

## 5 ON 5 FLAG FOOTBALL RULES

### Basic concept:

30-minute game with 2-minute half-time **OR** First team to score 28 points wins.

Tie-breaker = each team will have one play to gain yds. Whoever has most yardage wins.  
A sack is better than an interception.

Each team gets (1) ONE MINTUE TIME-OUT per game.

Each team will designate one player as Team Captain, and he/she will confer with referees.

**Offense:** 25 sec. to start next play. Start on your 5 yd. line. Play must begin by hiking from the ground. Dropped ball ends play where it lands. You have 3 downs to make mid field. Quarterback cannot run the ball unless a DIRECT HAND OFF is given. **NO HAND OFFS WITHIN 5 YARDS OF FIRST DOWN AND RED ZONE.** Lateral passes are acceptable. One foot in bounds with possession completes a catch. All players are eligible.

BALL and FLAG must pass marker for first down and touchdown.

**Center is the only one that can block. Must have arms crossed.**

**\*\*\* EACH TEAM WILL HAVE ONLY 1 ADDITIONAL 4TH DOWN PLAY IN TRYING TO CONVERT A FIRST DOWN/MAKE A TOUCHDOWN IN A GAME (called MULLIGAN)\*\*\***

No flag guarding. If observed play will end at the spot of the foul.

No jumping. You may spin as long as one foot stays in contact with the ground.

If flag comes off, play ends with TWO hand touch anywhere.

**Points after touchdown:** 5 yds. for 1 pt. 10 yds. for 2 pts.

**Turnover on downs** results in defense getting the ball and starting at their 5yd line.

**Defense: (1)** Rusher may rush every down but must start 6yds away from scrimmage line.

Jamming allowed for 6 yrds. No bumping Center.

**Pass interference** results in first down and placed at the spot of the foul. If it occurs in the end zone = half distance to the goal.

**Offsides** is a 5-yard penalty.

**Interceptions** will be played live. If intercepted during an extra point and ran back it will be 1 point. **Fumbles** are spotted where runner loses possession.

**Safety** will result in 2 points and possession of ball.

**REFEREE-** In case of a dispute - **ultimately the ref has the final call.** Prolonged decisions regarding penalties will stop the clock.

**IMPORTANT:** NO CUSSING, DRINKING ALCOHOL, OR SMOKING WILL BE ALLOWED. FIGHTING WILL RESULT IN EJECTION FROM THE PROPERTY WITH NO RETURN AND NO REFUND. AN EJECTED PLAYER IS BARRED FROM FURTHER PARTICIPATION IN ANY GAMES.