

BRITISH AMERICAN FOOTBALL ASSOCIATION

**FOOTBALL RULES
AND INTERPRETATIONS**

2009 EDITION

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Foreword

The rules are revised each year to improve the sport's level of safety and quality of play, and to clarify the meaning and intent of rules where necessary. The principles that govern all rule changes are that they must:

- be safe for the participants;
- be applicable at all levels of the sport;
- be coachable;
- be administerable by the officials;
- maintain a balance between offense and defence;
- be interesting to spectators;
- not have a prohibitive economic impact; and
- not be unduly divergent from the rules adopted by EFAF in Europe and NCAA in the USA.

These rules apply to all contests involving BAFA-affiliated teams and take effect from 1st March 2009 (*Exception:* leagues whose regular season began before 1st March 2009 will continue to use 2008 rules until the end of their season).

For brevity, male pronouns are used extensively in this book, but the rules are equally applicable to female and male participants.

BAFA has established a mechanism for discussing and deciding future changes to this book. Each organisation affiliated to BAFA has a voice on the Rules Committee. You may make suggestions for changes to your organisation's representative(s). Suggestions may be made at any time, but to be eligible for consideration for the following year they must be received by 1st October.

Jim Briggs, BAFRA (Editor)
on behalf of the
BAFA Rules Committee

Those who find it necessary to write to the editor for interpretations of rules or play situations will receive prompt replies if they number their questions and email them to rules@bafra.org.

Thanks go to the members of the Working Party who were responsible for the revisions to the flag and five-on-five contact rules:

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