

BACSAL OFFICIAL FB By-Laws: Established August 29, 2022 to be implemented for 2022-2023 season and each season there after.

Football Bylaws: Rules of the Game

-Playing Area:

A field 40 by 80 yards, divided by three 20 yard lines plus end zones of 10 yards each. Total field is 100 yards. (Schools must notify visiting teams if field dimensions are smaller)

-Teams:

Players are divided into two teams of 8 players each during each play from scrimmage. **In the offensive alignment, at least 5 players must be on the line of scrimmage.**

-Players and Substitutes:

"Free Substitution" rule prevails – substitutions may be made any time the ball is dead, but must not delay the game. It is not necessary for substitutes to report to an official.

-Ball:

The official football used under these rules is one known as the "**Intermediate**" ball, which is slightly smaller than the regulation high school football. The home team shall furnish the ball at all games. Teams on offense may use their own ball if desired. If a team does not have the "Intermediate" size, they may not use their ball.

-Equipment:

1. Each player of both teams must wear a triple flag belt containing three flags at least 16 inches long: one on each side and one in the back. The flag belt must be one piece where if pulled, the entire belt comes off. The belt must be worn over the shirts and the shirts must be tucked in.

2. Flags should not be the same color as the player's shorts.

3. The center and two guards must wear different color pennies over their jerseys to delineate them as ineligible. If an offensive lineman catches a tipped pass they may not advance it.

4. Players whose equipment does not conform to the rules may not play in the game unless both coaches agree to change. Otherwise any advance made by players with illegal uniforms, etc. will be called back with a loss of down.

5. Football or soccer cleats may be worn as long as they do not have metal bottoms.

6. No padding, except for kneepads, will be allowed without the approval of both coaches. (If padding is allowed on the arms, for instance, for medical reasons, then the rule in #3 regarding advances being called back does not apply.)

7. Mouthpiece and Padded Head Gear are optional but not required.

8. Make sure opposing teams have distinguished jersey colors from one another....bring pennies just in case to supply an option to distinguish the two teams.

-Play Period:

1. Total number of **Plays** rather than time will constitute periods – **15 plays per quarter** (Kickoffs and conversions do not count as plays). If a penalty occurs on a play, the play still counts as one of the 15.

EXCEPTIONS: If a penalty is called on the defense on the last play of the half or the last play of the game, an additional play is allowed if the penalty is accepted.

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2. There will be a **two minute** rest period between quarters and a **five minute** rest period between halves.
3. Teams will change directions at the end of the first and third quarters.
4. **Each team is allowed 2 time-outs per half (non-cumulative).** Officials may call a time-out at their own discretion (injuries, etc.)
5. If at any time the team whom leads in scoring has a first down with four downs or less remaining in the game, the game is over.

-Kickoff:

1. The team winning the toss of the coin has the choice of: receiving or defending a goal, or deferring. The loser of the flip has his choice at the beginning of the second half.
2. The kickoff is made from the **30 yard line**. The receiving team takes a position so that their front line (minimum of 5 men) is 10 yards from the ball.
3. The ball must be kicked from the ground or from a regulation tee.
4. **The kickoff on or over the goal line is dead and shall be placed at the receiving team's 20 yard line.**
5. There are **no inside kicks**. The ball is dead when it hits the ground after being touched by any player on all punts and kicks.
6. Out of bounds kickoffs result in the receiving team having the option to take the ball at the 30-yard line or where it went out of bounds.

-Punting:

1. A team desiring to punt on any down shall notify the official and shall be awarded a punt. Defensive players may not interfere in any way with the punt – i.e. may not raise their hands on the defensive line. Punting team must have at least 7 men on the line.
2. No players may leave the line of scrimmage until the ball is punted.
3. No punt is allowed until the defensive team is ready.
4. Once the punt is declared, there is no dead ball on the snap from the center. A player may receive the ball on a direct snap from the center, fumble the ball, pick it up and kick it without the ball being ruled dead.
5. **Punts on or over the goal line cannot be returned. The ball is placed on the 20 yard line.**
6. The ball must be punted from between the hash marks.
7. The offensive linemen do not have to be in a three-point stance.
8. **For out of bounds punts, the receiving team takes it from the point where it went out of bounds.**
9. **Punts count as a play and are included in 15 play per quarter tally.**

-Safeties:

A SAFETY occurs when:

- a ball carrier on offense has their flags pulled while the ball is in the defenders endzone.
- offensive ball carrier steps out of bounds while in the defensive endzone.
- offense snaps the ball out of the endzone.

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- defensive team downs a **live snap** in their endzone.

Safeties count as 2 points.

After a safety, the team upon which the safety was scored lines up for a free kick (choice of punt or kicking tee) from the 20 yard line. The receiving team lines up as they do to receive a kickoff with the front line 10 yards away from the ball, with at least 5 players on such established line.

-Downs:

A team has 4 downs to advance the ball from wherever they receive it to the next zone for a first down.

-Scoring:

1. A touchdown counts as **6 points**.

2. Points After Touchdown (PAT) must be made on one play from the 3 or 8 yard line, with the offensive team indicating to the referee where they want the ball placed.

If the play is successful, it is worth:

- 1 point if originally placed on the 3 yard line
- 2 points if originally placed on the 8 yard line

3. Once a decision has been declared for number of PAT being attempted...If the ball is moved due to a penalty, the decision cannot charge nor does new placement affect the amount of points awarded for successful PAT.

4. For Touchdowns and PAT's:

- On a run, the ball must break the plane of the goal line.
- On a pass into the end zone, the receiver must complete the catch with Ball in hand(s) and with one foot in bounds.
- ***An interception on a PAT attempt is a dead ball; it may not be returned for points.***

-Players on Offense: In the offensive alignment, at least 5 players must be on the line of scrimmage at the start of the play.

1. All offensive players must be in the huddle – NO SLEEPER PLAYS. All 8 players must huddle before each offensive play.

2. Offensive Team must huddle after each play – **“NO Huddle”** offenses are NOT allowed.

-Stance:

Interior lineman (center and 2 guards) must be in a 3 point stance on offense (hand touching ground) – except on punts – once they establish contact with the ground; any movement before the snap of the ball would be considered a “False Start” and should warrant a penalty.

-Motion:

Only one player on offense is allowed in motion at a time, all other offensive players must be in a legal set position before the ball is put in play with a snap,

-Ball Carrier:

1. Any player in the backfield may receive a direct hike/snap from center.

2. A snapped ball is **alive** and may be advanced until downed or fumbled.

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- A snapped ball becomes downed upon contact by any player on defense.
- If a player on offense makes contact with a snapped ball with any part of his body, and the ball then hits the ground, the ball is considered fumbled and declared **dead** where it drops....**However:** if no player makes contact with a snapped ball, it is still considered alive and may be advanced by the offense if picked up cleanly and no fumble occurs. If a defensive player contacts such a snapped ball it is dead at the point where the defense touches the ball.

3. **A fumbled ball:** is dead at the point of the fumble where the ball makes contact with the ground.

4. When directly under center, quarterback must take 1 normal step back from line of scrimmage before he may run the ball up the middle. **(Does not apply to "Shot-gun" snaps).**

5. The ball carrier must have his shirt tucked in with flag belt over the outside of uniform.

6. A ball carrier may pivot to avoid a tackler, but may not spin. (A pivot is a change in a direction – a 360 degree motion is considered a spin and the ball carrier should be declared down at point of spin).

7. A ball carrier may not leave his feet to in an attempt to advance the ball forward...ie: no diving for the end zone or first down marker. Exception: it is permissible for a ball carrier to jump backwards or is attempting to evade contact with a player who has fallen down in his running path.

8. If a ball carrier falls down, he is declared down at that point.

9. Any player on offense who catches or picks up the ball while their knee is in contact with the ground is considered down at such point of contact.

10. Ball Carrier should avoid making contact with defenders, any intentional contact with flag pullers could warrant a penalty under judgment of the officials.

-Passing:

1. **Only ends and backs are eligible to receive forward passes.** "Ends" are considered the last players of the offensive formation who are located on the end of the line of scrimmage on either side of the ball when the ball is snapped. Backs are the players behind the line of scrimmage. **Offensive linemen are always considered ineligible.*

2. Only one forward pass is allowed on each offensive play.

3. If 2 opposing players catch a pass at the same time, the offensive player is given possession of the ball.

4. A receiver must have at least 1 foot in bounds on a reception.

-Blocking:

1. A player may not leave his feet to block.

2. A block must be made between the belt and the shoulders.

3. While blocking, players may not form a wedge by locking arms.

4. Running between the guards is allowed.

5. An "**Illegal Block**" is classified as: clipping, pushing, use of excessive force, or blocking below waist.

NOTE: Clipping is legal in the area 4 yards to the sides of the snapped ball and 3 yards in front and behind the ball...this area is known as the "tackle box" and is classified as a judgment call by the official if such block is legally made with in the stated area.

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-Players on Defense:

1. There are no rules pertaining to defensive alignments. All defensive players must remain behind their side of the line of scrimmage until the ball is snapped.
2. All defensive players are allowed to move/adjust positioning before the snap of the ball...if such movement carries the defender over the line of scrimmage prior to the snap, this should result as an Encroachment Penalty.
3. In order to down a ball carrier, the flag belt must be pulled from the runner's body. The ball carrier is declared down at that point and the ball should be spotted where the ball was when the flag belt was pulled, not where the flag puller is standing. *If a player has no flags, or the flag belt fell off as a result of the ball carriers own power, he must be touched with one hand between the shoulders and knees in order to be downed.*
4. Defensive players may dive/leave their feet in an attempt to pull the ball carriers flag.
5. The player pulling the flag belt should stop, hold the flags and hand them back to the ball carrier in a sportsman like manner.
6. Defensive players may jump/attempt to block a forward pass, but any contact with the body of the passer or slapping the arm of the passer should be penalized as "Roughing the Passer."
7. Defensive players may line up over the center position, but cannot contact the centers head, neck, or shoulders while the center is down in their stance.

-Ball out of Bounds:

When the ball goes out of bounds, it shall be placed at the hash mark 1/3 of the distance in from the sideline, opposite the spot where it went out of bounds.

-Referees:

1. Referees must use their best judgment in enforcing the rules....Coaches may act as advisors and can overrule the officials on rule interpretations (with printed rules in hand), but NOT on a judgment call.
2. Penalties are marked half the distance to the goal line on 5 yard penalties inside the 10 yard line.
3. There are instances where the rules can be interpreted too strictly:
 - a. A ball carrier runs through the line and runs into his blocker; this is not guiding of a blocker.
 - b. Just as a player is beginning to block, the defender turns his back: this is not clipping.
4. **There is no official limit to the amount of time a team may huddle, but a referee may penalize a team if they are deliberately or blatantly delaying the game.**
5. **If the whistle blows the play is dead...INADVERTANT or not, any blown whistle immediately stops play.**

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-SUMMARY OF PENALTIES :

PENALTY	ENFORCED FROM	YARDAGE
Spinning (360 degree)	Ball is spotted at point where spin occurred	
Delay of game	Line of scrimmage	5 yards
Encroachment	Line of scrimmage	5 yards
Illegal motion	Line of scrimmage	5 yards
False Start	Line of scrimmage	5 yards
Illegal snap	Line of scrimmage	5 yards
Illegal substitution	Line of scrimmage	5 yards
Guarding the flag	Spot of foul	5 yards
Illegal forward pass	Spot of Foul	10 yards + loss of down
Offense pass interference	Line of scrimmage	10 yards + loss of down
Illegal use hands	Spot of foul	10 yards
Clipping	Spot of foul	10 yards
Holding	Spot of foul	10 yards
Illegal block	Spot of foul	10 yards
Running through a defender	Spot of foul	10 yards
Roughing the passer	Line of scrimmage	10 yards + automatic 1 st Down
Illegal participation	Line of scrimmage	10 yards
Intentionally pulling the flag of non-ball carrier	Line of scrimmage	10 yards
Unnecessary roughness	Spot of foul	15 yards
Unsportsmanlike conduct	Spot of foul	15 Yards
Pushing ball carrier out of bounds/Tackling	Spot of foul	15 yards + possible TD*

**If defender who commits this foul is the final defender between the ball carrier and the end zone, this is considered a "clear path" foul and the offensive team shall be awarded a Touch Down for such infraction.*

Disqualification: Note...Player or Coach is ejected from current game and must immediately leave the field area and is suspended from participation in the next scheduled game.

1. Striking, kneeling, kicking, flagrant roughness, abusive language, or continued unsportsmanlike behavior.

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-Tie Breaker:

In the event of a tie score at the end of regulation play, College Overtime rules will be followed as stated below:

- Coin toss for choice of offense or defense.
- Both teams get equal possessions of the ball. If they do score, scoring team will have the option of a 1pt or 2pt conversion. (In overtime: on a regular passing play (4 plays to score) an interception by the defense is "live" and can be run back for a score by the defense.)
- Each team gets 1 possession from opponent's 20-yard line per overtime through the first 2 OT possessions.
- Must go for a 2-point conversion after TD starting with 2nd OT.
- Alternating 2-pt conversions replace offensive possessions starting with 3rd OT.
- Repeat as necessary until there is a winner.