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, 1 Timeouts per half. Injuries stop the clock. 5 min half time

• 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, the 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. A QB is defined as the first person that receives a snap. • Every player is eligible to receive a forward pass. All forward passes must cross the line of scrimmage.
Backward 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.

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

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)

For Grades 1-3 only- Defensive players must line up 3 yds off the line of scrimmage and at no time cross the line of scrimmage, unless a designated blitzer(which must abide by the blitzing rules)

Designated Blitzers (with hand FULLY EXTENDED above head pre-snap, may have 2 Blitzers(For Grades 1-3 Only 1 Blitzer Will Be Allowed)) may rush from 7 yards away

immediately and cross the line of scrimmage at any time. All other defenders can line up closer (4-12= 1 yd off line of scrimmage, 1-3 = 3yds off line of scrimmage), but cannot cross the line of scrimmage (imaginary line where the ball is snapped) until first handoff or fake handoff (including play action)
Defensive coaches may yell a command to tell their non-Blitzers when they can rush

• 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 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 GAME. 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 (Except in Grades 1-3, Only the Blitzer is allowed to cross the line of scrimmage)

• Defensive distances from the line of scrimmage may be adjusted at the league's discretion throughout the year.Grades 1-3= 3yds off the ball….Grades 4-12= 1 yd off the ball

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 with SHIRTS TUCKED IN.

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 the 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 laterally 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
Flag Guarding will result in a spot foul of the infraction and loss of down

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