

BWYAA Jr Flag Football Division Rules

Game Structure

Games will be played on field 80 yds long and 40 yds wide.

4 - 8 min quarters with an 8 min half time

Games will be played in a 7 on 7 format.

The visiting team will provide a chain crew.

Downs will be based on normal BWYAA Tackle Football rules

The ball will start on the 20 yd line to start the game and if the offensive team fails to score.

Offense

- Quarterback and 6 other players.
- The quarterback may never cross the line of scrimmage with the ball. It must be passed or handed off to another player before crossing the line of scrimmage. When the Quarterback completes a pass they must switch to a new position.
- No more than 3 players in the backfield.
- All players are eligible receivers except the quarterback.
- Each play will start with a center to quarterback exchange. When a player completes a pass or a run they must exit the game and exchange positions with another player.(when there are more than 7 players per team)
- **When blocking the offensive player will use their hands with no deliberate body to body contact.**
- **Blocking is only permitted 3 yds off the line of scrimmage.**
- **While a player is running the ball there will be no deliberate contact to the face or head of another player.**
- Teams are allowed running and passing plays.
- **No player shall score more than 2 touchdowns per game. Once two touchdowns are earned by a player they are no longer eligible run or receive a pass.**

Defense

- Will consist of 7 players on the field.
- One player will be a rusher and start 10 yds back from the line of scrimmage. Once the ball is snapped they must rush the quarterback.
- One defensive player will switch out after every play. (when there are more than 7 players per team)
- When a flag is pulled the player must hold the flag up and stop in the location where it was pulled.
- **Deliberate Tackling will not be permitted at any time.**
- An intercepted ball is a live ball and can be returned for a score.

One coach is permitted on the field during the game.

Penalties will be enforced as the normal rule structure of the BWYAA.

Other game structure will be identical to the BWYAA Tackle Division rules.

Practice Structure

There will be a maximum of 2 practices per week with a minimum of 1.
Practice will be a maximum of 2 hrs in length with a minimum of 1.5 hrs.
Practices will be held a designated and approved BWYAA locations.
Coaches will focus on skills and plays to prepare the team for games and players for future endeavours.
The head coach or first assistant must be present at all practices.

Coaches

All coaches must meet the BWYAA standards as expressed in the BWYAA By Laws and Rules.
All head coaches will hold a current NAYS membership before the season begins.
Each team can have a maximum of four coaches on the sidelines at all times.
Each coach will act in a professional manner while representing the BWYAA.

Team Structure

Teams will play 7 players at a time.
Jerseys and football pants will be provided by the league and must be worn at all times with shirt tucked in and flags fully visible during the game.
Mouthpieces must be worn at all times.