

# 5 vs. 5 Adult Flag Football Rules & Regulations



## **The Game**

No contact allowed.

No Blocking

A coin toss determines first possession.

Ball must be snapped between the legs to start play.

The offensive team takes possession of the ball at their 5-yard line and has three (3) plays to cross mid-field. Once a team crosses mid-field, they will have three (3) plays to score a touchdown.

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.

All possession changes except interceptions start on the offenses 5-yard line.

Interceptions may be returned by the defense for a touchdown.

Teams change sides after the first 15 minutes,

Each time the ball is spotted a team has :30 seconds to snap the ball. Teams will receive one warning before a Delay of Game penalty is enforced.

## **Attire**

Cleats are allowed, except for metal spikes. Inspections can and will be made.

Shirts must be tucked in shorts, pants, etc.

### **Player Changes**

Team members may be added to the team roster before a game. These “new” members must sign the team’s roster waiver sheet before they can play.

A player can transfer to another team one time during the season, but he must sit out 3 games before they play for their new team (**player can’t play for old team while sitting out**)

There is no maximum on roster size; however each individual must have played one regular season game in order to play in the end of the season tournament.

Team rosters are “locked” after the fifth (5) week of the season. No roster additions may be made after the fifth (5) week of the season including the post-season tournament.

All players participating in a game must be 18 years of age or older. No “current” high school, college or professional football player is eligible to participate.

**Captain is responsible for the conduct of the team members.**

### **Players/Game Schedules**

Teams must field a minimum of three (3) players at all times.

ALL SUBSTITUTIONS MUST COME ON A DEAD-BALL.

All forfeits are scored 14-0.

We reserve the right to reduce, shorten, or reschedule games due to inclement weather or unforeseen circumstances.

All players must carry I.D. or proof of age.

### **Scoring**

Games are played to 35 points spread or 30 minutes, whichever comes first.

TD=6 points, Extra Point=1 (5 yards out); 2 (12 yards out), Safety=2 points

### **Time Outs**

Each team has one :60 second time out per game, in which the clock stops.

Officials can stop the clock at their own discretion.

### **Rushing the QB**

All players that 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 rusher is allowed a direct line to the quarterback**, as long as he is not lined up over an offensive player.

The offense must avoid interfering with the rusher, failing to do so will result in an "impeding the rusher" penalty.

When the offensive line up "in tight", the rusher must rush from outside of the offensive formation.

Players not rushing the QB may defend on the line of scrimmage.

Once the ball has been handed off the 7 yard rule is no longer in effect and all defenders are eligible to rush.

A special marker, or the referee, will designate 7 yards from the line of scrimmage.

### **Running**

The Quarterback CANNOT run the ball.

Only direct hand-offs behind the line of scrimmage are legal. NO laterals or pitches of any kind. Offense may use multiple hand-offs.

The player who takes the hand-off can throw the ball as long as he does not pass the line of scrimmage.

"No Running Zones" are located 5 yards before midfield and 5 yards before the end zone in each offensive direction.

"No Running Zones" are designed to avoid short yardage power running situations.

Spinning is allowed but players cannot leave their feet to avoid a defensive player.

The ball is spotted where the ball carriers belt is when the flag is pulled, not where the ball is. Ball & flags must break the plane for a 1st down and touchdown.

**Passing**

All passes must be forward and received beyond the line of scrimmage.

Shovel passes are allowed but must be received beyond the line of scrimmage.

QB has a 7 second "pass clock". If a pass is not thrown within the 7 seconds, play is dead, loss of down, ball returns to line of scrimmage. Once the ball is handed off the 7 second rule is no longer in effect.

Interceptions change the possession of the ball at the point of interception. The ball comes out to the 5-yard line if the interception occurs in the end-zone.

Intentional grounding is not a penalty.

The rusher may not hit the quarterbacks' arm, or knock the ball out of the quarterbacks' hand. The rusher must play the flags.

**Receiving**

All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage).

Only one player is allowed in motion at a time.

Player must have at least one foot in bounds when making a catch.

Pass may not be intentionally tipped in any direction to another teammate.

Players that run out of bounds during a play cannot be the first player to touch a ball when attempting to receive a pass.

**Dead Ball**

Play is ruled "DEAD" when: – Offensive player's flag is pulled. – Ball carrier steps out of bounds. – Touchdown is scored. – At the point of an interception (interception returns are not allowed). – Ball carrier's knee, hand or the ball hits the ground. – Ball carrier's flag falls off. – Receiver's flag falls off. (play is dead at point of reception.) – If the quarterback takes a snap without both flags, the ball is dead where he or she receives the snap.

Clarification: If a receiver loses a flag during a play he/she is still eligible. As soon as they touch the ball, play is dead at that spot and the ball cannot be advanced. If ball is caught in the end zone the play results in a touchdown.

There are no fumbles. Ball is spotted where it hits the ground. Anytime the ball touches the ground it is

dead.

### **Sportsmanship/Roughing**

If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player can be ejected from the game. Athletic Manager may decide to eject players from the league. FOUL PLAY WILL NOT BE TOLERATED.

Trash talking is illegal. Official has the right to determine language which is offensive. (Trash talk is that which may be offensive to official, opposing team, or spectators). Referee or field supervisor can eject players from the game for trash talking.

### **Overtime**

If the score is tied at the end of 30 minutes, teams move directly into overtime.

Coin toss determines possession.

Each team receives one (1) play from their own 5 yard line.

If the game ends in a tie, then each team will be given 1 play from the 5-yard line, if the game is still tied after the 1<sup>st</sup> overtime then each team will be given 1 play from the 10-yard line, if the game is still tied after the 2<sup>nd</sup> overtime then the whole process is done again until we have a winner

### **Penalties**

All penalties will be called by the Referee and may be declined.

All penalties are assessed from the original line of scrimmage except for fouls against the ball carrier or receiver.

All defensive penalties are 10 yards (from line of scrimmage) and automatic 1st down EXCEPT holding which is assessed as 10 yards from the end of the play.

All offensive penalties are 10 yards (from line of scrimmage) and loss of down EXCEPT flag guarding which is assessed 10 yards from the spot of the foul.

#### Defense:

Offsides

Interference

illegal Contact (holding, bump and run, blocking, etc.)

Illegal Flag Pull (before receiver has ball)

Illegal Rushing (start rush from inside 7 yard marker)

#### Offense:

Illegal Motion (more than 1 person moving, false start, motion, etc.)

Illegal Forward Pass (pass received behind line of scrimmage)

Offensive Pass Interference (illegal pick play, pushing off/away defender)

Flag Guarding

Delay of Game - Clock will stop/10 yards and loss of down

Within 10 yards of goal, ball is placed 1/2 distance to the goal.

Referees determine incidental contact which may result from normal run of play!

Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.

Games cannot end on a defensive penalty, unless the offense declines it.

### **Others**

The clock stops on touchdowns only within the last minute of the game unless there is a 20 point spread. One and two-point conversions do NOT count as timed plays within the last minute of the game. The clock will start again on the referee's whistle.

If flag is pulled before football leaves the QB's hand, QB is down.