

Y.E.S Nation Sports

5 on 5 FLAG FOOTBALL (3/16/2022) SRoland

- A. A coin toss or odd/even choice shall begin each game.
- B. The offensive team takes possession of the ball at the 5-yard line and has three (3) plays to cross the mid-field. Once a team crosses mid-field, they will have 3 plays to score a touchdown. If the offense fails to cross mid-field or score, the ball changes possession and the new offensive team takes over on the 5-yard line.
- C. All drives and possession changes except interceptions start on the 5-yard line.

- D. Ball is ruled dead when:
 - 1. A snap to a quarterback hits the ground.
 - 2. A fumble hits the ground (no fumble recoveries allowed).
 - 3. A ball carrier knee touches the ground.
 - 4. A ball carrier steps out of bounds.
 - 5. A ball carrier's flags are legally removed.
 - 6. Starts play with one or no flags, ball carrier's flags fall off inadvertently, play shall revert to a one hand touch between the shoulders and knees.

- E. Play Clock – 25 seconds each time the ball is spotted to snap the ball w/10 second warning.
- F. Blocking - No Blocking and No Contact Allowed.
- G. An interception may be returned.

SCORING & GAME LENGTH: Game Time is Forfeit Time, minimum 2 players to start.

Games are played for 26 minutes clock (Two 13 minutes halves), or 35-point lead with one minute left in the game. One-minute Pro clock will start in playoffs if within 8-pts. Mercy rule 56-point lead at any time will end game.

- 1. Touchdown = 6 points (**Ball crossing goal line**)
Extra Points =1 point (5 yards), 2 points (12 yards).
- 2. Safety = 2 points, PAT interception return 2 pts.
- 3. Forfeit Game = 28 points (players can still use the allotted time)
- 4. Overtime: One play each from 2pt line. For 1 point. If both fail to score game is a tie.
- 5. Time-Outs: Each team has one 30-second time out per game.

RUNNING PLAYS:

- A. The Quarterback cannot run the ball at any time.
- B. All hand-offs must take place behind the LOS. Players do not have to line-up behind the Quarterback to receive a hand-off.
- C. **No laterals of pitches of any kind are allowed beyond line of scrimmage (LOS).**
- D. No Running Zones are located 5 yards from the end zone and 5 yards on either side of mid-

field.

E. The player who takes the hand-off can throw the ball as long as he doesn't cross the LOS.

F. Once the ball has been handed off or thrown back, all defensive players are eligible to rush.

PASSING:

A. All passes must be forward except one throwback per play.

B. **Quarterback has 5 Second Pass Clock. If not thrown back or handed off within 5 Seconds, play is dead, loss of down.** The ball is spotted at the LOS.

C. Only ONE forward pass per down, even behind the line of scrimmage.

RECEIVING:

1. Eligible Receivers - All players are eligible to receive passes (including the quarterback after the ball has been handed off behind the LOS).
2. A player must have at least one foot in bounds to make a legal reception.

RUSHING THE QUARTERBACK:

Defensive players that rush the passer must be a minimum of 7 yards from the LOS when the ball is snapped. The 7-yard rusher has a semi-direct lane to the quarterback. It is considered an illegal screen if rusher is hindered in any way. Any number of players can rush the quarterback. Offensive player can't impede rush. Defense can't impede pass route.

1. Ball Spotter - shall be used to mark the line of scrimmage.
2. Rush Spotter - shall be used to mark the rushers starting point.
3. Rushers must go for the Quarterback's Flag and are not allowed to make contact.
4. You cannot hit the Quarterback's arm to block a pass. You must go after the flag. **Once the ball has been handed off or thrown back, all defensive players are eligible to rush.**

PENALTY ENFORCEMENT (L.O.S. = Line of Scrimmage):

Offensive Penalties --

1. Illegal Motion - 5 yards from L.O.S. and loss of down.
2. Illegal Forward Pass - 5 yards from L.O.S. and loss of down.
3. Offensive Pass Interference - 10 yards from L.O.S. and loss of down.
4. Flag Guarding - 10 yards from L.O.S. and loss of down.
5. Delay of Game - 5 yards from L.O.S. .6. Encroachment - 5 yards from L.O.S. and loss of down.7. Illegal Contact - 10 yards from L.O.S. and automatic first down.

Defensive Penalties --

1. Offsides - 5 yards from L.O.S. and automatic first down.
2. Defensive Pass Interference – is a spot foul.
3. Illegal Contact - 10 yards from L.O.S. and automatic first down.
4. Illegal Flag Pull - 10 yards from L.O.S. and automatic first down unless it was a touchdown. Then offensive has the option of the yardage of the score.
5. Illegal Rushing - 10 yards from L.O.S. and automatic first down.

Flagrant Fouls

No flagrant contact whatsoever. The official will stop the game, eject the player from the game, administer a 20-yard penalty from the L.O.S. with an automatic first down if it was on the defense or a loss of down if it was on the offense, and give the coach a verbal warning. The ejected player will be suspended for a minimum of two games.

FOUL PLAY WILL NOT BE TOLERATED.

Language Rule:

Any foul language, which can possibly be heard in the stands or through the field area, will result in an ejection from the game and a suspension per the rules and regulations. Any player receiving an ejection will be suspended for 2 weeks from all scheduled games from all Y.E.S LEAGUES. The suspended player or coach must leave the park during the suspension. Additional suspensions may be given.

Any player who is ejected from a game must leave **immediately**. Ejected players automatically receive a two-week suspension from all scheduled games from all leagues, with longer suspensions possible. Coaches are required to call the Y.E.S league coordinator following day to report player ejections. Any coach who does not report ejected players will also receive a suspension. Any coach who plays a suspended player may also receive a suspension.