

2013 Bloomington Athletic Association Flag Football Playing Rules

Basic rules will be according to Minnesota State High School Regulations

Section 1 – Organization and Philosophy	
1.1.	Mission. The mission of the BAA flag football program is to teach and encourage good sportsmanship and fair play through the promotion and support of football for the young people of our community.
1.2.	Commitment. BAA is fundamentally committed to the development of character and sportsmanship and believes that an athletic contest is an educational experience.
1.3.	Coaches Guidelines. Under the guidelines of the BAA Board, the coaches (who so generously give of their talents and time) are to instill in their players the elements of fairness, teamwork, self-control, courtesy and respect for the rules of the game as well as the other participants and officials in the sport.
Section 2 – The Goals of BAA is to:	
2.1.	Provide a positive, fun-filled experience.
2.2.	Teach the participants the skills, rules and strategy and discipline of football and encourage good sportsmanship, self-confidence and teamwork.
2.3.	Promote healthy and safe physical activity for all participants.
2.4.	Build character by offering a team experience, regardless of individual ability, stressing skill development and a positive attitude regardless of winning and losing.
2.5.	Provide equal playing time for all participants as much as possible.
Section 3 – Coaches, Players and Spectators Conduct	
3.1.	General Behavior. Cheering and positive encouragement of players, coaches and referees embodies the spirit of athletics and the Bloomington Athletic Association. All coaches, players and spectators are prohibited from abusive shouting or the use of obscenities to denigrate any player, coach, referee or fan. Any conduct that is in direct conflict of good sportsmanship by players, coaches and fans can result in ejection from the game and sporting area.
3.2.	Abuse. Physical or verbal abuse by any coach, player or fan is cause for dismissal from the Bloomington Athletic Association program, games, practices and facilities.
3.3.	Tobacco and Alcohol. There is a No Smoking and No Alcohol Policy at the football fields. Coaches and spectators who are intoxicated will be asked to leave. Violation of these rules will result in eviction from the field and review by the BAA Board.
3.4.	Referees. No coach, player or fan will disrespectfully argue a decision of a referee. Discussing and trying to understand a referee's decision is allowed as long as it is done in a respectful, calm and civil manner by Coaches Only. Coaches, players and fans are not to chastise, give hints, help or provide instruction to the referees.
3.5.	Clean-Up. All coaches, players and spectators should ensure that the game/practice fields and surrounding areas are free of debris and left in an orderly fashion when the game/practice is complete.
3.6.	Injuries. All players and spectators must report any injuries immediately to the coach. It is the coach's responsibility to report these injuries to the level director. The possibility of injury requires that a responsible adult be present at all games and practices. If parents are unable to be present at a game or practice, it is their responsibility to find an adult to watch their child. This is not a duty of the coach. Players are not to be dropped off unsupervised.
Section 4 – Eligibility	
4.1.	Players must be going into first and second grade at the time of sign-ups.
4.2.	No player shall switch to another team after the first game of the season. The league director must approve switches prior to the start of the season.

Section 5 – Practice	
5.1.	Three practices per week are allowed until the games begin. Once games begin teams are limited to two practices per week.
Section 6 – Equipment	
6.1.	All players must wear a mouth guard. Players are not allowed to play if they do not have a mouth guard.
6.2.	Each player will have two flags that are attached to a belt.
6.3.	Shirts and jackets must be tucked under the belt (i.e. the belt must be visible).
6.4.	If a ball carrier inadvertently loses a flag, they are considered down when touched by a defensive player.
Section 7 – Playing Time / Player Rotation	
7.1.	Every player who attends a game will start on either offense or defense.
7.2.	Over the course of the season each player should have approximately the same amount of playing time and each player should be encouraged to play all of the positions.
7.3.	Provide equal playing time for all participants as much as possible. (Exceptions to this may include chronic missed practice time, disrespect for the game, officials or team).
7.4.	Player/Parent Choice. Each player and/or their parent have the ability to choose to NOT play a particular position during the season. For players who do not want to run the ball or play quarterback, it is up to the player and/or parent to discuss these positions with their coach to determine the offensive and defensive positions suitable for the player.
7.5.	Ball Distribution. Coaches will rotate as many kids as possible through the backfield positions during the season in an effort to distribute the ball to a wide number of players. Every player should have the opportunity to run the ball during the course of the season.
7.6.	Exceptions. If a coach has any specific reason for not abiding by these rotation guidelines, the coach needs to notify the level director of the reason. Exceptions must be approved by the level director before the game in question (if possible) or the coach needs to notify the level director immediately after the game.
Section 8 – Game Scoring	
8.1.	No score will be kept during the games. The object of BAA is to teach football and good sportsmanship. Should the situation arise that a score is lop-sided or a team is ahead by more than three touchdowns, the winning coach SHOULD make every effort to not continue scoring. Efforts may include low yardage plays, giving everyone that is eligible a chance to carry the ball and pulling out key players.
8.2.	There are no league standings kept and there are no playoffs at the end of the season.
8.3.	BAA wants to promote scoring in this league, so some of the rules written reflect this approach.
Section 9 – Game Length	
9.1.	Game Length. Games are four (10) minutes quarters using a continually running clock. The clock will only be stopped for the following reasons: i. an official's timeout is called ii. an injury iii. a team timeout is called iv. after each touchdown the clock will stop for the teams to set up for the next possession. The clock will start up again after the snap of the ball during the next offensive play.
9.2.	Halftime. There is a five (5) minute halftime break.
9.3.	Maximum Game Length. Games will be limited to maximum playing time of one hour.
9.4.	Time Between Plays. Time between plays should not exceed 40 seconds. Each team must be taught to huddle quickly after each play. Learning of the plays is done in practice. It is recommended the coaches display the offensive play in the huddle so the kids understand their roles.
9.5.	Time Outs. Each team is allowed to call three (3) Time Outs per game.

Section 10 – Field Size	
10.1.	Field Dimensions. The dimensions of the playing field will be approx 40 yards wide and 40 yards long.
10.2.	End Zones. Each end zone shall be five yards deep and the width of the playing field.
10.3.	Cones – Field Markings. Cones should be placed at midfield and on the goal line and marking the back of the end zones. The home team is responsible for marking the field for each game.
Section 11 – Number of Players	
11.1.	Equality. The offensive and defensive teams must have an equal number of players on the field.
11.2.	Maximum Players. The maximum number of players allowed on the field on the offensive or defensive teams is nine (9). There will be 5 OL, 1 QB, 2 RB, and 1 WR.
11.3.	Minimum Players. The minimum number of players per team is seven (7). There will be 3 OL, 1 QB, 2 RB, and 1 WR.
Section 12 – Referees	
12.1.	Referees. Each team will be responsible to provide one person to referee each game.
Section 13 – Rules of the Game	
13.1.	Coin Toss. Before each game, the referees will flip a coin. The winner of the coin toss can choose to start on offense or defense.
13.2.	"Kickoff" Each team will start on offense one half. The team which kicks off in the first half will receive the ball in the second half.
Section 14 – Offense	
14.1.	League Provided Plays. Only BAA provided formations and plays as defined in the playbook will be allowed in games.
14.2.	Cadence. "Down", "Set" (set for one full second) – "Hut 1, Hut 2, Hut 3 ..." Ball can be snapped on any snap count but not on "Down" or "Set".
14.3.	It is highly recommended that 2 offensive coaches are on the field. One coach to line up the OL and one coach to call the play in the huddle and show the offensive backs/receivers the play on paper.
14.4.	Line Splits. Line splits will be up to one yard apart.
14.5.	Linemen Set Position. All linemen should be in a two point stances.
14.6.	There must be five offensive lineman (1 – C, 2 – G, 2 – T) on the line of scrimmage, 1 – QB, 2 – RB, and 1 - wide receiver: i. the players on the line must be balanced ii. The WR can be lined up as a wide receiver or a wing back.
14.7.	At the beginning of the game or half, after a touchdown and/or after a change of possession, the ball will be placed 5 yards from the goal line.
14.8.	The offense has four downs to produce a first down by crossing the midfield yard line: i. First downs are achieved by crossing the marked yard line, regardless of starting position on the field
14.9.	Fumbles, including snaps are dead balls at the spot of the fumble: i. one fumbled exchange from the center to the quarterback per quarter can be reset without the loss of the down
14.10.	Each team has 40 seconds to put the ball into play.
14.11.	Play is stopped when a defensive player pulls the ball carrier's flag off his belt.
14.12.	Ball carriers may not use their hands or arms to keep defensive players from capturing their flag.
14.13.	Following a touchdown, the ball will be placed on the 2 yard line and the offensive team will run a play for the extra point.
14.14.	All ball carriers must have their flags visible to the defense at all times.
14.15.	ONLY One Exchange. There will be no plays that are designed to have the ball exchange hands more than one time.
14.16.	Quarterbacks, Running Backs and Wide Receivers must be rotated every quarter.
14.17.	All blocking must be above the waist.

Section 15 – Defense

15.1.	The defense shall consist of four down lineman, three linebackers and two safeties. The DL should line up head up on the offensive G and T. The linebackers must be at least two yards off the line of scrimmage but they may be lined up (side to side) over any offensive player. The safeties must be at least 5 yards off the line of scrimmage but they may be lined up (side to side) over any offensive player.
15.2.	All linebackers and defensive backs will be lined up inside of the offensive tackle box until the ball is snapped. This rule is to promote scoring in the flag league.
15.3.	It is highly recommended that 2 defensive coaches are on the field. One coach to line up the DL and they count to 3 apple and one coach to watch the defensive LB's and DB's to get them lined up. Defensive coaches MUST refrain from call out the play to the players, i.e. yelling pass, run, etc...
15.4.	No blitzing is allowed. A blitz is defined as a player moving toward the line of scrimmage prior to the ball being snapped.
15.5.	Defensive players may not grab or hold the ball carrier during their attempt to capture the flag.
15.6.	Defensive players may not grab or hold blockers.
15.7.	Defensive coach must count to three apple (one apple, two apple, three apple) before the four down lineman can move into the offensive backfield.
15.8.	Interceptions are live balls and may be returned. If the interception does not result in a touchdown the ball will placed on the intercepting team's 5 yard line and they will start their offensive series like a new possession. See rule 14.7.