

2026 Flag



5-6 Coed

*Rule clarifications or additions for 2026

BPAR RULES & COMMITMENT GUIDELINES

- The BPAR Flag Football season runs during September & October. It is imperative that coaches, players, & parents commit to their scheduled games.
- A player or team may participate in other leagues or tournaments but must not interfere with BPAR games. **Missing BPAR games for outside events may result in forfeits or removal from the program.**
- Teams are organized to maximize playing opportunities for all participants.
- Only **registered players** may participate—**fill-in players are not allowed** and will result in a **forfeit**.
- **BPAR reserves the right to modify the rules, as needed, to protect the integrity of the BPAR football season.**
- Coaches must attend the preseason meeting where additional rules & clarifications will be addressed.
- Coaches must check emails regularly for league updates, as it will be the main correspondence from BPAR.

GAME SCHEDULING

- *If a division has an odd number of teams, teams may be required to play more than the standard seven (7) games. BPAR will strive to ensure that all teams have as equal a number of games as possible.
- Games are played at Tinsley Soccer Fields. No practices allowed at Tinsley.

PLAYER AGE & ASSIGNMENT

- Playing Age is as of September 30th, 2025.
- Coaches may turn in a roster for requested players. Furthermore, players will be assigned to teams, first by the players' residential zip code or school attended. Players may be assigned to teams not within their residential zip code or school attended to accommodate the league.

GAME FORMAT

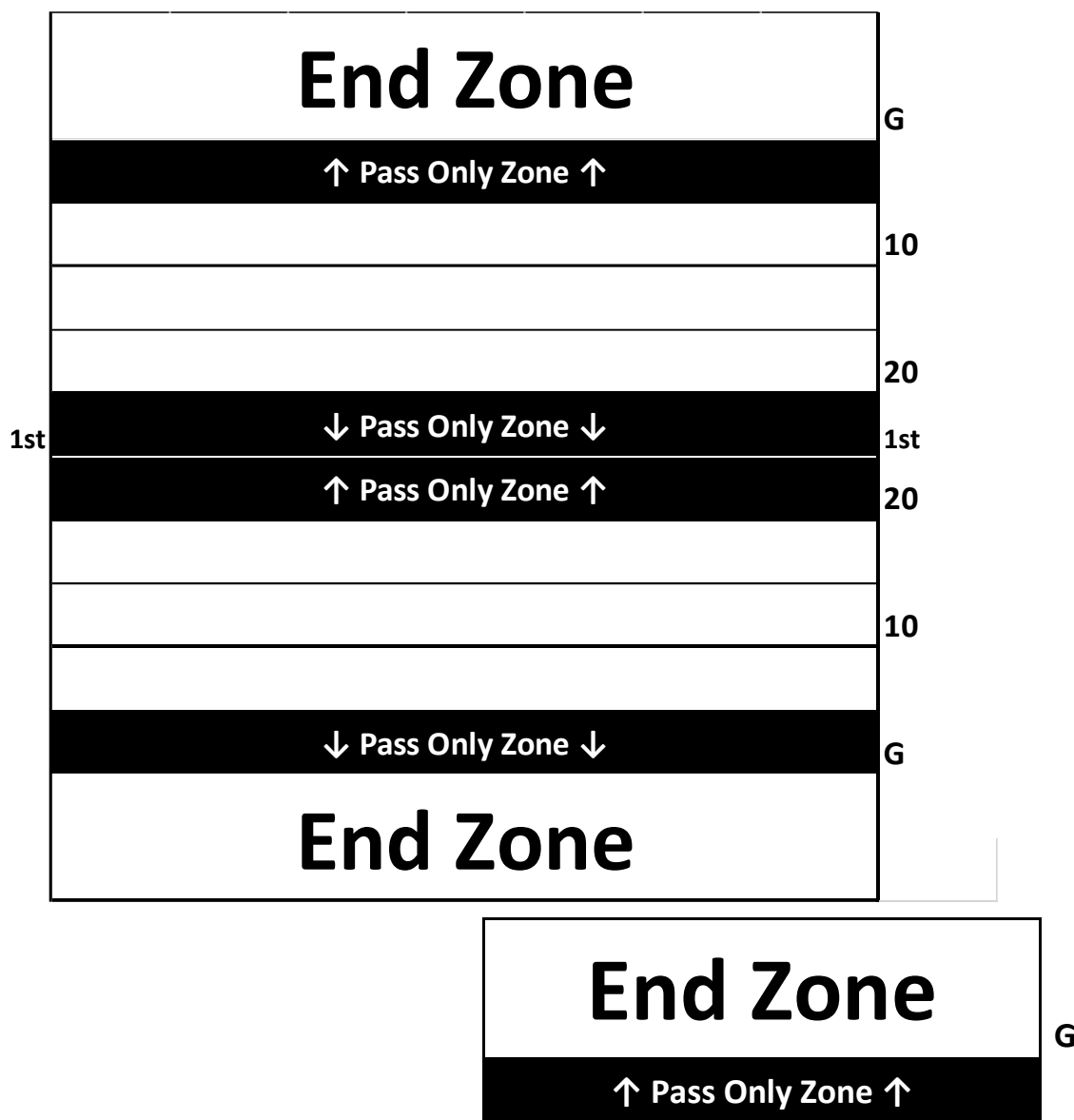
- BPAR Flag Football is a 6 v 6 **No Contact** League. A minimum of four (4) players must be present to start and complete a game.
- Games will consist of four (4) 10-minute quarters with a running clock. The last two (2) minutes of the fourth quarter will be regulation clock unless a team is a head 14 points or more. Half time will be 5 minutes. **NO OVERTIME.**
- Each team is allowed **two (2) one-minute timeouts per half**. Timeouts **do not carry over** between halves. The game clock will stop only when the referee signals a timeout. *In extreme heat conditions, referees may call mandatory hydration timeouts. These will occur at the 6-minute mark of each quarter and last 2 minutes.
- **Two Coaches will be allowed on field for offense and defense.** They must remain out of the way during play and once the ball is ready to be snapped, they cannot change the play. There must be a coach on the sideline to maintain control for substituting, etc. ***A maximum of 4 coaches are allowed per team**, all of whom must have a completed background check on file with BPAR.
- The away team will be listed first on the schedule. Home and away benches will be clearly marked.
- *Scores will be recorded and published.

PLAYING TIME & SUBSTITUTIONS

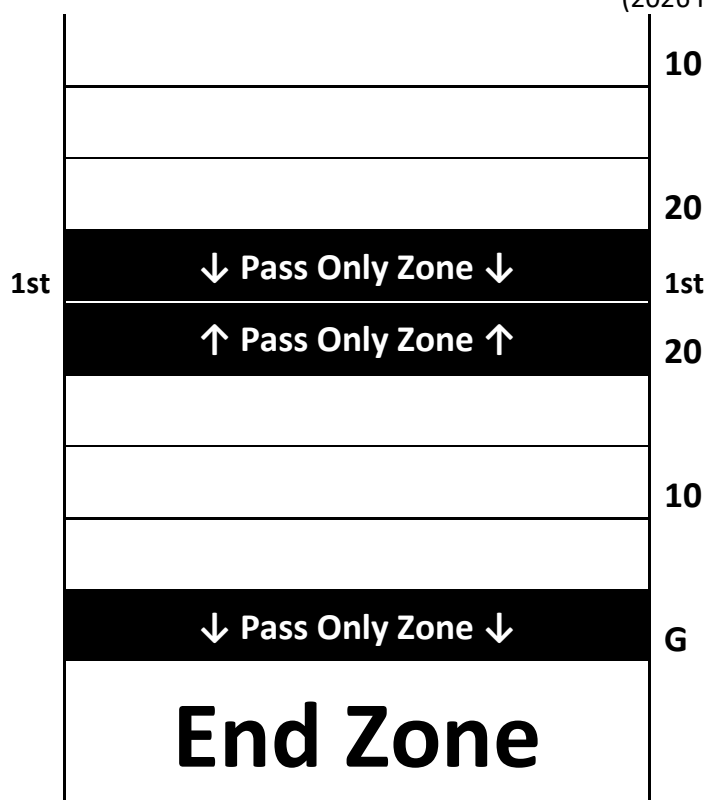
- It is the responsibility of each coach to ensure that **all players are given the opportunity to participate** during games.
- **Player rotation charts** are available to assist coaches in distributing playing time as evenly as possible.
- **All players must play at least one snap during the 4th quarter**, regardless of the score or game situation.
- *Injured players may be substituted at any time.

FIELD

- Field Size – 50 yards by 35 yards
- *The field layout will have a midfield line to gain for a first down. 'Pass Only Zones' are located 5 yards prior to midfield and 5 yards prior to the opponent's endzone.
- *Stepping on the boundary line is considered out of bounds.



(2026 Flag)



UNIFORM

- Team Jerseys are provided by BPAR. Player names may be added to the back at the team's expense; however, advertisements are not permitted.
- Shorts – **NO POCKETS** and must match team colors, remaining uniform across the entire team.
- *Players' jerseys must be tucked in.
- Mouth piece is required while playing.

PLAYER EQUIPMENT & SAFETY

- A player must not use equipment or wear anything that is dangerous to him/herself or another player.
- All types of jewelry (earrings, watches, bracelets, necklaces, metal barrettes, hair beads, hair clasps etc.), plastic headbands and hats must be removed before the game. **No exceptions.**
- The game will be played with a peewee size football. The official game ball will be supplied by BPAR.
- Flags are provided by BPAR and must contrast with the player's shorts (flag colors: white, red, yellow, green, blue); BPAR staff will help address any issues.
- Mouth piece is required while playing.
- No steel cleats. Cleats recommended.
- *Players must have their hair tied back and under control during games.
- Prescription glasses are permitted without a strap; straps are encouraged but not required.
- Adaptive or medical aids must be approved by the BPAR Youth Sports Supervisor on a case-by-case basis prior to the game. A written doctor's approval is required. No exposed hard surfaces are permitted. The head referee will inspect the aid before the game and give the final "okay" for the player to participate.
- ***All of the following equipment is optional:**
Players may choose to tape their forearms, hands, and fingers. Gloves, soft or cloth elbow and knee pads, and soft-shell helmets are also permitted. All gear worn under the uniform must be soft—**no hard plastic**. Braces with exposed metal or hard plastic **are not allowed**. **All soft-shell helmets must be N.O.C.S.A.E. approved.**

- **Soft-Shell Helmet Example:**



***WEATHER – COMMUNICATION – MAKE UPS**

- Games will proceed in rain but will be canceled for lightning or any weather creating unsafe conditions.
- BPAR officials will assess field conditions and may shorten periods, suspend, or cancel games if fields become unsafe due to heavy rain.
- **Communication regarding cancellations or weather updates** will be sent by email to head coaches and/or parents.
- **Weather-Interrupted Games:**
If a game is stopped due to severe weather after reaching halftime, it will be considered a complete game and will not be rescheduled. **If the game is stopped before halftime**, it will be rescheduled and resume from the point it was stopped, including quarter, possession, and score.
- In the case of multiple cancellations, the schedule may be adjusted (e.g., doubleheaders), but rescheduling is not guaranteed due to external factors.
- BPAR's goal is to do our best to provide every team with the standard 7 games each season. However, we will **not schedule beyond October 28th**, as stated in the registration, in order to respect all participants' time and previously planned commitments.
- If a rescheduled game cannot be made up by one or both teams involved, it will result in a forfeit and will not be rescheduled at a later date.

PROTESTS

- There are no game protests in this league. All game official and/or BPAR staff decisions are final.

***SPORTSMANSHIP – Coaches, Players, & Spectators**

- **Unsportsmanlike / Unbecoming Behavior**
 - Unsportsmanlike behavior toward officials, coaches, players, teams, or spectators is strictly prohibited.
 - BPAR staff and officials have the authority to determine inappropriate conduct by **coaches, players, teams, or spectators**, including but not limited to intoxication, verbal abuse, taunting, profanity, physical intimidation or fighting.
 - BPAR staff and officials have the authority to determine unsportsmanlike conduct by a **player** which can include but is not limited to any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act.
- **Game Safety & Ejection Enforcement**
 - Officials may end a game if the atmosphere is unsafe or violates BPAR values.
 - Any conduct, which is deemed unsportsmanlike in the opinion of the referee, will result in a warning. Depending on the severity, the game may be stopped, and the player, coach, or spectator may be ejected from the game without a warning.
 - Ejected individuals must leave immediately.
 - The game will not continue until the ejected party has left the premises.
 - If they do not leave, the referee will forfeit the game immediately and award the win to the opposing team.
- **Suspensions & Dismissals**
 - If ejected, that individual would fall under suspension from BPAR and would not be allowed on any BPAR premises until reinstated by BPAR.
 - Ejected individuals may face suspensions ranging from one (1) game to the entire season.
 - If a 2nd ejection occurs, they will subject to dismissal from the BPAR league.
 - BPAR reserves the right to remove any coach, player, or spectator at any time for unsportsmanlike or unbecoming misconduct for a BPAR event.

COACHES

- Must show respect toward officials and BPAR staff.
- **There will not be any arguing of calls. Only the Head Coach may ask the official for a rule clarification.**
- Inform parents about the consequences of inappropriate behavior towards officials.
- Are responsible for cleaning up their bench area after the game.

SPECTATORS

- Must show respect toward officials & BPAR staff.
- Must sit on the opposite side of the field from players and behind the outermost line.
- Anyone using inappropriate language, yelling at officials, or behaving in an inappropriate, unsportsmanlike or unbecoming manner will be required to leave the field.

REFEREES

- The referees are the sole authority on the field.
- Referees can remove coaches, players, parents, or spectators to maintain control and a positive atmosphere.
- Disrespectful words or behaviors towards referees is not tolerated.
- Games may be stopped, suspended, or terminated due to interference.

GAME SET UP

- At the start of each game, Head Coaches & 2 captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.
- The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. After half time teams will switch sides of the field and the team that started the game with possession will begin the 2nd half on defense.
- To start the game, the offensive team will take possession at their own 5-yard line.

Offense

- After the referee spots the ball, the offense will have 30 seconds to snap the ball. The referee will give a (10) second verbal warning. At the (10) second mark, coaches on Offense or Defense are not allowed to physically move players.
- Starting at their own 5-yard line, the offense has 3 downs to cross the midfield for a 1st down. On 4th down, there are two options.
 1. Punt: Possession changes with the other team starting at their own 5-yard line.
 2. Go for it on 4th down. If a first down or score is not made, the other team will take possession at the spot where the 4th down play ended.
- Once a team crosses midfield, they have 4 downs to score a touchdown. *If the offense fails to score on 4th down, the ball changes possession and the new offense takes possession at the 5-yard line.
 - Punting is not allowed after crossing midfield.
- Only the quarterback is allowed to line up within 3 yards of the center on offense.
- Center can snap the ball between the legs or from the side to start play. No Center sneaks.
- ***SCREENING & BLOCKING**
 - “Basketball” screening is allowed meaning the blocker can use their body to **screen** a ballcarrier from a defensive player. **No contact screening. No arm extension** – arms must remain inside the frame of the body at all times.
 - **Blocking/Holding**: Player intentionally blocks or holds a defensive player by extending arms or come in contact with opposing player; ejection for excessive contact as per officials’ discretion - 5-yard penalty
- *A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 5-yard line -pass only) or a 2-point conversion (from the 10-yard line – pass or run). Any change, once a decision is made to try for the extra point, requires a charged timeout. A decision cannot be changed after a penalty.
- The ball is spotted at the location where it was when the flag was pulled.

Passing

- Pass-Only zones are set at 5 yards from the goal line and 5 yards before midfield. Running the football is not allowed within the pass-only zones. The ball must cross the line of scrimmage in the air to be considered a pass.
- The quarterback has seven (7) seconds to release the ball, whether in the field of play or the end zone.
- If the QB does not throw or hand off the ball within seven (7) seconds, the play is dead with a loss of down (regardless of whether the flag was pulled).
- Once the QB is rid of the ball, the seven (7) second rule no longer in effect.
- Interceptions may be returned for touchdowns or receive the distance returned. Interceptions may not be returned on a P.A.T.
- *Only one (1) forward pass, thrown from behind the line of scrimmage, is permitted each offensive play. The ball must be released prior to crossing the line of scrimmage. There can be unlimited backward passes behind the line of scrimmage.
- *Any time the QB is past the line of scrimmage and throws any forward pass it is deemed an illegal forward pass.
- ***There is no intentional grounding.** The quarterback may throw the ball anywhere across the line of scrimmage to avoid a sack.

Offensive Rushing

- The QB is **not allowed to run with the ball.**
- Hand-offs, laterals, pitches, or tosses are allowed.
- *The QB may NOT handoff, pitch or lateral the ball first to the center.
- A forward lateral, pitch, or pass behind the line of scrimmage is considered a running play. The ball must cross the line of scrimmage in the air to be considered a forward pass.
- The player who receives the hand-off, lateral, pitch, or toss can throw the ball from behind the line of scrimmage. (If player receives the hand-off, lateral, pitch or toss in the pass-only zone, the player must pass the ball to follow the pass-only rule.)
- *Direct handoffs, pitches, and laterals are permitted behind the line of scrimmage only. If this takes place, after the ball carrier crosses the line of scrimmage, the play is to be blown dead by the official. The ball shall be placed at the line of scrimmage, and will result in a loss of down.
- Player running with the ball must avoid running through or initiating contact with the defensive player. Depending on the severity of the contact, an unsportsmanlike conduct penalty may be assessed.
- ***Runners are not permitted to jump, leap or hurdle while advancing the ball.** The play is to be blown dead and the ball spotted where the jump, leap, or hurdle occurred.
- Spinning is allowed.
- Diving is NOT allowed.

Receiving

- All players are eligible to receive passes (including the quarterback if the ball has been handed off, pitched or lateraled behind the line of scrimmage).
- Only one (1) player is allowed in motion at a time.
- A player must have at least one (1) foot inbounds when making a reception prior to another part touching the out of bounds.
- *In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

Scoring

Touchdown	6 points
1-point -Extra point (5-yard line – pass only)	1 point
2-point Conversion (10-yard line – pass or run)	2 points
Safety	2 points

Defense

- No player on the defense may line up within 3 yards of the line of scrimmage.
- Any number of players are allowed to rush the QB. All players rushing the QB must be 10 yards from the line of scrimmage as marked by the official.
- Players not rushing the QB are not allowed to cross the line of scrimmage until after the ball has been handed off, lateraled, passed, pitched, or tossed. Once the ball leaves the QB's hands, all defensive players are eligible to pursue the ball.
- *The 7-second passing clock is eliminated after a QB rids the ball and allowing all defensive players to be eligible to rush.
- ***FLAG PULLING**
 - A legal flag pull takes place when the ball-carrier is in full possession of the ball.
 - It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.
 - Flag obstruction – The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding (5-yard penalty & loss of down).

Dead Balls

- Ball carrier's flag is pulled. (If the ball carriers flag falls out without a defensive attempt, the play remains live until a defender is close enough to pull a flag).
- Ball carrier's knee touches the ground
- Ball carrier steps out of bounds
- Touchdown, *PAT, & Safety
- Ball carrier's flag is not positioned properly. (Should be positioned at the hips). The referee will determine when the defender is close enough to pull the flag and will mark the ball there.
- If the ball touches the ground for any reason. (For example, a fumble, fumbled snap, backward pitch, or lateral).

Offensive Penalties

- **Pass Clock Violation** – QB not getting rid of the ball within 7 seconds. Loss of Down.
- **Illegal Motion** - 5 yards, repeat down
 - False Start
 - More than one player in motion
- **Illegal Forward Pass** – Pass thrown from beyond the line of scrimmage - 5 yards, loss of down
- **Blocking/Holding** – Player intentionally blocks or holds a defensive player by extending arms or come in contact with opposing player; ejection for excessive contact as per officials' discretion - 5-yard penalty
- **Flag Guarding** – 5 yards from the spot of the foul and loss of down
 - *Flags must be on player's hips & free from obstruction. Deliberately obstructing will be considered flag guarding.
- **Offensive Pass Interference** – push off or away from defender or illegal pick play - 5 yards, loss of down
- **Charging** – not making an attempt to avoid a defender and causing contact. 5 yards from the spot of foul and loss of down
- **Delay of Game** – 5 yards and repeat down. Another consecutive delay of game – 5 yards, loss of down.
- **Unsportsmanlike Conduct** - 10 yards from the line of scrimmage, loss of down – depending on the severity, possible ejection

Defensive Penalties

- **Illegal Contact** - 5 yards, repeat down
- **Pass Interference** - 5 yards, repeat down
- **Offsides** - 5 yards, repeat down
- **Illegal Rushing** - *Ineligible Rusher rushing or rushing early from the 10-yard rush mark - 5 yards, repeat down
- **Illegal Flag Pull** - flag pulled prior to catch - 5 yards, repeat down
- **Unsportsmanlike Conduct** – 10 yards from spot of foul and automatic 1st down. Depending on the severity, possible ejection

TERMINOLOGY

Line of Scrimmage	<i>(LOS) an imaginary line running through the point of the football and across the width of the field.</i>
1st Down Line	<i>The yard line the offense must reach for a first down.</i>
Rush Line	<i>An imaginary line 7 yards from the line of scrimmage on the defense's side.</i>
Offense	<i>The team with possession of the ball.</i>
Screening	<i>“Basketball” screening is allowed meaning the blocker can use their body to screen a ballcarrier from a defensive player. No contact screening. No arm extension – arms must remain inside the frame of the body at all times.</i>
Blocking/Holding	<i>Player intentionally blocks or holds a defensive player by extending arms or come in contact with opposing player.</i>
Defense	<i>The team trying to stop the offense and regain possession.</i>
Passer	<i>Any offensive player who throws the ball, not just the quarterback.</i>
Rusher	<i>The defensive player who starts from the rush line and tries to pressure the quarterback by either pulling flags or blocking passes.</i>
Dead Ball	<i>The time between plays when no action is occurring.</i>
Safety	<i>A safety occurs when the ball-carrier is declared down in his/her own end zone.</i>
Charging	<i>When a ball-carrier illegally runs directly into a set defensive player. This includes leading with the head or making contact with shoulder, forearm, or chest.</i>
Flag Guarding	<i>An illegal act when the ball-carrier tries to block defenders from pulling their flags - whether by stiff-arming, dropping their elbow/head, or using the ball itself as a shield.</i>
Lateral	<i>A backward or parallel toss of the ball by the ball-carrier.</i>