

MEN'S FLAG FOOTBALL LEAGUE

5V5 RULES AND REGULATIONS

THE GAME

1. No intentional contact.
 2. No Blocking.
 3. A coin toss determines first possession.
 4. Games are 40 minutes long, with two 20-minute halves. The clock will continue running until the last minute of the 1st half and the last two minutes of the game. During this time the clock will only stop for dead balls or timeouts.
 5. There will be a 3-minute break between halves.
 6. Ball may be snapped directly between legs, between legs in shotgun formation, snapped sideways or snapped sideways in shotgun formation. The point of the football must remain on the ground until snapped.
 7. The offensive team takes possession of the ball at their 5-yard line and has four plays to cross mid-field. Once a team crosses mid-field, they will have four plays to score a touchdown.
 8. If the offensive team fails to cross mid-field or score, possession of the ball changes and the opposite team starts their drive from their 5-yard line.
 9. Teams change sides after the 1st half. The first possession in the 2nd half is given to the team that did not receive the first possession at the start of the game.
 10. Each time the ball is spotted a team has 30 seconds to snap the ball. Failure to snap the ball within 30 seconds will result in a Delay of Game penalty. Officials will give a 10 second warning before the ball must be put in play.
 11. Teams must field a minimum of 4 players at all times; maximum of 5 players at a time.
 - In order to prevent forfeits teams may pick up a player from other teams participating in this LEAGUE only. If a team has 3 players, they may pick up 2 players.
- **This is for the regular season only. Pick up players will not be allowed during tournament games.**
12. In order to be eligible for the tournament players must participate in 4 or more of their teams scheduled games.
 13. There will be a 10-minute grace period before a forfeit is called for the 1st game. There will be a 5-minute grace period for all other games.

SPORTSMANSHIP/ROUGHING

1. NO tackling, elbowing, cheap shots, blocking, flag tying or any unsportsmanlike act. If the official witnesses any of these acts, then the game will be stopped, and the player is subject to ejection.
2. NO foul language or offensive trash talk towards an official, opposing team or spectators. The official has the right to determine language that is offensive, and can eject anyone from the game for using such language.
3. The first warning to one team will serve as a warning to both teams.

ATTIRE

1. Cleats are recommended. Metal spikes are not permitted.
2. Jerseys must be tucked in shorts, pants, etc. (This is to keep flags from being hidden).
3. Pants with pockets are NOT ALLOWED.
4. No hats, visors or jewelry.

SCORING

1. TD = 6 points
2. Extra Point = 1 point (from 5 yards out); Extra Point = 2 points (from 12 yards out).
3. Safety = 2 points
 - A team who scores 2 points for a safety will also take possession at their 5-yard line.
4. If defense intercepts an extra point attempt and returns the ball for a score, the defensive team will be awarded points equal to the amount of the extra point attempt.

TIME OUTS

1. Each team has three 30-second time outs per game, in which the play stops.
2. The clock will continue to run during time outs, unless the time out is called during the last minute of the 1st half, or the last 2 minutes of the game.

SUBSTITUTIONS

1. Players may substitute freely between plays.

RUSHING THE QUARTERBACK

1. All players who rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. Any number of players can rush the QB. The 7-yard rule is also in effect for extra point attempts.
2. Players not rushing the QB may defend on the line of scrimmage.
3. Once the ball has left the QB's hand by either hand off, pitch, lateral or pass, the 7-yard rule is no longer in effect and all defenders are eligible to rush.
4. Defenders must go for the QB's flag and not his arm.
5. Defenders rushing the QB are allowed to raise arms to block passing lanes or to deflect a pass. No contact to the passer's arm, hand or head is allowed and will be called a foul.

RUNNING

1. The QB CANNOT run the ball past the line of scrimmage. (Exception: if the QB attempts to pass and a defender bats the ball, then the QB is eligible to catch it and run)
2. The player who receives the snap is designated as the QB.
3. The player who takes the hand-off or lateral can run with the ball as long as the line of scrimmage is not in a "No-Run-Zone".

4. The player who takes the hand-off or lateral can throw the ball as long as he does not pass the line of scrimmage.
5. “No Running Zones” are located 5 yards before midfield and 5 yards before the end zone in each offensive direction. All pitches or laterals must be thrown BEHIND the line of scrimmage.
6. “No Running Zones” are designed to avoid short yardage power running situations.
7. Spinning is allowed, but players cannot leave their feet to avoid a defensive player. If a player does leave feet then the play will be whistled dead.
8. The team advancing the football cannot dive in order to gain yardage, either for a first down or touchdown.
9. The ball is spotted where the ball carriers belt is when the flag is pulled, not where the ball is.
10. Ball and flags must break the plane for a first down and touchdown.

PASSING

1. The QB has a 7-second “pass clock”. If a pass is not thrown in seven seconds, play is dead, loss of down, ball returns to the line of scrimmage. Once the ball is handed off, the 7-second rule is no longer in effect.
2. If flag is pulled before the football leaves the QB’s hand, then the QB is down. This will be determined by the referee.
3. Interceptions change the possession and the ball is placed where the player is downed. Interceptions may be returned. The ball comes out to the 5-yard line if the interception occurs in the end zone and is downed in the end zone.
4. Only one forward pass is permitted per offensive play, even if it occurs behind the line of scrimmage. Two forward passes on one play are not allowed.

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. Only one player is allowed in motion at a time. Motion must be parallel to the line of scrimmage.
3. Player must have at least one foot in bounds and control of the ball for a completed pass.
4. If a receiver goes out of bounds, then he cannot be the first player to touch the ball.

DEAD BALLS

There are no fumbles. The ball is spotted where it hits the ground. Anytime the ball touches the ground, it is dead. Play is ruled “DEAD” when:

- a. Offensive player’s flag is pulled
- b. Ball carrier steps out of bounds
- c. Touchdown is scored
- d. Anything other than the ball carrier’s hand or foot hits the ground
- e. The ball hits the ground
- f. Ball carrier’s belt or flag falls to the ground
- g. Receiver missing a flag (play is dead at point of reception)
- h. Down field lateral
- i. Flag guarding

OVERTIME

1. If the score is tied at the end of the 2nd half, then the teams move directly into overtime.
2. Coin toss or “odd/even” number pick determines possession.
3. Each team receives one play from the opponent’s 5-yard line for 1 point, or from the opponent’s 12-yard line for 2 points (The teams can choose to go for 1 point or 2 points).
4. The points are added to the teams’ overall scores for the game.
5. If the defense intercepts an overtime attempt and returns the ball for a score, then the defensive team will be awarded the points equal to the amount of the overtime attempt.
6. If the score is still tied after each team’s attempt to score, then the game will move directly into Double Overtime. The same overtime rules apply.
7. If the game is still tied after three overtimes, then the game ends in a tie (except for tournament).

PENALTIES

1. All Penalties will be called by the referee and may be declined.
2. A penalty will not move the ball more than half the distance to the goal line.
3. Within 10 yards of the goal, ball is placed half the distance to the goal.
4. Referees determine incidental contact, which may result from normal run of play.
5. Only the team captain may ask the referee questions about rule clarification and interpretations.
PLAYERS CANNOT QUESTION JUDGEMENT CALLS.
6. Games cannot end on a defensive penalty, unless the offense declines it.

Defense:

- a. Offside – 10 yard penalty from original line of scrimmage and repeat down
- b. Pass Interference – 10 yard penalty from original line of scrimmage and automatic 1st down
- c. Illegal Contact (holding, bump and run, blocking, etc.) -10 yard penalty from original line of scrimmage and automatic 1st down
- d. Illegal Flag Pull (before receiver has ball) – 10 yard penalty from original line of scrimmage and automatic 1st down
- e. Illegal Rushing (start rush inside “No Rush Zones”) - 10 yard penalty from original line of scrimmage and repeat down

Offense:

- a. Illegal Motion (more than 1 person moving, false start, motion, etc.) – 10 yard penalty from original line of scrimmage and repeat down
- b. Pass Interference (Illegal pick play, pushing off/away defender) – 10 yard penalty from original line of scrimmage and repeat down
- c. Illegal Contact (holding, blocking, etc.) – 10 yard penalty from original line of scrimmage and repeat down
- d. Flag Guarding – 10 yard penalty from the spot of the foul
- e. Delay of Game – 10 yard penalty from the original line of scrimmage and repeat down
- f. Down Field Lateral – 10 yard penalty from the spot of the foul