

## 5 ON 5 FLAG FOOTBALL GENERAL RULES

- A coin toss will be used to determine first possession
- The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross midfield. Once the team crosses midfield, it has three (3) plays to score a touchdown. If the offensive team fails to score or move the ball, the ball changes possession and the new offensive team takes possession on its own 5-yard line.
- If the offensive team fails to cross midfield, the ball changes possession and the opposition begins its play on their own 5-yard line.
- All possession changes, except interceptions, start at the 5-yard line.
- Teams change sides after the first 20 minutes, but possession does not change and the clock continues to run.
- Teams consist of ten (10) players (5 on the field and 5 substitutes).
- Teams must have five (5) players on the field at all times.
- Games are played to 40 minute running time. The clock does not stop, except for an injury, during the entire 40 minutes.
- There are no tiebreakers. If a tie occurs at the end of regulation play, each team will be credited with ½ win.
- Scoring consists of the following: touchdown = 6 points; extra point = 1 point; safety = 2 points
- The quarterback CANNOT run with the ball.
- Only direct handoffs behind the line of scrimmage are permitted. Multiple handoffs are permitted as long as they are behind the line of scrimmage.
- Absolutely NO laterals or pitches of any kind.
- The player who takes a handoff behind the line of scrimmage can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all defensive players may rush.
- Spinning is allowed, but a runner may not use his hands to avoid (stiff arm) or block a defensive person from grabbing the flag.
- The ball is spotted where the runners' feet were on the field at the time the flag was pulled, not the ball.
- There is no diving.
- All players are eligible to receive passes (including the quarterback if the ball was handed off behind the line of scrimmage).
- Only one player can be in motion at one time.
- A player must have one foot in bounds when making a reception.
- 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. All forward passes must be conducted behind the line of scrimmage.
- The quarterback has a seven-second "pass clock" in which to throw the ball. If the ball is not thrown within the seven seconds, the play is dead with a loss of down. If the ball is handed off, the seven-second rule is void and defenders may rush.

- Interceptions change the possession of the ball at the point of interception. No run backs are allowed.
- The ball must be snapped between the center's legs.
- Substitutions can be made only on dead balls.
- A play is ruled dead when:
  - Ball carrier's flag is pulled
  - Ball carrier steps out of bounds
  - Touchdown or safety
  - At the point of an interception
  - Ball carrier's knees hit the ground irregardless if the runner's flag was pulled or not
  - Ball carrier's flag falls out
  - There are no fumbles, the ball is spotted where the ball hit the ground
- Players rushing the quarterback must be at lease seven (7) yards from the line of scrimmage. Any number of players may rush.
- If the ball is handed off, the seven-yard rule is void and players may rush at will.

### PENALTIES

As a Recreation Leader/Coach, you are the only person that may call penalties. Roughing or foul play will not be tolerated. Roughing or foul play is anything that remotely resembles tackling, blocking, cutting, swinging of arms, and elbow chops. Players violating this rule will be given ONE warning. Any subsequent violation will result in removal from the game.

The following defensive penalties will be enforced:

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| - Offsides          | 5 yards and automatic first down  |
| - Interference      | 10 yards and automatic first down   |
| - Illegal contact   | 10 yards and automatic first down   |
| - Illegal flag pull | 10 yards and automatic first down   |
|                     | (An illegal flag pull is defined as pulling the flag before the receiver has the ball or diving for the flag) |
| - Illegal rush      | 10 yards and automatic first down   |

The following offensive penalties will be enforced:

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| - Illegal motion       | 5 yards and loss of down                         |
| - Illegal forward pass | 5 yards and loss of down                         |
| - Flag guarding        | 10 yards from line of scrimmage and loss of down |
| - Delay of game        | 10 yards and loss of down                        |