

## Men's 5 v 5 Flag Football Rules & Game Play

### Time of Game

1. Each game will consist of two 25 minute halves (running clock). Half time will be two (2) minutes.
2. Clock will stop for timeouts, delay of games, & injuries.
3. Each team will receive two (2) 30 second Timeouts per game.
4. Teams will have 30 seconds to snap the ball once it has been spotted otherwise a delay of game penalty will be called.

### Gameplay and Scoring

1. Games will be played 5 players vs. 5 players. Teams may field a minimum of four (4) players at any given time.
2. The clock will begin running at scheduled start times. Forfeits will be declared after five minutes if a team cannot field the minimum of four (4) players.
3. A coin flip will decide the game's first possession.
4. Offense begins every possession from its 5 yard line.
5. The offensive team has 4 downs to reach the first orange field line to achieve a first down and another four downs to reach the second orange line. The offense then has four more downs to reach the end zone for a score. If the offense is unable to get a first down or score, the ball will be turned over to the defense and the ball will be placed on their own five-yard line.
6. There are no kick offs or punts.
7. A touchdown is worth 6 points
8. Extra Point: a conversion from the five-yard line is worth one (1) point. A conversion from the ten yard line is worth two (2) points. The defense cannot return an extra point attempt for a score.
9. Sudden Death Overtime will occur if teams are tied at the end of regulation. A coin flip will determine which team gets possession first. The first team to score in overtime wins.
10. Mercy Rule—if one team leads another by 35 points or more that team will be declared the winner.

### Blocking/Contact/Tackling

1. All blocks must be above the waist and below the neck. Absolutely no blocks in the back!
2. Blockers may not leave their feet to make a block.
3. A legal tackle occurs when a defender removes one of either ball carrier's flags without physically grasping the player.
4. A player is also down if any knee, elbow or main trunk of the body touches the ground.
5. If a flag is missing or falls from the ball carrier without being pulled then the ball carrier will be called down when touched by any defender.

### Penalties

1. Penalties will be assessed from the line of scrimmage **except for** defensive pass interference, tackling, and pushing a runner out of bounds. These penalties will be assessed at the spot of the foul and be an automatic first down.
2. **Minor penalties** - Ten (10) yard penalty, no loss of down. Includes, but is not limited to: stiff arming, flag guarding, offside, false starts, illegal formations and procedures, illegal contact, illegal rushes, delay of game and other minor infractions.
3. **Major Penalties**—Unsportsmanlike penalties such as tackling are a serious offense. One unsportsmanlike warning will be given to the entire offending team. A second offense will result in ejection of the player and may result in a forfeit for the team. Depending upon the severity of the act, the official may or may not issue a warning before ejection from the game. Any player or team ejected will be asked to leave the site immediately.
4. Only the team captain may ask the official questions regarding rule clarifications and interpretations. Players cannot question judgment calls.
5. Games cannot end on a defensive penalty, unless the offense declines the penalty.
6. The official's decision is final and may not be protested.

### Miscellaneous Game play Rules

1. Defenders rushing the quarterback must be at least 7 yards from the line of scrimmage.
2. All players are eligible to rush once the ball has been handed off, tossed, or a play-action fake occurs.
3. The quarterback may not run with the ball past the line of scrimmage. A ten (10) yard penalty will be assessed.
4. The center must snap the ball between the legs.
5. All players are considered eligible receivers.
6. The center may not take a direct handoff back from the quarterback.
7. One foot in bounds and possession of the ball constitutes a catch.
8. Spinning with the ball is an allowable move.
9. Only one player may go in motion on any given play (no shifts).
10. There are no live ball fumbles. The play is ruled dead and the ball is spotted where the offensive player fumbled, not where the ball hit the ground.

### Equipment/Clothing

1. Clothing must be tucked in underneath flags. Shirts must be tucked into shorts/pants at all times.
2. No metal baseball cleats are allowed!!
3. Any use of headgear or shoulder pads is prohibited.
4. No jewelry of any kind is allowed to be worn.

Players may only sign and play on one team roster

**Absolutely NO ALCOHOL allowed on site**

