

# 5on5 Flag Football Rules



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**AGE DIVISIONS (Boys/Girls in K-5<sup>th</sup> grades)**

## **TEAMS**

Teams in each division will consist of a minimum of 5 players and a maximum of 10 players.

## **THE FIELD**

50-yards long by 30-yards wide, with 2 end zones that are 10-yards.

## **RULES**

- Each team must field a minimum of 5 players to start the game and will play 5 on 5.
- 2-4 games will be played on the same field with two teams at the north end and two teams at the south end. A coin toss determines first possession.
- If a ball is intercepted and run back, it is a touchdown.
- **K/1<sup>st</sup> Grade/Rookie Division:** The offensive team takes possession of the ball at its 5-yard line (45-yard line) and has **four** plays to cross midfield (25-yard line). If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line. Once a team crosses midfield, it has three plays to score a touchdown.
- **2<sup>nd</sup>-5<sup>th</sup> Grade/Pro Division:** The offensive team takes possession of the ball at its 5-yard line (45-yard line) and has **three** plays to cross midfield (25-yard line). If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line. Once a team crosses midfield, it has three plays to score a touchdown.
- All possession changes start on the offense's 5-yard line with the exception of interceptions which may be run back. If the flag is pulled before a player scores, then the ball is spotted on the 5 -yard line and the team that gets the interception starts its offensive drive.
- The game is made up of 2-20 minute halves with a 5-minute half time. Possession changes to loser of coin toss for the 2nd half. The clock does not stop for any reason including injuries and timeouts. The clock will keep the official time.
- You get one timeout in the last 30 seconds of the half and end of game to run 1 more play (no more than 1 play shall be run).
- 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. You may play with one coach per team on the field in an effort to assist the players in plays and position before the snap of the ball.

## **RUNNING**

The Quarterback cannot run with the ball. The QB is defined as the person who receives the snap from the center regardless of where he/she comes from on the field. Whoever receives the snap is automatically the QB and may not run the ball, nor can the defense cross the line of scrimmage. Only handoffs behind the line of scrimmage are permitted. The Offense may use multiple handoffs. The player who takes the handoff can throw the ball from behind the line of scrimmage. Once the ball has been handed off, all defensive players are eligible to rush. Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving). **The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.** Backwards pass or lateral is unlimited anywhere on the field. If the ball is fumbled it is automatically a dead ball. If it is fumbled during the snap, you may continue the play.

## **PASSING**

Shovel passes are allowed. The quarterback has a 7-second "pass clock" when the 7-seconds are up, the quarterback is down and the ball returns to the line of scrimmage. Once the ball is handed off, the 7 second rule is no longer in effect. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage). Only one player is allowed in motion at a time. A player must have at least one foot inbounds when making a reception.

## **DEAD BALLS**

The ball must be snapped between the legs, not off to one side, to start play. Substitutions may be made on any dead ball. Play is ruled "dead" when:

- Ball carrier's flag is pulled
- Ball carrier steps out of bounds
- Touchdown is scored
- Ball carrier's knee hits the ground
- Ball carrier's flag falls off
- Fumble occurs

## **FUMBLES**

ALL fumbles result in a dead ball with the exception of a fumble on the snap under center only The QB may pick up the ball and continue the play. If the ball is fumbled on a shotgun snap it is a dead ball. If the ball is fumbled down field, then the play is dead at that spot. The opposing team cannot recover a fumble.

## **RUSHING THE QUARTERBACK**

You cannot rush the QB. If the quarterback has not passed or handed off the ball after 7-seconds then the ball is dead and there is a loss of down. The defense cannot cross the line of scrimmage until the QB has handed off the ball. Crossing the line of scrimmage before the QB has handed off the ball or passed it will result in a penalty.

## **BLOCKING**

There is NO blocking. Intentionally running into another player or putting hands on another player is not allowed.

## **SPORTSMANSHIP MONITORING**

If the referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any un-sportsmanlike act, the game will be stopped and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.** Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators.) If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.

## **PENALTIES:**

### **DEFENSE**

- Off sides = 5-yards and automatic first down
- Interference = 5-yards and automatic first down
- Illegal contact (holding, blocking, etc.) =5-yards and automatic first down
- Illegal FLAG pull (before receiver has ball) =5-yards and automatic first down
- Illegal rushing = 5-yards automatic first down

### **OFFENSE**

- Illegal motion (more than one person moving, false start, etc.) = 5-yards and loss of down
- Blocking = 5- yards and loss of down
- Illegal forward pass (pass thrown beyond line of scrimmage) = 5-yards and loss of down
- Offensive pass interference = 5-yards and loss of down
- NO stiff arming is allowed. If a stiff arm occurs the play will be dead at the spot of the stiff arm.
- FLAG guarding = 5-yards from the spot of the foul loss of down. Altered flags will be counted as FLAG GUARDING and result in a 5-yard penalty and loss of down.
- Delay of game = 5-yards and loss of down
- Games cannot end on a defensive penalty, unless the offense declines it.

### **SCORING**

We do not keep score in this league.

### **ATTIRE**

Cleats are allowed, except for metal spikes. Inspections must be made.