

BCMC

FLAG FOOTBALL LEAGUE

4th – 5th Grade

General Rules

- Each team will have a volunteer coach on the field to help direct the players, as well as huddle the team and assist in creating plays.
- Our goal is that all players play; depending on roster sizes, we will play 4 on 4, 5 on 5, 6 on 6, or at most 7 on 7.
- The game will consist of 2 – 15 minute halves with a continuous clock. Referees/scorekeepers will have a stop watch to keep track of time.
- Players are not allowed to flag guard/stiff arm.
- If a player's flags fall off before catching the ball, the play is dead and the ball will be placed at the spot of the reception.
- Flags must be dropped, not thrown, after making a pull. A team will be warned if a player is caught throwing a flag, and subsequently a 10 yard unsportsmanlike conduct penalty will be assessed on any further infractions. **(2025 Rule Change!)**
- Fumbles may be recovered and returned by the defense, or will be placed where the offense recovers the ball and is downed. **(2019 Rule Change!)**
- Play is ruled "dead" when a player's knee or elbow hits the ground, or the ball carriers' flags are pulled.
- If the game is tied at the end of regulation, each team gets one chance to score from the 10-yard line. Possession is determined by a coin toss. If the game is tied after each team has a possession, the result will be a tie. Ties will be scored in the standings as .5 win/.5 loss.
- All penalties will result in a loss/gain of 5 yards. (**Exception See Pass Interference Below and Unsportsmanlike Conduct)
- There will be ZERO tolerance for poor sportsmanship. This is to eliminate fighting, pushing, swearing, and taunting.
- The Princeton Park District/Bureau County Metro Center has the right to change, alter, or delete any rule for the safety and welfare of the players, teams, and facility.
- Equal participation is important for the youngsters in attendance. Be aware of which children are on the sideline for extended periods of time.
- Players should wear tennis shoes or plastic/rubber molded cleats. ABSOLUTELY no metal!

Game Play

- Players will serve as QB.
- There will be a 10 second "sack timer." Quarterbacks will have 10 seconds to either hand the ball off or pass the ball down the field. This rule is designed to keep the flow of the game moving. Violations will result in a stoppage of play, and a loss of down. Sack timer will not be enforced, however, on plays at

the end of the first half or the game where the ball is snapped with 10 or less seconds on the clock to allow for Hail Mary attempts. **(2025 Rule Change!!)**

- Teams will have different colored flags & t-shirts for identification purposes.
- 3 minute half-time.
- A first down will be earned by crossing one of the first down markers, every 20yds.
- Scoring shall be 6 points for a touchdown. Extra points are attempted from the 2yd line and will be worth 1 point for running the ball in, or 2 points for passing the ball in. **(2021 Rule Change!)**
- You may rush the ball or pass the ball on offense. No QB sneaks!
- Two points will be awarded for a safety.
- Each team receives 1 – 1min timeout per half.
- No tackling, pushing out of bounds, or unnecessary roughness. The player will be removed from the game for a period of time determined by the referee, if that player had intent to injure. Players that are not attempting to go for the flag will be warned that any further unnecessary roughness will have a 10 yard penalty assessed **(2025 Rule Change!)**
- No stiff arming or blocking the defender from grabbing the flag.
- All blocking must be done with the blocker on his/her feet in the upright position.
- Preventive officiating will be used to limit off sides and illegal motion.
- Receivers/defenders missing a flag are eligible to catch a pass, but cannot advance.
- The team will have a **35** second play clock to huddle and snap the ball, starting when the ball is placed on the line of scrimmage. Play clock infractions may result in a 5 yard delay of game penalty and stoppage of clock **(2025 Rule Change!)**
- All types of offensive sets are allowed. Any combination of receivers, tight ends, and running backs are acceptable.
- Pass interference will be called at the referee's discretion. Penalty will be an automatic 1st down, and the ball will be placed at the spot of the foul. If the penalty occurs in the endzone, the ball will be placed on the 2yd line.
- Before the start of the game a coin toss will determine possession. The team that wins the toss will decide to start the game with possession of the ball, or start the 2nd half with possession of the ball.
- There will be NO kick offs. Possession will begin at the 10yd line.
- There are no punts. In the case of a turnover on downs, the team that gains possession will start from the 10yd line.
- To save on penalties and prevent confusion we are not allowing any motion on offense.
- In an effort to encourage good sportsmanship, we have decided to award a Sportsmanship Pin for any participant who goes above and beyond normal game play to demonstrate being a good sport. We hope this will encourage the kids to keep it light, and help out their teammates, the opposing team's players, or even the officials throughout the game. Please let one of our staff know if you see something from your own players, or the opposing team that warrants recognition. **(2025 ADDITION)**
- HAVE FUN!!!!
- Forfeits will be awarded if one of the teams can't field the minimum number of starting players, or needs to borrow players to meet that number. Forfeits will be scored 21-0.

- At the end of the season, standings tiebreakers will be decided in the following order: Head to Head, Point Differential, and Strength of Schedule.