

BHNCDSB Flag Football

Basics of Co-Ed Flag Football:

- Games are played with 6 players per side, two of whom must be girls. Students should be in grade 7 or 8. Please reach out if you need to bring grade 6 players.
- Games are 30 minutes – 2 12 minute halves, 2 minute half time, and 1 time out per team. Captains meet at the beginning of the game to determine the sides
- Teams must wear belts with three flags on each belt that are attached with Velcro. Players cannot wear shorts with opened pockets. Pockets can be zipped or sewn but not taped. Mouth guards must be worn by all players. Jewelry is not allowed to be worn.
- Special teams will not be used. Offences will start from their own 5-yard line at the start of the game/second half, after scoring plays, and after a turnover on downs.
- If the ball is intercepted, the opposing team's offence starts wherever the intercepting player was flagged but nowhere behind their own 5-yard line.
- Interceptions can be returned for a touchdown (6 points) during scrimmage plays. On conversions, the play is dead if intercepted.
- If the ball is fumbled (which is different from an incomplete pass) the play will be whistled dead, meaning the ball cannot be advanced by either team, and the next down will be played where the ball was fumbled.
- Motion is permitted by players other than the centre and quarterback towards the line of scrimmage before the ball is snapped (if a player crosses the line of scrimmage after the ball is snapped, they are offside).
- Teams have three downs to advance the ball past mid-field in order to get a first down; they then have three more downs to score a touchdown.
- "No run zones" are located five yards from the offensive end zones; if the ball is placed within that zone, only throwing plays are allowed.
- Extra points are scrimmage plays that occur after every touchdown and take place from the 5-yard line for one point or the 10-yard line for two-point conversions (at the coaches' discretion).
- Any defensive player rushing the quarterback may do so by lining up 7 yards from the line of scrimmage; once the ball is handed off or faked handed off, any player may rush; quarterbacks may not pass the line of scrimmage without releasing the

ball first; the quarterback has 7 seconds to release the ball or fake a handoff before the play is blown dead.

- There will be a 25 second play clock which begins once the referee sets the ball and bean bags (for rushers), and blows the whistle.
- Tackling is not allowed; flagging is the equivalent of tackling in flag football and occurs when one or both flags are pulled from the ball carrier's belt.
- Blocking is not allowed; players without the ball must not run any interference on the defensive team; offensive players may stand still and force defensive players around them with their body positioning but without contact or movement.
- Blocking of the flag is not allowed; teach students to spin or move their body while carrying the ball, rather than trying to cover or block their flags

Other than modifications mentioned, we will be closely following the "5v5 Flag Football" version, found in the full rulebook at the link below, as well as rule changes for this year.

<https://footballcanada.com/officiate/rulebooks-rule-changes/>