



# 5MAN FLAG FOOTBALL RULES



## 1. GAME SETTINGS

1. The field is 30 yards wide by 80 yards long. The field of play consists of two 10 yard end zones and 60 yards in between with one first down at the center of the field.
2. Five yards from each end zone and from each side of the first down line is a No Run Zone. Teams with the ball are allowed to handoff, pitch, toss or lateral (all behind the line of scrimmage), but the ball carrier will not be allowed to run past the line of scrimmage while in the No Run Zones.
3. Games will consist of two 20 minute halves. The game will be played with a running clock at all times - unless the official stops the clock or a timeout is used. There will be a two minute half time in between halves.
4. Each team will have three 30 second timeouts per half. Unused timeouts in the first half do not carry over to the second half.
5. Coin flip will determine possession at the start of the game. Winning team on coin flip will have the following options: defer to other team, take the ball, which end to start at, or start on defense. Once selection has been made - other team may select from available choices.
6. Each team will have up to 4 downs to pass mid field and then 3 downs to score a touchdown. If a team is unsuccessful on third down to get a first down - the Offensive team may call for a "punt" in which the Defensive team will take possession on the Defensive Team's 5 yard line. The Offensive team may also elect to try for a first down on a 4th down if their 3rd down attempt was unsuccessful. If the Offensive team does not make a first down on 4th down - the Defensive team will take over possession at the spot on the field where the Offensive possession ended. Teams will not have a 4th down option after they have crossed mid field.
7. Once an official has spotted the ball - the Offense has 25 seconds to run a play.

## 2. SCORING

1. Touchdowns are worth 6 points.
2. PATS are either worth 1 point from 5 yards out or 2 points from 12 yards out.
3. Intercepted PAT attempts can be returned for 2 points for the Defensive team (2 points no matter if PAT attempt was from 5 or 12 yards out).

### **3. OFFENSE**

1. Teams must have at least 2 players on the line of scrimmage to run a play.
2. Only 1 player on Offense may be in motion at a time.
3. The ball must be snapped through the center's legs - no side snaps are allowed. A bad snap where ball hits ground results in dead ball and possession is moved back to where ball hit the ground.
4. If the Offense is in a tight formation - any rushers must rush from outside of the formation. A tight formation is constituted as any formation where 2 or more players are lined up within 3 feet of each other.
5. The QB has 7 seconds to pass/handoff/lateral/pitch or toss the ball. Once the pass/handoff/lateral/pitch or toss has been made - there is no more 7 second clock.
6. Offensive players may not initiate contact with any defensive players - including at the line of scrimmage even if the Defense is in press coverage.
7. Only once per play the Offense may: lateral behind the line of scrimmage or downfield, toss or pitch to another player behind the line of scrimmage, or backwards pass behind the line of scrimmage. Passes do not need to pass the line of scrimmage if Offensive team is outside of the No Run Zones.
8. Offensive players are allowed to direct handoff as many times as they wish behind the line of scrimmage.
9. QB may not run past the line of scrimmage - unless there has been a change of possession on the Offense.
10. Players must have at least 1 foot down to make a catch. No other part of the receiver's body may touch sideline or back end zone line while in the process of making the catch.
11. The ball will be spotted where the ball carrier's hips are - not where the ball is.
12. No ball carrier may leap or dive for yardage or line to gain.
13. There are no fumbles. Any loss of possession is a dead play and fumbles will not advance yardage.
14. Players may spin, jump for the catch but may not leave their feet (jump or hop) while with possession of the ball.
15. Only one flag pull by the Defense is required to end a play.
16. If a flag or flags have fallen off ball carrier - the Defense only needs to one hand touch the ball carrier to end the play.
17. Ball carrier is down if knee, hip, elbow or ball hit the ground. Ball carrier is still live if non ball hand touches the ground.

### **4. DEFENSE**

1. Any rusher must be at least 7 yards from the line of scrimmage if rushing the QB. The Defense can rush as many players as they want or even not rush at all.

2. If the Offense is in a tight formation - the rusher(s) must line up outside of the formation in order to rush the QB. A tight formation is constituted as any formation where 2 or more players are lined up within 3 feet of each other.
3. The Defense can line up in a press coverage look at the line of scrimmage but must not initiate any contact with Offensive player(s).

## 5. EXTRAS

1. Game time is start time. A team may start with 3 players - games are forfeited if 2 or less players are there at game time.
2. A forfeit game consists of 1.5 losses for forfeiting team.
3. This league offers stat tracking with MVP awards. Teams must have numbers on their uniforms to be eligible for stat tracking.
4. Players are not allowed to wear metal cleats and cannot wear any jewelry or other items/garments that can be dangerous for play. This rule will be enforced by Officials discretion.
5. If the score is tied at the end of the game - we will go to an overtime with college football like format. A coin flip will decide who gets ball first. Winning team for coin flip can elect offense or defense. Each team will try a 1 point conversion from 5 yards out. If both teams are successful or unsuccessful - we will try it again. This time teams can choose between 5 yards out or 12 yards out and team who has the ball first is the team that didn't have the ball first in previous overtime round. Rounds with possession swaps will continue until we have a winner.
6. Defensive penalties in the last two minutes stop the clock.
7. At no time should any player, coach or spectator get physical with any staff, officials, other players, other coaches or other spectators. Expulsion from the league and or game can be applied to any person(s) who do not follow this rule.

## 6. PENALTIES

### Offensive:

Offsides/False Start	Play dead - 5 yards and replay down
Delay of Game	Play dead - 5 yards and replay down
Illegal Formation	Play dead - 5 yards and loss of down
7 Seconds	Play dead - Loss of down - ball stays at line of scrimmage
Illegal Run in a No Run Zone	5 yards and loss of down
Offensive Pass Interference	10 yards and loss of down
Illegal Contact	5 yards and loss of down
Unsportsmanlike Conduct	15 yards and loss of down

Illegal Snap                      Play dead - 5 yards and replay down

Flag Guarding                      Dead ball at spot and loss of 5 yards

**Defensive:**

Offsides                              5 yards and replay the down

Illegal Rush                        5 yards and first down

Defensive Pass Interference      Spot foul and first down

Illegal Contact                    5 yards and first down

Unsportsmanlike Conduct        15 yards and first down