

2026 Tackle



7-8, 9-10, 11-12

***Rule clarifications or additions for 2026**

BPAR RULES & COMMITMENT GUIDELINES

- The BPAR Tackle Football season runs during September & October. It is imperative that coaches, players, & parents commit to their scheduled games.
- A player or team cannot play football with BPAR and participate in another football league, football team, or another football organization. (ex. Middle school football, SPAR, etc.)
- 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 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.
- ***In the event that the division includes playoffs**, BPAR will provide coaches with detailed instructions on which games will count toward the regular-season record and which will not, prior to the start of the season.
- Games are played at Tinsley Football 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. Teams may be formed from different zip codes 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 Tackle Football is an 11-on-11 full-contact league. Each team will play a 7-game regular season. The 9–10 and 11–12 age divisions will conclude with end-of-season playoffs, with the top (6) six teams from each division qualifying for postseason play.
- Games will be played in four (4) 12-minute quarters with a running clock. The last two (2) minutes of the fourth quarter will be regulation clock unless a team is ahead 21 points or more. Half time will be 5 minutes.
- 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.
- The away team will be listed first and will sit on the bench closest to the scoreboard.
- Five (5) coaches are allowed on the sidelines during the games. The field monitor on duty will have a list of the authorized coaches allowed to be on the sidelines.
- Only coaches and player are allowed to be in the coach's box. The coach's box will be between 20- and 40-yard lines and will be marked. Spectators will sit on the opposite side from their team.
- ***Home team will provide a "Chain Gang". Includes 3 volunteers – 1 yard marker & 2 chain operators.**
- *In the event of a forfeit, the non-forfeiting team will be awarded a win with a final score of 6–0. This score will be used for standings and tiebreaker purposes. A forfeit occurs when a team is unable to field the minimum number of players (11) by game time or is otherwise disqualified from playing.
- *Online standings are determined solely by wins, losses, and ties, and points are calculated accordingly based on those results. Points System: Win: 3 points, Tie: 1 point, Loss: 0 points
- *Playoff Determination: The top six (6) teams from both 9-10 & 11-12 age divisions. End of Season ties will be determined as follows.
 - Head-to-Head Record
 - The team that won the game between the tied teams ranks higher. If more than 2 teams tie, we will go straight to point differential to decide.
 - Point Differential
 - (Total points scored – Total points allowed) over all games in the season.
 - Total Points Allowed
 - The team that allowed the fewest points during the season ranks higher.
 - Coin Toss
- ***There will be no Overtime for Regular season games.** There will be Overtime for the playoffs for ages 9-12.
- *For Overtime each team will have 4 downs to score from the 10-yard line. Teams will go for extra points (1- or 2-point conversion) during Overtime periods. If the game reaches the 3rd overtime teams **must** go for 2 after they score.

***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, berating officials, 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 spearing, tripping, taunting or any unsportsmanlike act. Two unsportsmanlike conduct penalties from the same player will result in ejection from the game. Targeting will be an automatic ejection.
- **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 the complex 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 spectators, officials, & 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 other spectators, 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.

***WEATHER – COMMUNICATION – MAKE UPS**

- Games will proceed in rain but will be canceled for lightning or any weather creating unsafe conditions.
- **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**.
- 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.
- 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.

PLAYING TIME

- It is the responsibility of each coach to ensure that all players are given the opportunity to participate during games.

FIELD

- Field Size – 80 yards by 40 yards

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.
- *Undergarments must not extend beyond the uniform or pose a safety hazard. Hoodies and similar items are not permitted during games. Long-sleeve shirts are allowed.
- Mouth piece is required while playing.

PLAYER EQUIPMENT & SAFETY

It is mandatory that each player wear the following protective equipment:

- N.O.C.S.A.E. helmets, shoulder, thigh, knee and hip pads, tail pad, and mouthpiece.
- All pads must be in their proper place and covered.
- All teams will wear the same jersey issued by BPAR. Jerseys are not allowed to be modified. No advertisement will be allowed on the Jersey. Player's name will be allowed on the back of Jersey. Any variation from this rule will result in forfeiture of game(s).
- The mouthpiece must be in before play starts. It will be a dead ball foul. (5 Yard penalty)
- *No **Tinted** Visors.
- A player must not use equipment or wear anything that is dangerous to themselves or another player.
- All types of jewelry (earrings, watches, bracelets, necklaces, etc.) must be removed before the game. No exceptions.
- ***Football Cleats are Required.** No steel cleats.
- *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.

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. Teams will automatically switch sides of the field and the team that started the game with possession will begin the 2nd half on defense.

7-8 - year-olds:

- Two (2) coaches allowed on the field. A maximum of five (5) coach's total allowed per team on game day, **all of whom must have a completed background check on file with BPAR.**
- Football size – Pee wee – supplied by BPAR
- The game will start on the **30-yard line**, after each touchdown, and to start the 3rd quarter
- *Fumbles – Live Ball.
- No punting - On fourth down, if a team chooses not to try for the first down, the ball will be placed 20 yards down field. If the Offense is inside the defenses twenty (20)-yard line, then the ball will be placed half the distance to the goal.
- **Spearing: The use of the crown of the helmet offensively (blocking or running) or defensively (tackling) is prohibited. It will result in a 15-yard penalty and possible ejection.**

9-12 - year-olds:

- 9-10-year-olds – One (1) Coach allowed on the field. A maximum of five (5) coach's total allowed per team on game day, **all of whom must have a completed background check on file with BPAR.**
- 11-12-year-olds - No Coach allowed on the field. A maximum of five (5) coach's total allowed per team on game day, **all of whom must have a completed background check on file with BPAR.**
- Football size – Junior – supplied by BPAR
- The game will start with a kick-off from the **30-yard line**, after each touchdown, and to start the 3rd quarter.
- Fumbles – Live Ball.
- The Punting team must declare a punt. **No player can rush the punter during free punts.** The punting team shall have a minimum of seven (7) players and a maximum of ten (10) players on the line of scrimmage. The receiving team, on a free punt, shall have a minimum of six (6) players on the line of scrimmage. Players must remain in position until the ball is punted. Once the ball is punted, the players may advance.
- ***No creating a wall or a wedge on Kickoff return or Punt return**
- ***No Fake Punts**
- *A team is allowed to attempt an onside kick at any time only when they are trailing in the score. The kicking team must declare their intent to attempt an onside kick before the play. The ball must travel a minimum of 10 yards before the kicking team is eligible to recover it.
- *If the kicking team touches the ball before it has traveled 10 yards, it will be considered illegal touching. The receiving team will then take possession of the ball at the spot of the illegal touching.
- *Onside kicks are not permitted on the opening kickoff of the game.
- **Spearing: The use of the crown of the helmet offensively (blocking or running) or defensively (tackling) is prohibited. It will result in a 15-yard penalty and possible ejection.**

Offense

- After the referee spots the ball, the offense will have 30 seconds to snap the ball.
- *After scoring a touchdown, the team must declare whether they will attempt a one-point or a two-point conversion. A one-point attempt is taken from the 3-yard line, while a two-point attempt is taken from the 5-yard line. Teams may choose to run or pass on either attempt.
- Offense can run up the middle with a hand-off or quarterback keeper in a **shotgun**, but cannot run a quarterback sneak if the quarterback is down under the center.
- On offense, there must be at least seven (7) players on the line of scrimmage.
- Backs – 3 yards behind offensive line
- ***No chop, crack back, blind side blocking or blocking below the waist.**

Scoring

Touchdown	6 points
1-point -Extra point (3-yard line)	1 point
2-point Conversion (5-yard line)	2 points
Safety	2 points

Defense

- **No nose guard/nose tackle**. Lineman not allowed to line up in the “A gap”.
- Linebackers inside the ~~tight ends~~ tackle box must be 3 yards back from the offensive line when the ball is snapped. The penalty will be an illegal procedure penalty of 5 yards. The penalty is a dead ball foul.
- ****No blitzing the “A gap”.**
- ****Players are allowed to fill the “A gap” after the ball is snapped.**
- ****Players are allowed to blitz the B or C gap.**
- Safety: two (2) points will be scored. The football will be placed on the 30-yard line of the receiving team.

Dead Balls

- Ball carrier’s knee touches the ground
- Ball carrier steps out of bounds
- Touchdown, PAT, & Safety
- Incomplete Pass
- Forward progress is stopped
- Ball travels out of bounds (fumble)
- Fair catch

Offensive Penalties

- *Illegal Formation* – 5 yards
- *False Start* – 5 yards
- *Intentional Grounding* – 10 yards and loss of down
- *Offensive Pass Interference* – push off or away from defender or illegal pick play - 5 yards, loss of down.
- *Ineligible Receiver Down Field* – 5 yards
- *Hands to the Face* – 15 yards
- *Delay of Game* – 5 yards and repeat down. Another consecutive delay of game – 5 yards, loss of down.
- *Holding* – 10 yards
- *Illegal Touching* – The receiving team will then take possession of the ball at the spot of the illegal touching.
- *Unsportsmanlike Conduct* - 10 yards from the line of scrimmage, loss of down – depending on the severity, possible ejection
- *Spearing* - The use of the crown of the helmet offensively (blocking or rushing) or defensively (tackling) is prohibited. It will result in a 15-yard penalty and possible ejection
- *No Mouth Piece* - Dead ball foul - 5 Yard penalty

Defensive Penalties

- *Offsides* - 5 yards, repeat down
- *Holding* – 5 yards, automatic 1st down
- *Face Mask* – 15 yards, automatic 1st down
- *Roughing the Passer* – 15 yards, automatic 1st down
- *Pass Interference* - 5 yards, repeat down
- *Horse-Collar* – 15 yards
- *Unsportsmanlike Conduct* – 10 yards from spot of foul and automatic 1st down. Depending on the severity, possible ejection
- *Spearing* - The use of the crown of the helmet offensively (blocking or rushing) or defensively (tackling) is prohibited. It will result in a 15-yard penalty and possible ejection
- *No Mouth Piece* - Dead ball foul - 5 Yard penalty