

BRENHAM FLAG FOOTBALL LEAGUE RULES

PRACTICE/GAME CANCELATION POLICY

The City of Brenham will determine field availability. For Rainout information, please watch for emails from the League, Facebook notifications, or call the COB Rainout number 979-337-7233.

RULES UNIQUE TO BFFL

- The offensive team is awarded a first down when it crosses the midfield line.
- The offensive team begins the game and second half by taking possession of the ball at its 5-yard line.
- The lines 5 yards from each end zone are no-run zones.

- **Down Format**
 - The offensive team has four plays to gain a first down by crossing midfield. Once a team crosses midfield, it has four plays to score a touchdown.
 - 1st-3rd Grade
 - If the team fails to cross midfield in four downs or score a touchdown, the other team takes possession on its own 5-yard line.
 - 4th-6th Grade
 - On fourth down, a team has two options.
 1. A team may attempt to gain a first down or a touchdown. If a team fails to convert on fourth down, either by scoring or picking up a first down, the ball changes possession at that spot.
 2. A team may “punt” as its fourth-down play by notifying the referee. In this case, the ball will be placed on the opposing team’s 5-yard line and there will be a change of possession.

- **Game Clock**
 - (4) 10 minute quarters with a running clock, 2:00 minutes between Quarters 1 &2 and 3&4, and a 5:00 minute halftime
 - Substitutions will be at the coaches’ discretion.
 - One 1:00 minute time-out per half.
 - There is a 30-second play clock that starts after the referee spots the ball for play and blows the whistle.
 - The game clock only stops at the conclusion of quarters, halftime, for injuries, and for timeouts.

- **Game Format**

- Visiting team calls the coin toss. The winning team chooses to play either offense or which end zone to defend. The team that plays defense at the start of the first half will play offense at the start of the second half.
- The team with possession at the end of the 1st and 3rd quarter will maintain possession at the start of the next quarter.
- Teams will switch end zones at the conclusion of the first half.
- 1st-3rd and 4th-6th grade divisions are 7 v. 7.
- 4th-6th grade can have ONE coach in the huddle for the first TWO games. 1st-3rd grade can have ONE coach in the huddle throughout the season.

- **Scoring**

- Touchdown: 6 points
- Extra point: 1 point (passing play from 2 yd. line) OR 2 points (passing play from 5 yd. line). If there is an interception or fumble, the ball will be considered dead and the defense cannot score.
- Safety: 2 points. The Scoring team will receive possession on its own 5 yd. line.

- **Offense**

- A minimum of three players must be on the line of scrimmage at every snap.
- A beanbag will be used to mark the line of scrimmage.
- Only one player can be in motion when the ball is snapped.
- Players may use the snap between the legs or the side snap to begin play.
- Before handing off or passing, the quarterback must have complete possession of the ball.

- **Running the Football**

- The person who receives the snap from the center (under-center or shotgun) is considered the quarterback and can run the ball across the line of scrimmage.
- A pitch from the quarterback can be executed immediately after the snap or on a delay (similar to the option play without the quarterback being able to advance the football).
 - The quarterback is the only player who can make the pitch. The pitch can occur at any time while behind the line of scrimmage.
 - Once the pitch is received, the ball carrier can run the ball, hand-off the ball (behind the line of scrimmage) or pass the ball (halfback pass).
- Direct handoffs behind the line of scrimmage are legal. Multiple handoffs may be used. After the ball crosses the line of scrimmage, handoffs and laterals are not permitted.
- The 5 yards leading toward the goal line. Plays beginning in the no-run zones must have a pass beyond the line of scrimmage.
- A player receiving a handoff or pitch can pass the ball (halfback pass) from behind the line of scrimmage.
- A ball carrier may not dive. A dive will result in a penalty.

- The ball carrier's feet determine the spot of the football when a flag is pulled, not the location of the football.
- **Receiving the Football**
 - All 7 players are eligible to receive passes. The quarterback becomes eligible after a handoff or pitch.
 - A completion consists of a receiver gaining control of the football while having at least one foot in bounds.
 - If a player catches a pass with his knee(s) on the ground, the play is dead and the ball is spotted at the point of the completion.
 - The quarterback has 7 seconds to throw a pass. If a pass is not thrown within 7 seconds, it is treated as an incomplete pass (loss of down) and the ball will be placed back at the line of scrimmage. A handoff or pitch will end the 7-second pass count. The referee will keep the time.
- **Dead Balls**
 - Play is ruled dead when one of the following occurs:
 - The ball carrier's flag is pulled or falls out.
 - The ball carrier steps out of bounds.
 - The ball carrier's knee or any part of the body behinds the hand hits the ground.
 - A touchdown or safety is scored.
 - A pass falls incomplete.
 - A fumble. All fumbles are dead balls and will be spotted at the point of the fumble.
- **Defense Basics**
 - Teams may play man-to-man, zone defenses or combination of both.
 - Interceptions may be returned.
 - Interceptions made in the end zone will result in a touchback and the ball will be spotted at the 5-yard line.
 - **NO Rushing the Passer at any time**

PENALTIES

- **Defense**
 - Encroachment: The penalty is 5 yards from the line of scrimmage and REPLAY OF DOWN.
 - Interference
 - The penalty is 5 yards from the line of scrimmage and an AUTOMATIC FIRST DOWN.
 - Illegal contact
 - Pulling the jersey, holding, blocking, pushing.
 - The penalty is 5 yards from the line of scrimmage and an AUTOMATIC FIRST DOWN.
 - Illegal flag pull

- Removing a flag when a player does not have the ball, removing the quarterback's flag after the ball is thrown, removing the flag before the receiver catches the football.
 - The penalty is 5 yards from the line of scrimmage and an AUTOMATIC FIRST DOWN.
- Diving
 - No diving at any time.
 - The penalty is 5 yards from the spot of the foul and an AUTOMATIC FIRST DOWN.
- Unsportsmanlike Conduct
 - Referrees' discretion
 - The penalty is 10 yards from the spot of the foul and an AUTOMATIC FIRST DOWN.
- **Offense**
 - Illegal motion
 - More than one person moving.
 - The penalty is 5 yards from the line of scrimmage and REPLAY OF DOWN.
 - Illegal formation
 - Not enough men on the line of scrimmage.
 - The penalty is 5 yards from the line of scrimmage and REPLAY OF DOWN.
 - Illegal pass
 - A pass is thrown after the ball carrier has crossed the line of scrimmage
 - The penalty is 5 yards from the line of scrimmage and a LOSS OF DOWN.
 - Delay of game
 - The penalty is 5 yards from the line of scrimmage and REPLAY OF DOWN.
 - Flag guarding
 - Intentional or unintentional use of the arm to prevent the flag from being pulled.
 - The penalty is 5 yards from the spot of the foul and a LOSS OF DOWN.
 - Illegal use of the hands
 - stiff-arming, blocking
 - The penalty is 5 yards from the spot of the foul and a LOSS OF DOWN.
 - Diving
 - No diving at any time.
 - The penalty is 5 yards from the spot of the foul and a LOSS OF DOWN.
 - Illegal flag use
 - Fastening flags to the uniform or belt other than the normal, prescribed manner.
 - The penalty is 5 yards from the line of scrimmage and a LOSS OF DOWN.
 - Spiking/Kneeling
 - No spiking or kneeling.
 - The penalty is 5 yards from the line of scrimmage and a LOSS OF DOWN.
 - Unsportsmanlike Conduct
 - Referrees' discretion
 - The penalty is 10 yards from the line of scrimmage and a LOSS OF DOWN.

SUBSTITUTIONS

- Substitutions and playing time are at the coaches' discretion.

OVERTIME

- There will be no overtime. A game may end in a tie.