

Bay Area Battle Flag Football League

Official Rulebook – 2026 Season



Bay Area Built, Battle Tested

bayareabattle.com

1. League Overview

Bay Area Battle Flag Football League aims to create a safe, competitive, and fun football environment for youth athletes of all ages. The league promotes teamwork, development, and sportsmanship above all.

2. Field and Equipment

- The field dimensions are 50 yards long (including 10-yard end zones) and 25 yards wide.
- Each team uses an official flag football (size varies by age division).
- Teams must wear league-approved jerseys with flags secured on both hips.
- Metal cleats are not allowed.
- The ball must be snapped between the center's legs to begin each play.
- Mouth guards and soft-shell helmets are recommended but not mandatory.

3. Player Eligibility

- All players must be registered and assigned to a team within their grade or age division.
- A minimum of five players is required to start a game.
- All players must wear their issued team jerseys and flags during games.
- There is no mandatory substitution rule. However, each player is encouraged to participate in at least three plays per quarter. Coaches are responsible for managing player rotations, and league officials will not instruct or enforce substitutions.
- If a team knowingly has a player **playing down in age**, all games that player has participated in will result in **forfeits**.
- If a team uses a **player not listed on their official roster**, that game will result in a **forfeit**.

4. Game Format

- Games are played in a **5v5 format**.
- Games consist of two 20-minute halves with a running clock.
- Halftime lasts 5 minutes.
- Each team receives one 60-second timeout per half.
- Possession starts on the 5-yard line.
- There are no kickoffs; play begins with a snap from the 5-yard line.

5. Scoring

- Touchdown = 6 points
- Extra Point (from 5-yard line) = 1 point
- Extra Point (from 10-yard line) = 2 points
- Safety = 2 points
- Extra points that are intercepted may be returned for 2 points by the defensive team.

6. Live Ball / Dead Ball

- The ball is live at the snap and remains live until the official whistles it dead.
- The ball is dead when:
 - The ball carrier's flag is pulled.
 - The ball carrier steps out of bounds.
 - A touchdown or safety is scored.
 - The ball hits the ground (no fumbles).

7. Running

- The quarterback may not run with the ball under any circumstance, even if there is a rush.
- Only direct handoffs are permitted—no pitches or laterals beyond the line of scrimmage.
- Lateral passes behind the line of scrimmage are allowed, but once the play crosses the line of scrimmage, the ball cannot be lateraled.
- The “no-run zone” is located 5 yards before each end zone and midfield line.
- Kindergarten–1st Grade Division Exception: There is ****no no-run zone****. Players in this division may run from any location on the field.

8. Passing

- All passes must be forward and received beyond the line of scrimmage.
- The quarterback has 7 seconds to throw the ball.
- Only one forward pass is allowed per play.

9. Receiving

- All players are eligible to receive passes.
- One foot in bounds is required for a legal catch.
- Players may not block or screen defenders.

10. Defense

- No contact is allowed. Defensive players must attempt to pull the flag, not hold or push.
- The rusher must be at least 7 yards from the line of scrimmage before the snap.
- Impeding the rusher is a penalty. Offensive players must not block or intentionally impede a rusher's path. However, the rusher must also make an effort to avoid contact with the offensive player.
- Interceptions may be returned for a score.

11. Overtime Rules

- Overtime will be used for both ****regular season and playoff games****.
- Each team will get ****one play from midfield****.
- The team that moves the ball the ****furthest distance**** on their play will be declared the winner.
- In the event of identical results (same distance gained), another set of one-play possessions will continue until a winner is determined.
- Running is ****not allowed**** during overtime; all plays must be passing plays.
- There are ****no timeouts**** in overtime.

- **Regular Season:** The winning team will receive **1 point** in the standings to determine the winner.
- **Playoffs:** The team that wins overtime will **advance** in the bracket.

12. Penalties

- Offside: 5 yards from line of scrimmage.
- Illegal contact (holding, blocking, etc.): 10 yards.
- Flag guarding: 10 yards from the spot of the foul.
- Impeding the rusher: 10 yards from the line of scrimmage.
- **Unsportsmanlike Conduct:** 15 yards and **automatic first down**.
- Any player or coach receiving an unsportsmanlike penalty **may be removed from the game** and face possible **suspension or expulsion from the league** (*no refunds*).

13. Sportsmanship

Bay Area Battle Flag Football League promotes respect, integrity, and teamwork. Taunting, foul language, or unsportsmanlike behavior will not be tolerated from players, coaches, or spectators.

14. Rule Adjustments

Note: Rules may be updated or adjusted as the season progresses to ensure fairness, safety, and continued player development.

15. Coaches & Sideline Rules

- No more than **two coaches** are allowed on the sideline during a game.
- **Kindergarten through 3rd grade divisions** may have **one coach on the field** while on offense only.
- **No coaches are allowed on the field on defense.**

16. Code of Conduct

- **No alcohol** is permitted at any league events.
- **Profanity or verbal abuse** directed at referees, coaches, players, or opposing teams will not be tolerated.
- Any individual engaging in this behavior will be **automatically removed** from the facility and may face **suspension or expulsion** from the league.
- **No refunds** will be issued in the event of an expulsion.