

FLAG FOOTBALL 5V5 RULES

PLAYER ELIGIBILITY

1. Players must be 18 years or older. A team is allowed to play **up to TWO PLAYERS** under the age of 18, provided they are 16 or older at the start of the league, and they sign our [minor liability waiver](#).
2. A team may start a game with 4 players and finish with 4 players if they do not have 5 players available. If someone is hurt or ejected, and the total number of players on one team goes to three, the game is over and it becomes a forfeit. If a 5th rostered player arrives after the game has started they are eligible to enter the game.
3. Regular Season Eligibility: Captains must submit their rosters to the league before the commencement of the first game. Captains may add players to that roster until reaching the maximum number of players or the 3rd week of the season to finalize their roster.
4. Exceptions: If a team's roster is full but a season ending injury is sustained, the team can add another player to the roster, however in co-ed leagues the replacement player must be of the same gender.
5. Playoff Eligibility: To be eligible for the playoffs, the player must be on the team's roster **and** must have played a minimum of one game during the regular season.
6. Ejections: All ejections will result in the player being suspended from the game he or she was ejected from and the following game. Any player who engages will be removed from the league without refund.

GAME CLOCK FORMAT:

1. Each game is played in two 20-minute halves. A running clock format will be used.
2. Each team receives one, 60-second timeout per half. (No carry over)
3. If a timeout is taken after a touchdown the clock will not start until the ball is snapped by the opposing team. This means if a touchdown is made and a timeout is called, the point after attempt will be played without the clock running.
4. Opening possession is determined by a coin toss.
5. Clock stops for timeouts, injuries (at refs discretion), discussion (at refs discretion)

SCORING:

1. Touchdowns = 6 points
2. Extra Points = 5 yards out = 1 point; 10 yards out = 2 points

DRIVES:

1. There are no kickoffs/punts
2. Drives begin at the opposing teams goaline. Turnovers via interceptions will be spotted at where the ball is down.
3. Drives consist of four plays to score a touchdown.
4. Interceptions may be run back, and the drive will begin where the player's flag is pulled.
5. Extra points CAN be returned and will ALWAYS count as 2-points, even if the team was going for a 1-point conversion (1 & 2 point extra points only).

SNAPPING THE BALL:

1. The offensive team does not need to set up with a center. The QB must be lined up center of the field no more than 3 yards away from the line of scrimmage.
2. The QB must say "hike" or "go" loud enough so the ref can hear it. If hike or go is not said or not said loud enough there will be a 5 yard penalty and repeat of downs.
3. Each time the ball is spotted a team has 20 seconds to snap the ball. A five-yard penalty will be assessed for delay of game.
4. The defense does not need to be set for the offensive team to snap the ball as long as the offensive team and refs are set the offense is allowed to snap the ball.
5. Arena motion is legal
6. A player on offense or defense must start the play with all flags attached.

RUNNING PLAYS:

1. The offensive team is allowed one run per 4 downs. However if the defense crosses the line of scrimmage after the 4 second count or use of their 1 blitz then the QB may choose to run and it does not count as their one rush.
2. Players must be lined up on or behind the line of scrimmage.
3. Laterals and pitches are acceptable.
4. The "No Run Zone" is designated to avoid short yardage power running. It is located five yards before the goalline. The only exception to this is if the defense

decides to blitz after the defense has crossed the line of scrimmage you are eligible to run.

5. A player who takes a handoff behind or beside the quarterback can throw the ball as long as he does not pass the line of scrimmage.
6. There is no diving (or flipping) when running with the ball. Jumping is only allowed when making a QB is throwing or when a receiver or defender is making a play on the ball. No jumping after possession of the ball is established.
7. Spinning is allowed, NO STIFF ARMING, the ball carrier must avoid contact with defensive players attempting to pull his/her flags. They may not intentionally run into defensive players or lower head and shoulder to gain advantage.
8. FLAG GUARDING- any attempt to deprive the defense of the opportunity to grab a flag intentionally or unintentionally is considered flag guarding which is a 10 yard penalty and loss of that down.

RECEIVING:

1. All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage).
2. Player must have at least one foot in-bounds when making a catch.
3. If a player tips a ball and then catches the pass, having their flag pulled before the catch and after the ball was tipped, they are down at the spot of the catch.
4. A player who starts a play without a flag is ineligible and cannot make a play on the ball (penalty is a loss of down).
5. A player may hit the wall and it be considered a catch as long as they maintain possession. After that the play is ruled dead after contact with the wall.

PASSING:

1. Shovel passes are behind the line of scrimmage.
2. Interceptions may be returned for touchdowns
3. The QB has 7 seconds to pass the ball counted aloud by the referee if the ball is still in the hands of an offensive player behind of the line of scrimmage after the 7 seconds the play is blown dead and will be a loss of down.

RUSHING THE QUARTERBACK:

1. The defense is allowed one blitz before the 4 second count once per possession

2. ANY player may rush the quarterback, they are allowed to be right on the line of scrimmage but not passed before the ball is snapped.
3. The defense cannot cross the line of scrimmage until the referee has counted to 4 seconds out loud this will not be counted as your one blitz per possession. Once the defense has crossed the line of scrimmage the QB is allowed to run and will not count towards their one rush. The defense can sit back and not rush which would force the QB to throw the ball before the allotted 7 seconds.
4. Rushers must go for the quarterback's flags. Rushers may attempt to block the pass but it is a penalty to initiate excessive contact with the QB arm. Defender may not blatantly go after the QBs arm to deflect the ball. (refs discretion)

BLOCKING/SCREENING

1. Screening can only occur with hands behind a player's back or protecting themselves in the front, in lateral movements at the line of scrimmage and/or creating a pocket for the QB without initiating contact with the rusher..
2. Downfield blocking is permitted but ONLY in a 'basketball style' screen. Players cannot use their arm or body, but are permitted to stand in between the runner and defender. The player cannot run between the runner and defender.
3. NO moving screens allowed by either the offense or defense. The offense may run crossing routes by the receiver to confuse and cause separation to the defenders however the routes must not be ran directly into a defender .

DEAD BALLS:

1. **Play is ruled over when the flag is pulled and the ball will be spotted where the players feet are located.. The same rule applies for a touchdown both ball and feet must cross goal line for a touchdown.**
2. When the ball hits the ground: this includes a bad snap, at the spot of a fumble (no fumble recoveries allowed), when the ball carrier loses his flag (pulled off or falls off).
3. ** Note: If the receiver catches a ball and he has lost his flag already, it goes as a completed pass, and he is one-hand touch from that moment. If the flag is pulled by an opponent prior to the reception (Illegal Flag Pull) he may advance the ball and the defense must touch him with one-hand. If a player's flags have been pulled prior to the catch (Illegal Flag Pull) by the defense, penalty is five yards from point of reception plus automatic first down, or the team can elect to decline the penalty and accept the outcome of the play.

4. When the ball carrier's knee hits the ground the play is ruled dead. Players CAN put their hand down to keep balance, but not to block a flag pull. If the ball touches the ground the play is ruled dead.
5. When the ball carrier hit one of the surrounding walls it is considered a dead ball.
6. Referees whistle
7. Touchdown
8. Substitutions may be made on dead balls

ADDRESSING OFFICIALS: (Questioning Calls)

1. Only the designated captain is allowed to stop the flow of the game to address the officials.
2. All interactions with captains and officials will be made in a sportsmanlike manner.
3. Ejections will result in a 1-game suspension following the game the player was ejected from.
4. Fighting will result in suspension from the entire season.
5. If the referee witnesses any acts of trash talking, tackling, elbowing, cheap shots, or any unsportsmanlike act. The referee will throw a personal foul flag which can lead to ejection from a game or the referee giving the ball to the opposing team at the opponents 1 yard line.
6. The game will be stopped and the referee will determine the penalty accordingly.
FOUL PLAY WILL NOT BE TOLERATED. FIGHTING WILL RESULT IN AN IMMEDIATE EJECTION FROM THE LEAGUE AND BUILDING.

OVERTIME:

1. Flip for first possession.
2. Overtime will be 2:00 minutes, if at the end of the 2mins play is still tied then the game will go to sudden death and first team to score wins. Possession of sudden death overtime will be decided by a coin flip

PENALTIES:

1. Excessive contact/Rough Play – 10 yards + loss of down (Example: No deliberately pushing into walls)

2. Defensive Pass interference is spotted at the point of the foul, defensive holding on a player with the ball is 5 yards from hold, excessive contact/Rough Play – 10 yards

Offensive Penalties:

Illegal Motion – 5 yards and replay down, Illegal Forward Pass (Play is not dead) – 5 yards from spot and loss of down, Flag Guarding/Stiff Arming – 10 yards from spot and loss of down, Illegal Contact w/ rusher – 10 yards and loss of down, Offside – 5 yards and replay down, Illegal diving (or flipping) – down at the spot, Pass Interference – 10 yards and replay the down, Delay of Game – 5 yards and replay down,

Defensive Penalties:

Offside – 5 yards and replay down, Illegal Rush – 5 yards and replay down, Illegal Contact w/ QB – 10 yards , Interference – spot of foul , Illegal Flag Pull – 5 yards from spot a,

PLAYOFFS:

1. Tie breakers will be determined by:
 1. Head to head
 2. Point Differential
 3. Flip of Coin
2. Playoffs will be played in single-elimination format with all teams making the playoffs
3. Overtime in playoffs will be the same as the regular season format.

OTHER NOTES:

1. Game cannot end on a defensive penalty even if time expires. One additional play will be required to finish the game.
2. The Referees will call the game as they see it. If you have a question about a rule, the captain should approach the official with any questions.
3. No extremities hanging over bench.
4. Only members on the roster allowed on bench
5. No practicing or extra curricular activities between games or halftime unless your competing in that game.

6. Absolutely no drugs, alcohol, and or foul language

LINE OF SCRIMAGE:

1. There is no minimum amount of players that have to be on the line of scrimmage to start a play.

Number of Players to Start a Game:

1. A minimum of 4 players are required to start the game.

PLAYING FIELD:

1. Men's 5v5 Playing Field: Length: 50 yards
2. End Zones: 10 yards
3. Width: 30 yards