**New BCNFL League Rules**

**Game play:**

* Games will be played 5 on 5
* Games will be played with 2 – 20 minute half’s with a 2 minute half time
* Away team will get opening game coin toss call
* There will be a 25 second game clock. Pee Wee will get a 30 second clock
* A 7 second QB clock
* There is also a 7 yard Rush line to be marked out by the referee
* Game clock will not start until the Rush line has been established
* All game must start with 5 players, can finish with no less than 4 players.
* If both teams agree at the beginning of game, it will be permitted to start games with 4 players.
* Team with more than 4 players does not have to play 4 on 4
* Teams will start from their own 5 yd line and have 4 downs to get past mid field for a 1st down. After passing mid field teams will have 4 downs to score.
* In the event of a 4th down teams can elect to go for it or punt. If a team elects to go for and does not get the touchdown/Mid field, a turnover on downs will occur. Other team will get ball where it is spotted.
* In the event the team elects to punt, the other team will get the ball from their own 5 yd line.
* 28 point rule will be in effect
* All jerseys and extra loose belts must be tucked in at all times.

**Offense:**

* The offense will have 4 downs to get past mid field for a 1st down, then have 4 downs to score after.
* Offense will have the opportunity to elect to go for it on 4th down or punt. If a 1st down or score is not achieved on 4th down it will be a turnover on downs and ball is spotted where it was last down. If electing to punt, the ball will return to the opponents 5 yd line.
* There are 4 NO RUN ZONES: 5 yds before each end zone, and on each side of the Mid field line. Heading towards the mid field you can not run, once past you can. Heading into the endzone you can not run.
* There is allowed screen blocking, example: pick block, build a wall, running with receiver. Blocking not allowed: pushing, hitting, chop block. Any block where arms are extending and pushing.
* Jumping/Diving is not allowed unless you are jumping to make a catch, jumping to avoid contact with a player on the ground.
* Jump cuts, spinning is allowed. However spinning constantly can be considered flag guarding, Officials discretion.

**Passing:**

* All passes must be in front of the line, zero backward passes are allowed.
* All passes must be executed using one hand
* Receiver must have at least 1 foot and complete possession of the ball inbounds to be a completed pass.
* Quarterback must be behind the line of scrimmage when throwing the ball.
* The QB will have 7 seconds to throw the ball, if not, the play is dead and loss of down

**Running:**

* All run plays must be behind the line of scrimmage.
* Run plays allowed: handoffs, reverses, pitch plays, etc.
* QB is not allowed to run the ball unless the ball is handed off to him.
* The QB is noted as the person with the ball and that calls HUT. If a player has the ball while another player calls HUT the player calling HUT is the QB. This is considered using a center.
* There are no Center run plays while using a center.

**Defense:**

* The Defender has the same right to a pass in the air as the receiver does.
* There will be a Rush Line set 7 yards off the ball. Play clock will not run until the Rush line has been established.
* You can Rush as many players as you like, as long as they are lined up behind the Rush Line.
* If a player lined up behind the Rush line leaves to rush before the play has started it will be considered an illegal Rush
* The defense will be given 3 Rushes per possession. If you rush more than that in a possession it is an illegal rush.
* The defender can not come into contact with any part of the QB’s arm while throwing. It will be considered roughing the passer.
* Defender can not hold on to clothes without having flag in hand to pull, Defender can not hold clothes to let team catch up

**Flag Guarding:**

* Stiff arming
* Out of control spinning
* Swiping hands away
* Belt untucked
* Flags not on hips
* Shirts covering flags

**Requirements:**

* All players must have mouth pieces during play; no exceptions
* All players must wear shorts without pockets or the pockets need to be taped shut
* All Games are to be played at Follansbee Football field
* All Practices are to be held at the Follansbee Football field

**Pentleties:**

* Offensive:
1. Off sides = dead ball & loss of down
2. illegal forward pass = 3 yds & loss of down
3. Flag guarding = 3 yds from spot & loss of down
4. Illegal Jumping/Diving = spot & loss of down
5. 7 second violation = dead ball & loss of down
6. Illegal block = 3 yds & loss of down
7. Pass interference = 3yd from spot & loss of down
8. Blatant illegal contact = 1 warning, occurs again ejection
9. Mouthing back to coaches /officials = 1 warning, foul occurs again player ejected
* Defensive:
1. Offsides = dead ball & 1st down
2. Illegal rush = 3 yds & 1st down
3. Roughing the passer = 3 yds & 1st down
4. Pass interference = 3 yd from spot & 1st down
5. Holding on to ball carriers clothes and not flag = dead ball spot & 1st down
6. Blatant illegal contact = 1 warning, occurs again ejection from game
7. Mouthing back to coaches/officials = 1 warning, foul occurs again player ejected

**Scoring:**

* Touchdown = 6 points
* 5 yd point after = 1 points
* 10 yd point after = 2 points
* Interception return for TD = 6 points
* Interception return for TD on point after = 2 points
* Safety = 2 points

**Overtime Play:**

* The official will go over the rules
* The Home team will call the coin toss
* Each team will get 1 opportunity to score from either 5 yds out (1 point) or 10 yds out (2 points)
* If the team with the ball 1st doesn’t score the next score will win
* Both teams score and the score is still tied or neither team scores it will go into a 2nd OT under the same format
* If a 3rd OT is needed each team will get the ball on their own 5 yd line and the one with most yards will win. In the event both teams get the same amount of yards or both score it will end in a tie.

**Officials:**

* Officials will set the rush line before play clock starts
* Officials will give a hard {out loud} count on the play clock from 10 seconds
* Officials will give a hard {out loud} count on the 7 second QB clock
* With only 1 official, they will officiate from the center of the field
* With 2 or more officials, they will be officiating from the each side line. One will set the rush line, the other will watch the line of scrimmage
* Only the Head Coach is allowed to address the Official

**Extra:**

* If games need to be rescheduled, the Head Coach of the home team is responsible for doing so.
* All rescheduled game must be confirmed with league staff prior to setting a date. This will allow us time to get referees, make sure we can have concessions, bathrooms opened, fields lined and ready to play.
* All rescheduled game are to made up within the week, or it will be considered a tie, game complete.
* All games must be known that it will be rescheduled 24 hours before game is played. Unless it is an issue that mother nature has made.
* Rescheduled games are determined by changing the day of game or the time of game.

**Please understand parents do make plans around the schedules handed out. We can not change the day and/or times of games without proper notice (24hr). If Rule is not stated in these Rules we revert back to NFL Flag Rules!**