



Bo Jackson Competitive Flag League Rules

Officials

- Referee(s) serve as the field authority and/or field judge for all games. Their calls and decisions are final regarding all game rulings.
- Bo Jackson Football staff will serve as referees for each game

Field Dimensions

- The game field is 45yds long (3 first downs of 15yds each) with a 10yd end zone.

Time

- Two 20-minute halves (continuous clock for each half).
- No time outs. The clock will not stop for injuries. If the game is delayed for more than 15 minutes to safely get a player off of the field, then the game will be postponed and played at a later date.
- Half-time is 5 minutes.
- A 30 second play clock will be kept and enforced by the referees.

Rosters/Team Members

- Each team roster will have a maximum of 12 players. Players not on the roster are not allowed to play.
- Only the head coach of each team will reserve a roster spot for his son/daughter and one additional athlete of their choice.
- Each team is allowed a maximum of two coaches on the sidelines during games – one head coach, one assistant coach.
- One offensive coach may be in the huddle with players between plays.

Game Start

- Both teams are required to wear the Bo Jackson issued flag jerseys. The Home team will wear white.
- Standard rubber or plastic football cleats are permitted. No metal cleats are allowed.
- Visitors will have the 1st possession to begin the game and the home team will have the possession to begin the 2nd half.
- The ball is always placed at the 45yd line when beginning each offensive drive.

- Bo Jackson's Elite Sports will provide the game ball.
- Teams must be onsite and ready to start 15min before start time. If a team is late or does not have enough players to start on time, the game clock will begin and whatever time is left on the clock will be where the game starts.
- If a team is late by 10 minutes or more, they will forfeit the game.
- A forfeit is recorded as a 21-0 loss.
- There is no overtime during regular season games.

Advancing the Ball

- The offensive possession always begins on the 45 yard line. The ball is placed in the center of the field to begin each offensive series. Once the offensive drive begins, the ball is placed in the center of the field at the spot of touch.
- There are no directional changes for the offense during the game. The offense always faces into the end zone from the 45 yard line starting point.
- The field is marked at 15yd intervals (45yd, 30yd, 15yd, and end zone). Teams have 3 downs to make it across the 30yd line for a 1st down, an additional 3 downs to make it across the 15yd line for a 1st down, and then 4 downs to make it into the end zone.
- There are no running plays. All passes must be forward, laterals are allowed only after a completed pass.
- The QB is allowed 4.0 seconds to throw the ball. Teams will use a QB Tee to start the play. If the ball is thrown after 4 seconds, there is a loss of down and the ball comes back to the line of scrimmage. The QB tee counts as one member of the offensive team.

Penalties

Offense

- Offside is a 5yd penalty
- Delay of game is a loss of down (each team has 30 seconds to snap the ball)
- Pass interference is a 5yd penalty and loss of down.
- No penalty may be assessed in excess of the 45yd line. If a penalty would move the offense behind the 45yd line, the offensive team shall be charged with a loss of down.
- Passes after the QB Tee alarm goes off are dead balls, the ball is returned to the original line of scrimmage (a "sack").
- Offensive team is responsible for retrieving and returning the ball to the previous spot or the new line of scrimmage

Defense

- Offside is a 5yd penalty
- Defensive holding is a 5yd penalty. If defensive holding occurs on the same play as a sack, the defense will be penalized and the sack is void.

- Defensive pass interference is an automatic first down. The ball will be placed at the spot of the next first down marker. If pass interference occurs in a goal-line situation, the offense will receive a first down at the 5 yard line.
- Any dead ball penalty on the defense after a change of possession results in a loss of down for that team's offense when they begin their ensuing possession.
- Responsibility to avoid contact is with the defense. The defense is allowed an initial disruption, and then must cover. Excessive or prolonged contact will result in a tack on penalty at the end of the play (5 yards).

Additional Rules

- Receiver/Ball carrier is down when touched below the neck with one or both hands. Excessive force or shoving will be penalized by a 5yd penalty and an automatic first down. The player will be ejected if ruled unsportsmanlike and/or flagrant.
- Fumbles are dead balls at the spot with the last team retaining possession. A muffed snap is not a fumble/dead ball, the 4 second count remains in effect.
- There is no blocking.
- Each team will have 30 seconds to snap the ball once it has been marked ready for play.
- Responsibility to avoid contact is with the defense. There will be no deliberate bumping or grabbing beyond initial contact.
- Interceptions are dead balls and may not be returned.
- The offensive team is responsible for retrieving and returning the ball to the line of scrimmage. The clock does not stop and any delay by the offense in retrieving and returning the ball to the referee will result in a delay of game penalty.
- All passes must be thrown forward (they can be thrown behind the line of scrimmage, but must go forward). The only laterals allowed are ones that occur after the completion of a forward pass.

Behavior

- No taunting or trash talking. (5-yard penalty & expulsion if flagrant or repeated).
- Fighting: the player(s) involved will be ejected from the game. If a team fight occurs, the Teams involved will be ejected from the league.
- Any defensive dead ball foul on a play that results in the defense getting the ball will result in a loss of down penalty on the resulting offensive possession.

Scoring

- 6 points for TD,
- 1 point for PAT from 3 yard line,

- 2 points for PAT from 10 yard line (interception on PAT is dead ball).
- Official score is kept by field referee.

Overtime Rules (Playoff Games Only)

- After a coin flip to determine first possession, teams will alternate 4 down series from the 15-yard line
- A winner is determined when one team outscores the other during an overtime session.
- Each team must go for 2 points on conversion attempts.

Tiebreakers for Standings

- If teams are tied at the end of the regular season, the first tiebreaker is head-to-head competition
- The second tiebreaker is point differential
- If teams are still tied, then standings will be determined by a coin flip.