



WOMEN & JUNIORS 5 V 5 COMPETITIVE NO - CONTACT RULES

NO FIGHTING - PLAYERS EJECTED AND ANY GAMES DECIDED ARE AT THE DISCRETION OF THE REFEREES AND/OR LEAGUE OFFICIALS.

DRINKING AND SMOKING ARE NOT ALLOWED AT THE FIELDS DURING THE GAMES. (It is illegal to smoke in the park in some cities and counties.) Indoor play is governed by facility rules.

SAFETY IS 1ST - ANY PLAYER THAT HAS VISIBLE BLOOD ON THEIR BODY OR CLOTHING CANNOT CONTINUE UNTIL THE INJURY IS TAKEN CARE OF OR THE CLOTHING IS DISCARDED. FIRST-AID KITS ARE AVAILABLE FOR MINOR INJURIES.

ROSTER

- 1a OFFICIAL ROSTERS MUST BE TURNED IN BY THE REGISTRATION DEADLINE. THIS MUST OCCUR BEFORE THE TEAM'S FIRST GAME. **ONLY ONLINE REGISTRATION AND PAYMENT IS ACCEPTED.**
- 1b NO MORE THAN 10 PLAYERS CAN OCCUPY THE ROSTER. ALL PLAYERS MUST BE AT LEAST AGE 16 (CERTIFIABLE DOCUMENT I.E. DRIVER'S LICENSE, ID CARD MUST BE ACCESSIBLE UPON REQUEST). FEMALE ONLY LEAGUE (TRANSGENDER ELIGIBILITY PROHIBITS REGISTRANTS THAT ARE TRANSITIONING FROM MALE TO FEMALE).
- 1c SUBSTITUTE/PICKUP PLAYERS CANNOT BE ADDED ONCE THE ROSTER HAS BEEN TURNED IN. PLAYERS CANNOT SWITCH TEAMS ONCE THE ROSTER IS TURNED IN.
- 1d RANDOM OR PROTEST CHECKS OF THE ROSTER WILL OCCUR IF NECESSARY
- 1e PLAYERS MUST PLAY AT LEAST 2 GAMES TO BE ELIGIBLE FOR THE PLAYOFFS.
- 1f DISQUALIFICATION WILL OCCUR IF RULES ARE NOT FOLLOWED (THIS COULD MEAN THE ENTIRE GAME AND/OR TOURNAMENT - DISCRETIONARY REGARDING LEAGUE OFFICIALS)
- 1g TEAMS CAN PLAY WITH A MINIMUM OF 4 PLAYERS
- 1h IF TEAMS ARE MORE THAN 5 MINUTES LATE FOR THEIR SCHEDULED GAME, THE GAME WILL BEGIN IN THE 2ND HALF WHILE REWARDING THE PUNCTUAL TEAM 12 POINTS TO START OFF WITH. IF A FORFEIT IS DECIDED UPON THE WINNING TEAM IS REWARDED A 28 - 0 RESULT

THE GAME

- 2a TWO - 15 MINUTE HALVES AND A 5 MINUTE HALF-TIME. (RUNNING CLOCK EXCEPT FOR THE LAST 2 MINUTES OF THE 2ND HALF, THEN PRO CLOCK IS IN EFFECT - BUT IF A TEAM IS AHEAD BY 21 POINTS OR MORE THE CLOCK IS CONTINUOUS)
- 2b COIN TOSS DETERMINES OFFENSE OR DEFENSE, THE OTHER TEAM CHOOSES DIRECTION IRREGARDLESS; 2ND HALF SIMPLY REVERSES DIRECTION AND BALL GOES TO OTHER SIDE AT THIS TIME
- 2c THIS GAME IS NOT PENALIZED WITH YARDAGE, BUT WILL SIMPLY PROVIDE A FIRST DOWN OR A LOSS OF DOWN
- 2d CLOCK WILL BE CONTINUOUS EXCEPT FOR TIMEOUTS. HOWEVER, AT THE LAST 2 MINUTES OF THE GAME THE CLOCK WILL STOP FOR INCOMPLETES, OUT OF BOUNDS, CHANGE OF POSSESSION (PRO CLOCK). DEFENSE MUST ALWAYS SET THE BALL. ONCE THE BALL IS SET THE PLAY CLOCK WILL CONTINUE. DEFENSE HAS 10 SECONDS TO SET THE BALL OR DELAY OF

GAME WILL REWARD THE OFFENSE WITH A FIRST DOWN; IF OFFENSIVE STALLING IS DONE BY THE OFFENSE, THE OFFICIAL MAY STOP THE CLOCK (DISCRETIONARY)

- 2e THE BALL MUST MAKE CONTACT WITH THE GROUND BEFORE BEING SNAPPED BETWEEN THE LEGS TO THE QUARTERBACK
- 2f 2 PLAYERS MUST BE ON THE LINE OF SCRIMMAGE AT ALL TIMES
- 2g THE OFFENSE HAS 25 SECS FROM THE TIME THE BALL IS SET TO GET THE BALL INTO PLAY OR DELAY OF GAME WILL COST THE OFFENSE ONE DOWN. IF IT IS 4TH DOWN, THEN IT WILL BE A TURNOVER
- 2h OFFENSE TAKES POSSESSION OF THE BALL AT THEIR OWN 5 YARD LINE AND HAS 4 DOWNS TO ACHIEVE A FIRST DOWN. ONCE A TEAM CROSSES MIDFIELD, THEN THE TEAM IS AWARDED 4 DOWNS TO SCORE. IF A TEAM FAILS TO CONVERT A FIRST DOWN OR SCORE THE OTHER TEAM TAKES OVER AT THE SPOT OF THE BALL. A TEAM CAN CHOOSE TO PUNT THE BALL; IF BALL IS PUNTED THE OTHER TEAM TAKES THE BALL FROM THEIR OWN 5 YARD LINE
- 2i AN INTERCEPTION CANNOT BE ADVANCED IN OVERTIME, OTHERWISE THE BALL IS SPOTTED WHERE THE FLAG IS PULLED
- 2j BALL IS SPOTTED WHERE THE BALL IS WHEN THE FLAG IS PULLED
- 2k IF AN OFFENSE PLAYER IS DOWN IN THEIR OWN END ZONE THEN A SAFETY IS DECLARED; AT THIS POINT THE BALL IS TURNED OVER TO THE DEFENSE'S 5-YARD LINE.
- 2l 2 POINTS ARE AWARDED FOR A SAFETY AND THE TEAM ALSO RETAINS THE BALL

OVERTIME [after both teams score, first possession of ball alternates]

- 3a IF THE TEAMS ARE TIED AT THE END OF REGULATION A COIN TOSS WILL DETERMINE OFFENSE OR DEFENSE
- 3b BOTH TEAMS WILL GET THE BALL FROM MID-FIELD AND WILL GET 2 PLAYS EACH. THE TEAM WITH THE MOST PENETRATION WINS THE GAME
- 3c IF BOTH TEAMS SCORE EQUALLY THE OVERTIME ATTEMPTS WILL CONTINUE UNTIL PENETRATION WINS OUT
- 3d IN OVERTIME AN INTERCEPTION CANNOT BE ADVANCED; IF THE BALL IS INTERCEPTED AT ANY POINT INVOLVING THE 2 PLAYS THE DRIVE IS DEAD, AND THE BALL IS AN AUTOMATIC TURNOVER.
- 3e IF THE FIRST TEAM DOESN'T ADVANCE THE BALL, AND POSSIBLY HAS NEGATIVE YARDAGE, THE OPPOSING TEAM CAN EITHER SIMPLY DOWN THE BALL OR ADVANCE THE BALL JUST ENOUGH TO WIN.

RUSHING

- 4a ALL PLAYERS ARE ELIGIBLE TO RUSH THE QUARTERBACK
- 4b ANY PLAYER RUSHING THE QUARTERBACK MUST RUSH 7 YARDS FROM THE LINE OF SCRIMMAGE AND THIS WILL BE DESIGNATED BY THE DOWNFIELD OFFICIAL
- 4c RUSHER CANNOT RUN INTO THE TRAJECTORY OF A ROUTE RUNNER, UNLESS THE RUSHER'S ROUTE IS ESTABLISHED FIRST (DISCRETIONARY). RUSHER CANNOT RUSH UP THE MIDDLE THROUGH THE CENTER.

RUNNING

- 5a RUNNING IS ALLOWED BY ANY PLAYER. INCLUDING THE QB, BUT THE QB CAN ONLY RUN WHEN THE RUSHER CROSSES THE LINE OF SCRIMMAGE.
- 5b HANDOFFS, PITCHES OR LATERALS ARE ALLOWED
- 5c SPINNING IS ALLOWED BUT A PLAYER CANNOT LEAVE THEIR FEET AT ALL (only allowed to leave feet to avoid injury)

PASSING

- 6a ALL PASSES ARE ALLOWED, BUT NO DOUBLE FORWARD PASSES ARE ALLOWED
- 6b SHUFFLE/SHOVEL PASSES ARE LEGAL

- 6c INTENTIONAL GROUNDING IS NOT ALLOWED (LOSS OF DOWN); SOMEONE MUST BE IN AREA (DISCRETIONARY RULE)
- 6d QB HAS NO TIME LIMIT TO THROW THE BALL
- 6e QB HAS TO BE SET BEFORE RECEIVING THE HIKE.

RECEIVING

- 7a ALL PLAYERS ARE ELIGIBLE TO RECEIVE PASSES
- 7b THE RECEIVER CAN LINE UP NEXT TO THE OUT OF BOUNDS LINE
- 7b ONLY ONE PLAYER CAN GO IN MOTION AT ONE TIME AND MOTION CAN RESET AS LONG AS IT IS BEFORE THE SNAP OF THE BALL
- 7c NO INTENTIONAL TIP-BACKS OR TIP-UPS DIRECTED TOWARD OTHER OFFENSIVE PLAYERS
- 7d ONLY ONE FOOT INBOUNDS IS REQUIRED FOR A LEGAL CATCH; IF THE LEAD FOOT TOUCHES THE OUT OF BOUNDS LINE FIRST IT IS RULED A NO-CATCH
- 7e IF A PLAYER GOES OUT OF BOUNDS WITHOUT BEING FORCED OUT, THIS PLAYER CANNOT BE THE FIRST ONE TO TOUCH THE BALL BEFORE ESTABLISHING A RECEPTION

DEAD BALLS

- 8a ONCE FLAGS ARE PULLED
- 8b WHEN PLAYER STEPS OUT OF BOUNDS
- 8c WHEN BALL, KNEE, ELBOW TOUCH THE GROUND
- 8d IF PLAYER'S FLAG FALLS OFF, PLAYER IS DOWN IMMEDIATELY; IF FLAG FALLS OFF BEFORE THE CATCH THE PLAYER IS DOWN AT THE SPOT OF THE RECEPTION
- 8e WHEN TOUCHDOWN IS SCORED
- 8f CANNOT FUMBLE THE BALL FORWARD, BALL DEAD WHERE FUMBLE BEGAN; UNLESS FUMBLE FALLS INTO POSSESSION OF THE DEFENSE (INTERCEPTION)

SCORES

- 9a A TOUCHDOWN IS WORTH 6 POINTS
- 9b EXTRA POINTS (1 POINT FROM THE 5-YD LINE, 3 POINT FROM THE 10-YD LINE)
- 9c THE TEAM THAT IS AHEAD AT THE END OF REGULATION WINS THE GAME

TIMEOUTS

- 10a EACH TEAM IS AWARDED ONE 1- MINUTE TIME OUT PER HALF
- 10b NO TIMEOUTS IN OVERTIME

CONTACT

- 11a NO CONTACT ALLOWED AT ANY TIME, INCLUDING DOWNFIELD, NO BLOCKING, NO BUMPING, NO BRUSHING, NO HANDS, NO HOLDING, NO RESTRICTING, NO IMPEDING, NO PICK PLAYS

OFFENSIVE PENALTIES

- 12a ANY OFFENSIVE PENALTY WILL RESULT IN A SIMPLE LOSS OF DOWN AND WILL RETURN THE BALL TO THE LAST LINE OF SCRIMMAGE. IF IT IS 4TH DOWN A TURNOVER WILL OCCUR. (WITH THE EXCEPTION OF FLAG GUARDING AND FLAGS OUT OF PLACE, WHICH ARE SIMPLY DEAD SPOT PENALTIES.)
- 12b ILLEGAL SNAPS-LOSS OF DOWN
- 12c ILLEGAL FORWARD PASS -LOSS OF DOWN
- 12d ILLEGAL MOTION -LOSS OF DOWN
- 12e FALSE START- LOSS OF DOWN
- 12f INTENTIONAL GROUNDING - LOSS OF DOWN
- 12g BLOCKING DOWNFIELD-LOSS OF DOWN
- 12h ILLEGAL PICK-LOSS OF DOWN
- 12i FLAG GUARDING- IS NOT A LOSS OF DOWN (LEAVING THE FEET IS CONSIDERED FLAG GUARDING), ONLY A DEAD SPOT PENALTY

- 12j PASS INTERFERENCE -LOSS OF DOWN
12k LOWERING HEAD OR DIPPING SHOULDER -LOSS OF DOWN. SQUAT DIPPING IS LEGAL AS LONG AS THE FLAGS ARE NOT GUARDED AND THE DIPPING DOESN'T RESULT IN OFFENSIVE CONTACT INTO ANOTHER PLAYER.
12l IF THE FLAGS ARE OUT OF POSITION AND SEEN BY THE REF PLAYER IS DOWN AT THE SPOT (THIS AND FLAG GUARDING ARE THE ONLY PENALTY THAT FREEZES THE PLAY AT THE SPOT OF INFRACTION. KEEP IN MIND THAT FLAGS ARE PUSHED OUT OF POSITION AT TIMES (DISCRETIONARY).
12m OFFSIDES/ENCROACHMENT

DEFENSIVE PENALTIES

- 13a ANY DEFENSIVE PENALTIES WILL SIMPLY PROVIDE A 1ST DOWN; IF A TEAM HAS MADE YARDAGE GAIN COUPLED WITH A DEFENSIVE PENALTY, THEY WILL BE REWARDED THE YARDS OR A 1ST DOWN AT THE ORIGINAL LINE OF SCRIMMAGE UNLESS PASS INTERFERENCE OCCURS, WHICH IS A SPOT FOUL AND AN AUTOMATIC FIRST DOWN. REPEAT INTENTIONAL PASS INTERFERENCE BY THE DEFENSE WILL RESULT IN PLACING THE BALL AT THE 1-YARD LINE AND WILL RESULT IN A FIRST DOWN. ADDITIONAL REPEAT PENALTIES WILL RESULT IN UNSPORTSMANLIKE CONDUCT AND MAY RESULT WITH EJECTION OF THAT PLAYER.
- 13b OFF-SIDES
13c ILLEGAL RUSHING AND BLITZES
13d ILLEGAL CONTACT (TACKLE, BLOCKING, ETC.)
13e HOLDING AND REPEAT HOLDING BY THE DEFENSE WILL RESULT IN PLACING THE BALL AT THE 1-YARD LINE AND WILL RESULT IN A FIRST DOWN. ADDITIONAL REPEAT PENALTIES WILL RESULT IN UNSPORTSMANLIKE CONDUCT AND MAY LEAD TO A DISQUALIFICATION OF THAT PLAYER.
- 13f ILLEGAL DEFLAGGING
13g ROUGHING THE QUARTERBACK
13h PASS INTERFERENCE-SPOT FOUL
13i DELAY OF GAME OR HOLDING THE BALL
13j LAST ONE STANDING RULE IS IN EFFECT; A PLAYER THAT HAS ONE PERSON TO BEAT AND IS TACKLED IS AWARDED AN AUTOMATIC TOUCHDOWN
13k DEFENSIVE PENALTY CANNOT END THE GAME

UNIFORMS

- 14a CLEATS ARE ACCEPTABLE, EXCEPT FOR METAL CLEATS/SPIKES
14b SHIRTS/JERSEYS CAN HANG, BUT FLAGS MUST BE ON THE OUTSIDE OF SHIRTS/JERSEYS; ALL JERSEYS MUST MATCH OR PENNIES WILL BE WORN
14c TIGHTS OR SHORTS ARE PERMISSIBLE
14d TRIPLE THREAT FLAGS AND SONIC-POP FLAGS ARE THE ONLY ONES ALLOWED
14e FLAGS MUST BE 1.5 INCHES WIDE AND 12 INCHES LONG
14f FLAGS MUST BE WORN IN A MANNER WHERE ONE IS ON EACH SIDE AND ONE IN THE REAR
14g IF THE FLAGS ARE OUT OF POSITION ON THE BALL CARRIER, AND SEEN BY THE REF, HE IS DOWN AT THE SPOT (THIS WILL FREEZE THE PLAY AT THE SPOT OF INFRACTION)
14h SHORTS WITH POCKETS ARE NOT ALLOWED. POCKETS MUST BE SEWED, ZIPPED OR TAPED SHUT.

FIELD DIMENSIONS

- 15a LENGTH OF GOAL LINE TO GOAL LINE IS 50 YARDS
15b END ZONES ARE 7 YARDS
15c TOTAL DISTANCE OF FIELD OF PLAY IS 64 YARDS
15d WIDTH OF FIELD OF PLAY IS 25 YARDS

BALL SIZE

16a JUNIOR SIZE UP TO NFL PROFESSIONAL SIZE

EMMA Q's FLAG FOOTBALL LEAGUE is sanctioned by the EQFFL governing body and hold true to most flag football sanctioning committees worldwide. These rules are uniquely structured to simplify and enhance the flow of the game.



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