



**BRAMPTON  
SPORTS LEAGUE**

# FLAG FOOTBALL

## RULE BOOK & REGULATIONS

### General Information

- **Format:** 6 vs 6 (including quarterback)
- **League Operations Software:** [www.bramptonsportsleagues.ca](http://www.bramptonsportsleagues.ca)
- **Equipment:** Flags and belts provided by the league, teams/QB free agents must bring their own Game Ball (each team can bring their own ball)
- **Game Duration:** 50-minute running time (Two 25-minute halves)
  - Example: If your game is scheduled for 7:00 PM, the clock starts at 7:05 PM
- **Gameplay:**
  - 3 plays to reach half; if successful, 3 more plays to score
  - QB may not cross the line of scrimmage
  - Interceptions and converts are live
  - One foot in bounds = completion
  - No kicking allowed
- **Season Includes:** Regular season + playoffs (depending on total number of teams/season length)
- **Free Agents:** Players are grouped into teams based on skill level listed in registration
- **Team Composition:**
  - Includes 10 players and 10 BSL game shirts
  - Max team size: 12 players (additional cost for subs)
- **Prizes:** Championship medals or trophy awarded to winners, Silver/Bronze medals for 2<sup>nd</sup> & 3<sup>rd</sup> place

### Game Mechanics

- **Start Time:** Running game clock starts at game time
  - 5-minute grace period allowed
  - Minimum 5 registered teammates required to avoid forfeit – you cannot pickup players from other teams to still be qualified as an official game, you are welcome to pickup players when you are down players as long as you are aware the game is a forfeit (it can still be officiated & statistics can still be logged online on [www.bramptonsportsleagues.ca](http://www.bramptonsportsleagues.ca))



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- **Substitutions:** Allowed during any stoppage
- **Timeouts:** 1 per team per half (60 seconds, stops clock)
- **Start of Play:** Begins at 5-yard line (no kickoffs)
- **QB Restrictions:**
  - QB cannot cross line of scrimmage
  - May lateral or handoff – QB can become a receiver (ex. Flea flicker style plays)
  - Fake handoff allows immediate rush
- **Live Ball Scenarios:**
  - Tipped balls caught = live play
  - Fumbled snaps live to QB only
  - Laterals live to option QB if fumbled behind line of scrimmage
  - Other fumbles = dead
- **End Zone Rules:**
  - Rear line not live unless catch is made
  - Players may exit/re-enter to catch legally
- **Ceiling Contact:** Ball hits ceiling = dead play + loss of down
- **Female Athlete Flag Rule:** Require both flags pulled to end play
- **Convert Returns:** Interceptions can be returned for 2 points
- **Ball Handling:** Teams must retrieve ball promptly (20s delay count may apply)
- **QB Protection:** 4 loud "steamboats" signaled by referee
  - Count begins as ball is snapped

### Rushing Rules

- **Timing:** Rusher crosses line after 4 steamboats
- **Movement:** Rusher may move laterally pre-count
- **Offside:** Any premature crossing = offside
- **Sack:** QB flagged before pass = sack + down rolled



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### Scoring

- **Touchdown:** 6 points
- **Convert Options:**
  - 1 point from 5-yard line
  - 2 points from 10-yard line
- **Safety:** 2 points (if flagged in own end zone)
- **Mercy Rule:**
  - Ends early if leading by 40+ with 2 minutes left
  - If a team is down significantly in the first half, there is an option to forfeit by communicating to referees & convenor – first option: forfeit accepted, mix teams for balance and continue playing for remaining time. Most common option:

### Penalties

- **General:** Referee discretion
- **Minor Infractions:**
  - Taunting / Spiking: 5 yards
  - Delay of Game: 5 yards + loss of down
  - Defensive Holding: 5 yards, repeat down
  - Offensive Holding: 5 yards + loss of down
  - Blocking/Interference: 5 yards, ball dead

### Catchable Balls

- **Interference:**
  - Defensive = foul at spot, repeat down
  - Tipped/deflected passes = fair game
  - Contact = 15 yards, down over
  - Pushing out of bounds = 15 yards + gain



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- **End Zone Roughness:**
  - Defense: automatic TD or convert
  - Offense: loss of down + 5 yards or convert loss
- **Roughness:** May result in warnings, ejection, or suspension

### Conduct & Discipline

- **Fighting:** Auto ejection + minimum 2-game ban up to lifetime ban
- **Tackling:** Game ejection + 15-yard penalty
- **Verbal Abuse:** 15 yards, loss of down, possible ejection
- **Officials' Authority:** League Programmers/Convenors may eject players
  - Refusal = Calling security, if necessary local authority + league suspension or ban

### Playoff Eligibility:

- Must participate in at least 50% of regular season games

### League Purpose:

- Designed for community building and safe football engagement
- Aggressive behavior may result in ejection or permanent ban