'hut' (Tiger), it is a **penalty – illegal procedure:**
 - i) Varsity/Senior - "Ready - Set - then anything else" (Anything else also means a silent hike but you must give the defense one second to set into their own set position.)
 - ii) Junior Varsity - The QB can say "Ready - Set - Hut 1" or "Ready - Set - Hut 1, Hut 2." (must snap the ball after the 2nd hut). The offense must give the defense one second to set into their own set position. Players must come to set after the word set, and before Hut-1.

BFFC Rules and Regulations 2019 v1.2

- iii) Tigers. - The QB must say “Ready - Set - Hut” only. The offense must give the defense one second to come to set.
- e) Cadence shall be started while the center is at the LOS and the quarterback is lined up. The cadence may not be started in the huddle. **penalty – illegal procedure**
- f) Once the QB starts their cadence, until the ball is snapped, coaches cannot yell instructions. If a coach is yelling instructions during the cadence or with intention to deceive the players, the first penalty is a warning. The 2nd penalty will result in a dead ball **unsportsmanlike conduct penalty** on the offending coach.
- g) All offensive, and LOS defensive players can move into another position (at any point during the cadence) until they are set (hands on knees in the official ‘set’ position) but once set, cannot move again until ball is snapped. There are no offensive players allowed in motion during the snap. If any offensive players are still moving or are not set when the ball is snapped, it is a **penalty – illegal procedure**.
- h) In the Tiger Division, if the ball is hiked past the QB (QB is defined as the person calling the cadence) and the QB never touches the ball, then the ball will be spotted at the LOS with a loss of down. The QB has this option of not touching the ball. (If the ball is touched by the QB, even with his fingers, he must play the ball).
 - i) For all non-Tiger divisions, if there is an errant snap, it must be played by the QB. If another offensive player other than the QB picks up the ball and tries to advance it, the ball will be declared dead at the place that the player touched the ball. It will count as a played down. Also, if a defensive player touches the ball before the QB can pick it up, the ball is downed at the spot of the touch and it is a played down.
- i) At the snap, all offensive players must be in a set position, with their hands on their knees (with the exception of the center and qb). Any movement by the offense before ball is hiked after being in a set position is **illegal procedure**. All players on the LOS (offensive and defensive) must be in a set position at the snap and still. Any movement - EXCEPT DEFENSIVE PLAYERS NOT ON THE LINE OF SCRIMMAGE WHO DO NOT HAVE TO BE IN A SET POSITION - by either side (whoever moves first) will constitute a **penalty of encroachment or false start**.
- j) All players must be square on line, not in a one-foot forward running stance – including wide receivers and the defensive line (**Penalty: illegal procedure**).
- k) Handling the snap: In the Tiger Division, the center must do a regular between the legs snap to the QB standing 3 yards behind the center in shotgun formation. The QB MUST line up 3 yards behind the center in the Tiger Division (**Penalty: illegal procedure**). In the other divisions, the QB can take a direct snap or line up in shotgun formation to take the snap.
- l) All players are eligible to catch a pass.
- m) There is no penalty for intentional grounding, however the throw must be a forward attempt. If the player drops the ball it will be a dead ball at the spot.
- n) JV, Varsity and Senior divisions: From the goal line to the 5 yard line, all plays shall be in the shotgun formation, including extra point attempts. Quarterbacks in the shotgun shall be 5 yards back from the LOS **penalty -- illegal procedure**
- o) Ball Carrier Do’s and Don’ts
 - i) The ball carrier must not intentionally run through or at the defensive players, and must attempt to avoid contact. The defensive player has a right to maintain their position on the field. The ball carrier must try to avoid contact. (**Penalty – charging**)
 - ii) It is illegal for the ball carrier to hack, push, or straight arm another player, or run with their head lowered. (**Penalty – head lowered**)
 - iii) A ball carrier may spin. However, they cannot jump over another player to avoid having his/her flags pulled. **Penalty – jumping or hurdling** A Player may be able to jump to avoid injury. Jumping or hurdling is having two feet off of the ground at the same time.
 - iv) The offensive player cannot dive forward or leap to gain extra yards (this includes leaping into the end zone). If the offensive player dives forward, it is a penalty **Penalty – diving**.
 - v) If the ball breaks the plane of goal line it is a touchdown.
 - vi) If a ball carrier falls down, the play is dead at that point.

BFFC Rules and Regulations 2019 v1.2

- vii) No player is allowed to hold his flag or belt even if it is falling off. You cannot hold the belt on with the football. **Penalty – flag guarding**
- viii) A flag that is half-way off or down the leg is considered a downed play. (i.e., flag not worn properly).
- ix) If a player who loses a flag (or if their flags are not worn properly) gets possession of the ball, the ball will be declared dead at that point.
- x) A flag worn properly means belt clipped and at the waist line. It must be clipped on the waist but not double looped or twisted in clip. Flags must be worn on the sides and one in back. Failure to abide by this is a **penalty – unsportsmanlike**.
- xi) Flags must be unaltered and be league-approved flags (approved flags will be 3-flag-clip on type flags with either red, yellow, blue or green clips). The end of the belt must hang at least 6 inches from the clip. Flags must be able to come off reasonably and have no knots tied anywhere along the belt. Any illegal flag violations are **an unsportsmanlike penalty on offending player**.
- xii) In the event the ball carrier unintentionally loses possession of the ball in a forward motion and the ball hits the ground or goes out of bounds (fumbled), the ball shall be spotted at the carrier's location where possession was lost. Should a defender intercept the ball, the ball is live and the defender may return the ball.
- xiii) If a player catches the ball but doesn't have a flag on, the ball will be marked at the spot of the catch.
- xiv) Receivers only need to have one foot in-bounds for a reception.

VIII. Defensive Basics

- a) The defensive line must line up one yard from the offensive line of scrimmage in Senior, Varsity and Junior Varsity (3 yards from the offensive line of scrimmage in Tigers) and within the offensive guards (**Penalty – encroachment**).
- b) All players on the LOS (offensive and defensive) must be set at the snap and still. Any movement by either side of a player in 'set' position (who ever moves first) prior to the snap of the ball will constitute a **penalty of encroachment or illegal procedure**.
- c) Do's and Don'ts of playing defense
 - i) The defender should stop at the spot where the flag is grabbed and hold the flag in the air until the referee's whistle is blown. The ball will be marked where the ball is at the time when the flag is pulled.
 - ii) The defensive players shall not use their hands to strike, grasp, or hold any blocker. (**Penalty – illegal block, holding**).
 - iii) The defender must grab the flag only. The defender shall not hold, push, grab clothing, or run through the ball carrier (**Penalty – charging**), but play the flag rather than the player.
 - iv) The defender cannot push the ball carrier out of bounds or do any harmful action against the ball carrier other than pulling the flag. (**Penalty – unsportsmanlike**).
 - v) Showboating and spiking the flag is illegal. (**Penalty – unsportsmanlike**).
 - vi) A defensive player may not make contact with the passer, nor make an attempt to block the ball as it leaves the QB. The defensive player may not go in with hands up – they must play the flag – not the ball – **referee judgment call (Penalty – roughing the QB)**.
 - vii) Defensive players cannot bull rush (run through a blocker) to get to the ball carrier. A defensive player must make an effort to go around or evade a blocker. Failure to do so is **penalty – charging**.
 - viii) There will be no fumbles recovered or **any stripping the ball**. (**Penalty – unsportsmanlike**).
 - ix) On an interception return, blocking is acceptable anywhere on the field (there is no 5 yard rule in this instance) as long as it is done in a safe/legal manner. Refer to Section IX for complete blocking rules.
- d) Blitzing Rules
 - i) Only a maximum of 2 defensive players who are lined up directly across from the offensive guards may cross the offensive line of scrimmage once the ball is snapped.

BFFC Rules and Regulations 2019 v1.2

- ii) The defensive player(s) who are lined up across from the offensive guards and eligible to rush must have their outside shoulder even or within the offensive guard's outside shoulder. These defensive linemen must be head to head and never line up in the gaps. (**Penalty – blitz**).
- iii) If the defensive decides to only rush one player from this defensive formation, it does not mean that other players on defense can rush in from other areas of the field to get to the maximum of two total rushers.
- iv) The defensive team cannot line up a nose tackle directly across from the center under any circumstances. If the defensive team wishes to line up a defensive player across from the center, this player must be one yard behind the defensive players who are lined up directly across from the offensive guards.
- v) The defense may line up as many players on the defensive line as they wish (except they cannot line up a nose tackle directly across from the center). The defense may choose not to line up anyone on the defensive line if they wish. However, only the two defensive players lined up directly across from the two offensive guards can rush in and cross the offensive line of scrimmage on the snap.
- vi) No defensive player other than the two defensive players lined up across from the offensive guards may cross the offensive line of scrimmage until the ball has been released by the QB OR the QB has taken two steps side to side or two steps forward (referee's judgment call). At that time any defensive player may then cross the offensive line of scrimmage. **Any violation of this definition is a penalty -blitzing**. Keep in mind that a QB can drop straight back as far as they want and there may be no blitzing until they take two steps side to side or two steps forward (**referee judgment call**).
- vii) All defensive players other than the two defensive players who originally line up across from the offensive guards cannot cross the offensive line of scrimmage until the ball has been released by the QB OR the QB has taken two steps side to side or two steps forward (**referee judgment call**).
- viii) The only exception to the blitzing rule is if a center's snap touches the ground, is dropped by the QB or the snap goes past the QB (regardless if the QB touches the ball or not). If one of these instances happen, then any defensive player may cross the offensive line of scrimmage as soon as this occurs.
- ix) The defense can choose to line up as many players as they want anywhere on the LOS (outside the two defensive players that line up across from the offensive guards on the LOS). These defensive players do not have to be directly lined up across from an offensive player and can be in the gaps if there is an offensive player lined up across from them.

IX. Blocking

- a) All blocking in flag football is done from a two-point stance with an open-hand, slightly bent-arm approach. Contact blocking is legally hindering the progress of an opponent in a fair and safe way. Blockers must be on their feet before, during, and after they make contact with their opponent.
- b) The blocker is allowed to contact the opponent's body only between the waist and shoulders using their hands and not the body. Failure to do this is not allowed. (**Penalty-illegal block**). An open-hand, straight/slightly bent-arm block within the framework of the blocker's body is the ideal block to use to avoid unnecessary rough play. To keep contact blocking under control, coaches must stress safe, clean, sportsmanlike contact between opponents.
- c) Not Allowed: (**Penalty- illegal block**)
 - i) There is no excessive drive blocking allowed. The first time a player is penalized for excessive drive blocking, a warning is given. If a player is penalized for drive blocking a 2nd time in the same game, they are removed for the remainder of the game. Throughout the season, if a player is removed from two games (4 excessive drive blocking penalties over two games), they will be suspended for one game. If excessive drive blocking is a frequent pattern for any one team, the Board reserves the right to discipline a team's coaching staff.
 - ii) Pancake Blocks
 - iii) A blocker cannot extend their arms to push a player to the ground.
 - iv) Blocking below the waist
 - v) Diving to block
 - vi) High-low block
 - vii) Cross-body block (blocking while opponent turned sideways and not looking)
 - viii) Rolling block (going after opponent's legs when blocking)
 - ix) Grabbing the jersey of an opponent while attempting to block
 - x) Locking the hands together
 - xi) Swinging, throwing, or flipping the elbow, forearm, knee, or leg
 - xii) Contact of any kind above the shoulders.
 - xiii) The blocker shall not contact the opponent outside the free blocking zone (5 yds each side of the LOS).
 - xiv) No part of the blockers body, except his feet, shall be in contact with the ground throughout the block.

BFFC Rules and Regulations 2019 v1.2

- d) Intentionally throwing or shoving another player to the ground when blocking is a **penalty – unsportsmanlike conduct**.
- e) Blocking beyond 5 yds of the LOS in either direction will be permitted as a shadow type block only. This means that the blocker will be able to get between the ball carrier and the defender, but will not be able to initiate contact first. (Failure to do proper shadow blocking more than 5 yards of the LOS in either direction is a **penalty – illegal block**)

X. Scoring

- a) A touchdown shall be worth 6 points.
- b) Extra Points for all divisions:
 - i) 1 point if run or passes from the three yard line.
 - ii) 2 points if run or pass from five yard line.
 - iii) 1 point if hiked from the goal line and kicked from the five yard line. The ball must be kicked from the kicking block only (this 3rd option is not available in Tiger Division).
 - (1) *If there is an interception on an extra point attempt, it is a dead ball and the defensive team cannot run it back for a score.
- c) Field Goals - 3 points if kicked (JV, Varsity, Senior only –not Tiger)
 - i) Must be at least 3 yds behind the LOS. The ball must be kicked from the kicking block only. There must be a snapper and a holder
 - ii) NOTE: All extra point kicks and field goals must be kicked within 8 seconds from the snap of the ball (this rule applies to JV, Varsity and Senior Divisions only).
- d) Safety - 2 points.
 - i) Ball carrier's flag is pulled in his/her own end zone
 - ii) Ball carrier goes out of bounds in his/her own end zone
 - iii) An offensive foul is committed in his/her own end zone
- e) Regular season tie breaker: The ball will be placed on the 10 yard line and each team will be given four downs to make a touchdown. If it ends in a tie again then the standings will reflect a tie game. One timeout allowed. Interceptions count as a turnover, the ball goes over to the other team. There will be an extra point try, if necessary.
- f) Playoff tie breaker: Playoff games cannot end in a tie. After each team's first possession, both teams must always go for a two point conversion (from the 5 yard line) if they score a touchdown.

XI. Bad Behavior/Unsportsmanlike Conduct

- a) Unsportsmanlike conduct will not be tolerated from the players, coaches, or parents. Failure to comply with this rule will result in ejection from the game (**that means you must leave the field area**) plus serve a mandatory one game suspension. This includes, but is not limited to:
 - i) Insulting language or gestures.
 - ii) Obscene language or action.
 - iii) Intentionally kicking or spiking the ball.
 - iv) Disrespectfully addressing an official or flagrantly objecting to an official's decisions.
 - v) Intentional interference by any coach.
 - vi) Any flagrant infractions of the rules.
 - vii) Coaches to stay 15 yds back from the furthest player on their side of the field.
 - viii) Fighting (punching, kicking, etc.).
 - ix) A player intentionally throwing another player to the ground.
- b) The referee or any Board Member can eject a parent, player or coach from the field if there is any display of conduct detrimental to the league.
- c) Two unsportsmanlike penalties will result in an automatic ejection from a game plus serve a mandatory one game suspension.

BFFC Rules and Regulations 2019 v1.2

- d) If two coaches are ejected from the same team in the same game, it will result in an automatic forfeiture of the game for the team who had the coaches ejected.
- e) All coaches of the Boca Flag Football league will, at all times, conduct themselves in a manner that the youth of this organization can look up to and respect [Penalty: Minimum 1 game suspension for first time offenders; Second offense: Minimum 2 game suspension or more]. The Disciplinary Committee will review each situation and determine the extent of the offense and will notify the offender by email so a written record can be kept by the league.
- f) If a coach, parent or player is ejected from a game, they are suspended for the following game, and depending on the severity of the infraction, in the Board's sole discretion may be suspended for multiple games or the remainder of the season.
- g) All suspensions are reviewable by the Board of Directors. The Board reserves the right to modify any suspensions.

XII. Miscellaneous Rules

- a) The fumbleroosky play is illegal. There cannot be any direct handoff to any center, guard or tackle from the quarterback. **Penalty is unsportsmanlike.**
- b) All coaches must be 15 yards behind the player furthest from the line of scrimmage on their side of the ball. Failure to do so will result in a **penalty: Coach interference-unsportsmanlike.**
- c) If the ball hits the ground, there is no diving at the ball. (**Penalty – diving**).
- d) Two forward passes are not allowed (**Penalty – illegal forward pass**).
- e) **THERE ARE NO PROTESTS ALLOWED!** However, if a coach feels there was an infraction of the rules, he must signal the head referee by utilizing a time-out. If the coach is found to be correct, the time out will not be charged to their team, and proper action will be taken by the referee. If the coach has no time outs remaining and calls a timeout, 5 yards will be assessed against their team and a 10 second runoff shall be assessed if the clock was stopped by the inadvertent timeout. By rule, judgment calls are not to be discussed or challenged.
- f) Any rule which cannot be determined by Boca Flag Football & Cheerleading rules and High School Flag Football rules shall be decided by the field representative of Boca Flag Football & Cheerleading, who is at the field at the time of the disputed call (field manager or Board Member substitute).
- g) For an inadvertent whistle, the team in possession has the option of the results of the play or replaying the down. If the ball is in possession, the ball is spotted where the ball was at the whistle. If the ball is a loose ball (i.e. while passed in the air or hiked) it goes back to the line of scrimmage and re-play the down.

XIII. Penalties

- a) Yardage - Penalties will be determined by below penalty table.
- b) Point of measurement
 - i) Dead ball, unsportsmanlike, or non-player fouls are marked off from the spot of the end of play (succeeding spot).
 - ii) Offensive penalties are from the spot of the foul unless they are beyond the line of scrimmage.
 - iii) Most defensive fouls are from the LOS except for point of infraction fouls.
- c) Loss of down fouls- See penalty table
 - i) Illegal forward pass or two forward passes
 - ii) Pass interference
 - iii) Charging
- d) Automatic first down fouls for: -See penalty table
 - i) Pass interference
 - ii) Roughing the passer
- e) The offense or defense has the option of declining penalties, per high school rules.
- f) All penalty enforcements are made before the line-to gain decision is made.

BFFC Rules and Regulations 2019 v1.2

g) Penalties Table – BFFC

If not listed below, use FHSAA penalties.

POI = Point of Infraction LOS = Line of Scrimmage

(A) = Automatic First Down (L) = Loss of Down

(D) = Defensive (O) = Offensive

		Measured from	Tiger	JV	Varsity/ Seniors
Charging	(D)	POI	5 (A)	10 (A)	15 (A)
	(O)	POI	5 (L)	10 (L)	15 (L)
Flag Guarding	(O)	POI	5	10	10
Head Lowered	(D)	POI	5 (A)	10 (A)	15 (A)
	(O)	POI	5 (L)	10 (L)	15 (L)
Holding	(D)(O)	POI	5	10	10
Illegal Blitz	(D)	LOS	5	10	10
Illegal Block	(O)	POI	5	10	10
Illegal Forward Pass	(O)	POI	5 (L)	5 (L)	5 (L)
Illegal Procedure	(O)	LOS	5	5	5
Jump, Hurdle or Diving	(D)	POI	5	10	10
	(O)	POI	5	10	10
Mouthpiece Not In	(D)(O)	LOS	5	5	5
Not Enough on Line	(D)(O)	LOS	5	5	5
Encroachment	(D)(O)	LOS	5	5	5
Pass Interference	(D)	The greater of: 10 yds from LOS or spot of the foul	Same for all divisions	Same for all divisions	Same for all divisions
	(O)	LOS	5 (L)	10 (L)	10 (L)
Pushing	(D)(O)	POI	5	10	10
Roughing Passer	(D)	LOS or succeeding spot (if pass is completed)	5 (A)	10 (A)	10 (A)
Straight Arm	(D)(O)	POI	5	10	10
Tackling	(D)	POI	5 (A)	10 (A)	10 (A)
Unsportsmanlike Conduct	(D)	POI or LOS	5 (A)	10 (A)	15 (A)
	(O)	whichever is greater	5 (L)	10 (L)	15 (L)

XIV. Standings and Playoffs

- a) Overall Standings
 - i) Based on winning percentage.
 - ii) A tie counts as $\frac{1}{2}$ win and $\frac{1}{2}$ loss. For instance, if a team is 4-3-1, their winning percentage is .563
 - iii) If there is a tie in winning percentage for playoffs, the seeding order is:
 - (1) Head to head play
 - (2) Total points per game against head to head play
 - (3) Total points per game for head to head play
 - (4) Coin toss.
 - iv) If there is a 3 way tie, the same formula is used between all 3 teams. For instance, if team A is 2-0, team B is 1-1 and team C is 0-2, the tiebreaker order would be A, B, C. If all three teams were 1-1 against each other, then the total points against each other in head to head would be the next tiebreaker to determine the standings order.
- b) Playoff Games and Championship games
 - i) Playoff games and Championship Games are double elimination.
 - ii) Ties will be decided by tiebreaker rules (section X – F), played until one team wins. This can be modified by BFFC board prior to playoff starting.

BFFC Rules and Regulations 2019 v1.2

COACH'S AGREEMENT

(Revised July15)

League Mission Statement

The Boca Flag Football League has been formed for the purpose of providing, organizing and facilitating, a youth sports league for the children in the West Boca community. The League is committed to building character and football skills in a fun and safe environment.

We are dedicated to sharing the values of Education, Community, Athletics, and a positive Philosophy for living.

As a Coach of the Boca Flag Football League (BFFC), I agree to the following:

I will uphold the mission of BFFC as stated above.

I will do my best to act as a positive role model for the children. This includes conducting myself positively during practices and games, not challenging officials' calls and managing so that neither parents nor players are questioning the officials. I will demonstrate positive sportsmanship at all times and do my best to help the children develop their football skills, teamwork and sportsmanship. I will try to have fun and help the children to have fun. I understand that it is my responsibility as the Coach to do my best to ensure that everyone connected with the team-including players, family members, friends, and other coaches-demonstrates good sportsmanship.

I will make an effort to ensure that every child on the team feels important to the team's success and that participation and teamwork are primary to the team's success. I understand that the League will be supportive of my right to suspend team members for up to two practices or one game if a team member is abusive either verbally or physically to anyone connected with BFFC. If such action is necessary, I will notify the Division Coordinator for approval. If additional action seems appropriate, I am required to notify the Division Coordinator of the nature of the problem so that appropriate additional actions can be taken by the Disciplinary Committee of the BFFC Board of Directors. I pledge that I will not take such action unless clearly necessary.

I understand that there are League rules and it is my responsibility to comply with those rules and make sure that the children and parents associated with the team understand and abide by the rules. I understand that the Division Coordinators and Board Members are responsible for enforcement of all BFFC policies and that failure to comply may lead to action by the BFFC Disciplinary Committee.

If a player quits the team, I will notify the Division Coordinator immediately so the Division Coordinator can determine if the player will return to the team, reasons for quitting, possible replacements, etc.

I understand that my failure to comply with the principles and rules outlined in this agreement will cause my suspension or removal of my coaching role by the Boca Flag Football League. It is the responsibility of the head coach to ensure that assistant/substitute coaches comply with the terms of this agreement.

In addition, I, as a coach in the BFFC, agree to the following:

No coach shall do anything to cause distractions to the other team they are playing and the other team's parents or other guests who are watching the game. Examples of this are: any type of band, playing any type of music on the sideline, having any form of cheerleaders around the field, etc. This also applies to having any type of pre-game introduction (smoke machine, banner for the kids to run through, etc.). Also holding signs up during any game on the sidelines or ringing "cow bells" or other noise makers are prohibited. It is the responsibility of the Head Coach and assistant coaches of the offending team to make sure the parents do not violate any of these provisions. Failure to do so will result in first a 15 yard penalty. If the infraction continues it will result in a stoppage and forfeiture of the game if the offending issues are not resolved within 3 minutes to the satisfaction of a referee or league official.

No coach shall videotape any game (including their own or any other league game) including by a company or any third party (who is paid or unpaid to do so). It is acceptable for parents of the participants to videotape if they are doing so in the designated team sideline area. It is unacceptable for any coach or parent to film another team's game in which their child is not playing in (i.e. scouting a game). Also, no aerial drones are allowed to be flown above or around any of the football fields at any time.

Coaches if they so choose can attend other games in their respective division to "scout" the other team, but will do nothing to draw attention to themselves, videotape the game or ask someone to videotape the game for them. If this becomes an issue and a Board member asks them to leave the field, due to complaints, the coach or coaches will do so immediately or risk suspension from their next game.

BFFC Rules and Regulations 2019 v1.2

Coaches will not have any type of airplane (with or without attached banners) fly above or around any of the football fields at any time.

No celebrities will be allowed to attend any scheduled practice or game. (i.e. current or former professional athletes from any sport, any movie or television star, or any other person paid or asked as a favor to attend a BFFC sanctioned event that causes any type of distraction to the opposing team in the Board's sole judgment).

No coaches or parents of a team will do anything to draw attention to their team for winning the Super Bowl or any big team achievement such as winning 1st place in the regular season. Examples of this are providing Super Bowl winning shirts and/or mock rings to hand out to the players at the BFFC trophy ceremony or any other act that aims to draw improper attention to the winning team at the Board's sole discretion. If a coach or parent would like to carry out some act that they feel is appropriate, they must first obtain the Board's written approval to do so. Failure to get permission can result in being terminated from the league the following season (pertains to offending coaches, parents and their player(s)).

If a team forfeits two games during the regular season, the team will forfeit one playoff game once the playoffs commence. If there are any unusual circumstances, it can be subject to Board review and consideration.

If any of the rules are violated by a team, coach and/or parent, the coaches shall each receive a written notice describing the violation from the Board. If a second violation occurs, the Board will meet with the offending coaching staff and determine which coach is most responsible for the violation. This coach or coaches shall be removed from the league and banned from coaching for the following season. This applies only to the coach and not their child, unless it is determined that the offending coaches conduct is detrimental to the league and that in the Board's sole discretion, that coach's child may also be banned from participating the following season.

No coach or coaches shall encourage, pay for or invite any person or persons to attend a game that does not have a direct relationship to a participant in the game (i.e. relative or close family friend). They will not provide them with team colors (i.e. hats, t-shirts, jerseys) and under no circumstances will any guest do anything to effect the enjoyment of watching the game for the other teams' parents/friends. This provision also applies to any parent as well. If this occurs, a Board member will review the situation and determine in their sole discretion to ask the offending person or persons to leave the field immediately. If they do not comply, it will result in the team that is connected to the offending party to immediately forfeit the game.

Coaches understand that the referees are in charge of the game and if during the game issues arise, the head referee is in control of the game. If improper behavior continues at the head referees' sole discretion, he or she may terminate the game, resulting in a forfeit for the offending team.

If a coach is ejected from a game, they are suspended for the following game, and depending on the severity of the infraction, in the Board's sole discretion may be suspended for multiple games or the remainder of the season. If another coach is subsequently flagged after the other coach's ejection in the same game and the two are ejected after the second flag on them, it shall be an immediate forfeiture of that game.

It is the Board's sole discretion to accept sponsorship from any coach or company/organization.

It is also in the Board's sole and absolute discretion to take whatever actions it deems necessary for any conduct that the Board feels are detrimental to the league. This may result in suspensions to the coach, parent or player or immediate removal from the league.

Pee Wee Rules

Before Each Play Begins

Pee Wee is 6 v 6. If one team has less than 6 players, then both teams will start with however many players the shorthanded team has.

Everyone plays an equal amount of time.

Everyone must get an opportunity to rush (or receive) the ball at least once before another player can get a 2nd chance.

Defensive players must line up 10 yards behind the line of scrimmage--this one of the most important rules and needs to be strictly enforced!!

Between 2-3 coaches are allowed on the field for each pee wee team. Right before each play begins, the coaches must move far enough out of the way so they don't interfere with the play.

The defensive formation should be 3 linemen, 2 cornerbacks (or linebackers who play off the defensive line of scrimmage who must line up across from a wide receiver) and 1 safeties (or 1 cornerback and 2 safeties).

The offensive formation should be 3 linemen, 1 qb, 1-2 running backs and 1-2 wide receivers.

The player qb calls 'ready, set, hike'. Defensive players must wait until the ball is snapped before moving (not after 'hike'--please train the players to move when the ball is snapped).

The center can either snap the ball between his legs like in pro football or simply pick the ball up, turn around and hand the ball to the QB when 'hike' is called.

When the qb gets the ball, they can either run, pass or hand the ball off.

Possession Rules

Offense starts on the 5 yard line and has 4 tries to get to the first down marker (midfield). If they succeed, they have four more chances to score.

When the defensive team successfully stops the offense, they take over on their own 5 yard line and have 4 downs to get to the first down marker at midfield.

Fumbles are dead balls—the offensive team still keeps the ball. On the other hand, an interception is a change of possessions and the defensive team takes over at the place where defensive player's flag was grabbed. If it is before midfield, the intercepting team has four downs to move past midfield. If it is after midfield, the intercepting team has 4 downs to score.

If a ball carrier's flag falls off on its own without anyone grabbing it and it happens behind the line of scrimmage, it is a dead ball do over. However, once the ball carrier crosses the line of scrimmage and his flag falls off on its own, the play counts and the ball is marked where the flag falls off.

Safety Rules that Coaches will stress (These rules are in place to prevent injury)

There is no diving for flags in the Pee Wee Division.

The ball carrier must not intentionally run through or at the defensive players, but must attempt to avoid contact.

For safety reasons, the ball carrier cannot spin when running.

There is no tackling, pushing or tripping players.(COACHES MUST STRESS THIS TO THEIR TEAM—it is flag football not tackle. If one of your players tackles someone or is too physical, you must warn that player and remind them of the rules!)

Players cannot guard their flag to prevent another player from grabbing it.

The defender shall not hold, push, grab clothing, or run through the ball carrier (charging), but play the flag rather than the player. This includes pushing the ball carrier out of bounds or any action against the carrier other than pulling the flag.

Flags must be worn properly (one flag on each side and one and the back) and be clipped on waist but not double looped or twisted in clip.

BFFC Rules and Regulations 2019 v1.2

If a defender grabs the ball carrier's flag, the play is declared over by whistle. The defender will drop the flag and prepare for the next play. There is no taunting or flag throwing.

When the whistle blows, it is a dead ball and play is stopped immediately.

Safety recap: Basically, we need to make sure no players wind up on the ground in Pee Wee Flag Football (we are aware that sometimes accidents happen). There is no diving for flags, tackling players with the ball, tripping, pushing someone from behind while trying to block or simply overpowering another player and throwing them to the ground. Safety comes first!

Blocking

This can only be done by putting hands between the shoulders and waist. Players cannot grab shirts, shove or throw another player to the ground. Blocking is simply having an offensive player 'get the in the way' of a defensive player. They are not trying to overpower the player and toss them on the ground. Absolutely no blocking while defensive player not facing the offensive player trying to block.

Blocking can only be down within the 10 yard line of scrimmage area. Players can't run downfield and try to block.

General Sportsmanship

Coaches must do their best to prevent blow outs. If one team is clearly better than the other team, the winning coach must do their best to make the game fair such as lining up defensive players more than 10 yards from the line of scrimmage, giving the ball on offense to the lesser skilled players more, etc. Although, score isn't kept, players know when they are getting slaughtered. Failure to abide by this rule could result in the offending coach not being asking back to coach during future seasons.