

BJFL GIRLS FLAG FOOTBALL 5V5 RULES

The Fall Girls Flag Football season follows USA Football's 5v5 Flag Rules with a few modifications.

USA Football rules can be accessed at this link. These rules are very similar to the ones that are to be played in the 2028 Summer Olympics. The commissioner for this league reserves the right to adjust these rules at any time to support development, safety and competitive spirit. Coaches will be notified if changes are made.

- Touchdowns: 6pts // Extra Points from 5 yds: 1pt // Extra Points from 10 yds: 2pts // Safeties: 2pts //

Defensive Score on an Extra Point: 2pts **INT: 3pts**

- ~~Two 20 Minute Halves, 2 Timeouts per half. Injuries stop the clock.~~ **One 20 minute half, 1 timeout**

- One First Down Line at Midfield: 4 Downs to Midfield First Down, 4 Downs to Score

- No Fumbles, No Blocking, No Shielding

- QB cannot run past the line of scrimmage unless they receive the ball as a handoff or backwards pass first.

For example, QB hands off to the running back, who hands it back to the QB, and then the QB may run past

the line of scrimmage. QB is defined as first person that receives a snap.

- Every player is eligible to receive a forward pass. All forward passes must cross the line of scrimmage.

Backwards passes are considered runs unless legally passed forward beyond the line of scrimmage.

Centers are the only players that may not receive a handoff – but they can receive a pass.

- ~~No plays that result in a forward pass are allowed within 5 yards of the Endzone (No Run Zone)~~ **Teams may not run the ball inside the 5 yard line except for Minor division (1-3rd grade).**

- Non-contact sport, but accidental contact can happen and doesn't always result in a penalty
 - o Not all contact is caused by the defense, if they establish their position and direction, the ball-carrier must attempt to avoid contact (no running through a defender that's established a spot)

Designated Blitzers (with hand above head pre-snap, may have 2 Blitzers) may rush from 7 yards away

immediately and cross the line of scrimmage at any time. All other defenders can line up closer (league

may set a limit), but cannot cross the line of scrimmage (imaginary line where the ball is snapped) until first

handoff or fake handoff (including play action)

- o Defensive coaches may yell a command to tell their non-Blitzers when they can rush

- ~~All drives start from the 5 yard line unless an interception – interceptions may be returned for a score. If no~~

~~score, the drive starts from where the defender is down.~~ **All drives start from the 40**

- Rock, paper, scissors or a coin flip can determine who starts with the ball. **In the playoffs the team with the higher seeding will choose to start on offense or defense.**

- Running clock for all levels (clock only stops for a timeout only) regardless of the score of the game
- Play Clock: First non-scored scrimmage: 45 sec, after that 35 sec. Older groups should try to go faster.
- Coaches are allowed on the field on offense and defense for this first year of play to expedite play. Coaches must move away from the play and ensure they do not interfere with the play. Offensive coaches that interfere results in a loss of down. Defensive coaches create an automatic first down.
- All forms of snap are allowed, including side snaps and under center snaps.
- Each team is allowed one bad snap per half. Bad snaps are not considered fumbles – but they are a loss of down. If it is a low snap and grazes the grass but the player catches it, we will proceed with the play.
- All defenders may cross the line of scrimmage upon the offense's first handoff attempt, whether successful, faked or play action
- Defensive distances from line of scrimmage may be adjusted at the leagues discretion throughout the year.
- . The quarterback has 7 seconds, from receiving the snap, to release the ball. Once a backwards handoff, pass or lateral occurs, the 7 second rule goes away and the offense has an unlimited amount of time to throw a forward pass.
- . All offensive flag football penalties result in a loss of down and yardage.
- . All defensive flag football penalties result in an automatic first down and some are associated with yardage.
- . All players must wear official belts and flags. All players MUST wear mouth guards at all times while on the field. Game balls should be age specific.
- . 'No Run' Zones are in place to prevent teams from conducting run plays. While in the 'No Run' Zones, teams cannot run the ball across the line of scrimmage. **Except for Minors (1-3rd grade)** All plays must result in a forward pass across the Line of Scrimmage. 5 YARDS FOR ENDZONE.
- . No overtime during season, ONLY IN TOURNAMENT.
- . A player who gains possession of the ball in the air is considered in bounds, as long as the first foot or a body part other than the hand, contacts the ground in the field, while maintaining possession.
- . All players are eligible to receive passes (including the quarterback if the ball has been handed off, pitched or lateraled behind the line of scrimmage).
- . It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.

OFFENSIVE PENALTIES - 5 Yards from Line of Scrimmage and Loss of that Down

False start

Offsides

Illegal motion

Offensive impeding

Delay of game

DEFENSIVE PENALTIES - 5 Yards from the Line of Scrimmage, Automatic First Down

Roughing the passer

Intentionally removing a receiver's lag belt before he/she contacts the ball

Illegally rushing the quarterback

Too many players on the field

Coach interference – (remaining on the field during a play)

Improper equipment - (equipment tampering, lack of mouth guard, pants or shorts with pockets, jersey

untucked, illegal cleats, missing or improperly placed flags)

DEFENSIVE PENALTIES - 5 Yards from the Spot of Infraction, Automatic First Down

Defensive pass interference

Intentional contact – (blocking, charging, tackling, tripping, pushing, holding, obstructing, stiff arming)

DEFENSIVE UNSPORTSMANLIKE CONDUCT- 15 Yards from End of Play, Automatic First Down

OFFENSIVE UNSPORTSMANLIKE CONDUCT- 15 Yards from Line of Scrimmage and Loss of Down