

LAS CRUCES BANTAM WEIGHT SPORTS ASSOC.

FLAG FOOTBALL PLAYING RULES

GEAR:

Shirts must be tucked in and flag belt on during the game. Flags must be worn on the players hips and the free end of the belt tucked in so it cannot be grabbed as a flag. All players must wear a protective mouth-piece. Rubber cleats are allowed but not required.

GENERAL RULES:

- *Teams must have a minimum of 12 player on their roster.*
- *Once a player has been placed on a team, he cannot be switched to another team except under certain circumstances if approved by the board.*
- *Games will be played with a youth sized ball. A Nerf football is recommended.*
- *Each team will play with 6 players on the field.*
- *One coach from each team will be allowed on the field during play to officiate the game.*
- *Possession at the start of the game will be determined by a coin toss.*
- *Time on the field will be kept by the coaches.*
- *Games will consist of two 25 minute halves, and a 10 minute half time.*
- *Each team will have Two 1minute time outs per half.*
- *Each time the ball is spotted, the offense has 30 seconds to snap the ball.*
- *The clock will only stop for time outs, injuries, or after a change of possession.*
- *No official score will be kept.*
- *Taunting and celebrating is not allowed.*

Participation and Substitution:

Each team will divide their players evenly between offense and defense. (Players cannot play on both sides of the ball unless there are less than 12 players on a team. (Example: If your team has 10 players, 5 players must be assigned to offense, and 5 players to defense. When offense is on the field, you can choose one player from the defense to be your 6th offensive player and vise-versa). Offensive and defensive rosters can be altered at half time only. No subbing is allowed unless an injury occurs.

If you have more than 12 player on your team, additional players on offense and defense must be subbed into the game on every down. (Example: If there are 14 players on your team, 7 players will be assigned to offense and 7 players to defense. The 7th player must be subbed onto the field every other down).

OFFENSE:

1. *There are no kickoffs, offense will take possession on the 5 yard line.*
2. *The offense will have 4 downs to reach mid-field for a first down, and four downs from mid-field to reach the end zone for a touchdown. (If these goals are not reached in 4 downs, the ball changes possession).*
3. *Offense must have at least 3 players on the line of scrimmage.*
4. *Only one offensive player can be in motion before the ball is snapped.*
5. *Running the Ball;*
 - A.) *The quarterback cannot directly run the ball (he must pass or hand off).*
 - B.) *Handoffs are permitted only from behind the line of scrimmage.*
 - C.) *Spinning is allowed, but players cannot leave their feet to avoid a defensive player. (No diving)*
6. *All players are eligible to receive a pass (including quarterbacks after they have handed off the ball).*
 - A.) *If the receiver has no flags when he catches the ball, the pass is ruled incomplete.*
7. *The play is ruled dead when:*
 - A.) *The ball carrier's flag is pulled*
 - B.) *The ball is dropped. (There are no fumbles; No change of possession).*
 - C.) *The ball carrier's Knee touches the ground*
 - D.) *The ball carrier's flag falls off*
 - E.) *A touchdown or safety is scored.*
8. *Blocking: All blocks must be made with arms extended and must be made between the waist and shoulder. Players cannot bring his arms in and push out against the person they are blocking.*
9. *The player carrying the ball cannot guard his flag, push the defensive player away, or hit the hand of a defensive player when he is reaching for his flag.*

DEFENSE:

- 1. A defensive player must count to 5 Mississippi before he can rush the quarterback.***
- 2. Once the ball has been handed off, all defensive players are eligible to rush.***
- 3. A defensive player can return an interception.***
- 4. A defensive player cannot strip the ball from the offensive player, the play will be ruled dead at that point.***
- 5. A defensive player cannot hold, grasp, impede or obstruct the forward progress of a runner when in the act of removing the flag.***
- 6. A defensive player cannot pull the flag of an offensive player prior to that player having possession of the ball.***
- 7. When a defensive player pulls the flag, he must drop it at that point.***

ANY INFRACTION WILL RESULT IN A 5 YARD PENALTY.

REMEMBER THESE GAMES ARE DESIGNED TO BE RECREATIONAL AND DEVELOPMENTAL. IT IS NOT INTENDED TO BE A HIGHLY COMPETATIVE LEAGUE. FAIR PLAY AND GOOD SPORTSMANSHIP IS EXPECTED BY ALL COACHES, PLAYERS AND PARENTS.