



CAPITAL DISTRICT MINOR FOOTBALL ASSOCIATION

House Rules for 7 v 7 Bantam Flag Football

Bantam Flag Football Rules:

- Games will be shoot-out style with the offensive team starting at the 40yd line.
- Interceptions returned to the 45yd will be Touchdowns.
- The 50 yard line is the hard line and stepping outside of the 50 will result in a safety.
- Coaches must be on sideline and may only enter the field of play to tend to an injury.

The Field:

- The field shall be 50 yards long by 50 yards wide with 3 15-yard increments and a 10-yard end zone.
- Teams will be on opposite sidelines from the 30 yard line to the 50 yard line. Spectators will have from the 30 yard line to the back of the endzone.

Starting:

- At the beginning of any half, the ball is placed in the middle of the 40-yard line of the team that will be on offence.

Playing & Rest Periods:

- Each half consists of 30 plays. Points after touchdowns and plays with penalties where downs are repeated are not considered plays.
- A maximum five-minute half time will be observed unless shortened by the Head Referee.

Series of Downs:

- The offensive team has three downs to carry the ball across one 15-yard increment.
- A down may be repeated following the application of a penalty against either team. If in a series of three downs, the offensive team has not crossed an increment forward of where the team took possession of the football, then the ball shall be awarded to the opponents as first down at the 45 yd line. If the required increment is crossed, a new series of three downs begins.
- The continuity of downs is interrupted when the ball passes into the possession of opponents, or the required increment is not crossed.
- If the forward point of the ball crosses an increment, it will be considered as having crossed the line and is spotted on the line for the next series of downs.

Touchdown:

- A touchdown is scored when a player with possession of the football meets all conditions of Rule 15 (Ball in Goal) in his opponent's goal area.
- After any touchdown and/or convert attempt, the team scored against gets possession of the ball at the 40 yd.

Convert:

- After any successful touchdown a convert attempt is awarded to the scoring team. A convert is a scrimmage play from either the opponent's 3-yard line (1 point), or 10 yard line (2 points), whichever



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the offensive team chooses, where they get the designated points if they successfully cross the goal line in one play. The convert series does not count as a play.

Required Team Equipment:

- 2 game balls (TDY in good condition)
- 2 bean bags.
- 30 small cones to make half of the field.
- First aid bag/Trainer Bag.
- Emergency information binder.
- One volunteer/team to help spot of ball for officials.

Player Equipment:

- All Players must be league issued uniforms. (Shirt, Short and Flag)
- All leggings, long sleeve shirts or other undergarments must be worn under the uniforms.
- No player shall wear metal cleats.
- Flags must be located on players hips (a player with improper flag locations will be considered "touch")
- All jerseys must be tucked into players shorts and cannot cover the players flags at any point (a player with flags covered will be considered "touch")
- Preference is to not wear hoods but if hoods are worn they must be tucked into the uniform to prevent the potential risk of having a hood pulled on
- Mouthguards must be worn
- Any hard brimmed hats will not be allowed.
- No rings, necklaces or sunglasses permitted. (Earrings may be taped)

Time Count:

- The referee shall allow the offense 25 seconds to put the ball into play after the play has been whistled in.

Player Restrictions:

- The offense must have a minimum of 3 players on the line of scrimmage, one of which must be the center. The two other players must be within 5 yards of the center on the line of scrimmage and must be stationary in a 2 or 3-point stance at the snap of the ball.
- Quarterbacks may not run. They are eligible to run with the ball if they lateral to another player and get the ball back by a lateral or a legal forward pass.
- The defense may only rush the quarterback with a maximum of 3 players.
- If the quarterback hands off, laterals or even shows a fake hand off then there is no limit or restrictions on the number of players the defense may rush with.

Blocking:

- On a play from scrimmage, any offensive player may block an opponent anywhere inside and behind the scrimmage zone; towards his own team's goal, commencing from the instant the ball



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is snapped until there is a forward pass.

- An offensive player must initiate his block contact with hands and/or forearms. His hands and forearms must be inside of his elbows, and contact is to be made to the front area of the opponents' torso (below his neck and above his waist)
- A defensive player's rush may only **initiate contact with opposing players with hands**. Leading with shoulders is not allowed.
- Offensive linemen may make secondary blocks with their torso while engaged in a block that was initiated with their hands.
- An offensive player's feet may not leave the ground while attempting to block (i.e.: diving, leaping, etc.)

(NOTE)

- **Blocking beyond the line of scrimmage is illegal blocking**
- **An offensive player running or moving down field in front of the ball carrier that impedes or obstructs the defenders ability to flag the ball carrier is also illegal blocking**
- **An offensive player down field may stand still with arms by their side and be used by the ball carrier as a "pick" provided the player does not move until the ball carrier has run past them. Once the ball carrier passes the static player , that player may move and follow the ball carrier and is eligible for a lateral pass.**

Guarding:

- guarding will result when the ball carrier 'guards' his flags from being pulled intentionally or unintentionally and will result in the play being blown dead at the point guarding occurred causing the end of that play

Fumbles:

- There are no fumbles, if the ball is dropped by the ball carrier or if a lateral pass is dropped the play shall be blown dead. The spot of the ball will be where the player was standing or where the ball first hit the ground , whichever is closest to the offensive player's goal.

Interceptions:

- If Team (B) intercepts the ball from TEAM (A) , TEAM (B) player may return the ball to the 45 yard line for a touchdown. If the TEAM (B) player scores a touchdown at the 45 yard line , TEAM (B) would then attempt a convert at the 3 or 10 yard line as per convert rules . TEAM (A) would then start a new series of downs from the 40 yard line.
- IF the TEAM (B) player is flagged at any point on the way to the 45 yard line , TEAM(B) would start on offense from the 40 yard line.