



# Flag Football – Adult 5 v 5

## Rules and Regulations

9-3-08

### Basic Set Up

- I. Number of Players: There will be a maximum of 5 players per team on the field. All players are considered eligible to receive a pass. A minimum of 3 players must take the field to avoid forfeiture of the game. A maximum of 15 players may be on the roster.
  
- II. Equipment
  - The Ball: The Regular official size ball will be used in the 5 v 5 format
  
  - Flags: All teams must use the Triple Threat (three flags) style. Visit [USFTL.COM](http://USFTL.COM) for more info.
  
  - Shoes: Rubber cleats may be worn but no metal spikes or screw-ins are permitted.
  
  - Jerseys: All jerseys must be of matching color and tucked in at all times. Home team is responsible for jersey change if a color conflict occurs.
  
- III. Scoring:
  - a. Touchdowns are worth 6 points
  - b. Extra Points
    - i. After a touchdown is scored, a team may earn 1 extra point by successfully running or passing into the end zone from 5 yards out
    - ii. After a touchdown is scored, a team may earn 2 extra points by successfully running or passing into the end zone from 10 yards out
  - c. Safeties are worth 2 points
  - d. Mercy Rule:

If a team is ahead by 17 points or more at the 2-minute warning of the second half, the game shall be over. If, at any time after the 2-minute warning in the second half, a team scores to go up by 17 or more points, the game shall be over with the leading team getting the win. This same rule applies if a team is ahead by 30 points or more with 5 minutes remaining in the game.
  
- IV. Blocking: Contact Blocking will be permitted as long as all blocks take place from the front between the SHOULDERS and the WAIST.
  - The receiver may be bumped only 1 time within 5 yards of the line of scrimmage from the front between the SHOULDERS and WAIST.

# Game Time Management

**Both teams need to be ready to play 15 minutes prior to their scheduled time in case of prior forfeits or mercy rules. This may assist in keeping later games on schedule by compensating for any delays in other games.**

## I. Coin Toss:

- a. Coin Toss shall begin each game. The Captain winning the coin toss may elect:
  1. Offense
  2. Defense
  3. Which goal to defend
  4. Defer choice to second half
- b. The Captain losing the coin toss may then elect from the remaining options
- c. At the start of the second half, the choice of options shall be reversed

## II. Possession:

- a. The Offense takes possession of the ball on their own 5 yard line and has three (3) plays to cross mid-field. Crossing mid-field gives the offense three (3) more plays to score. If the Offense fails to cross mid-field in 3 plays, or fails to score after crossing mid-field, the opposing team takes over possession at their own 5 yard line.
- b. All offensive possessions start on one's own 5-yard line except possessions resulting from an interception. The line of scrimmage after an interception is determined by the result of the return of that interception.
- c. To start a play, the ball must be snapped through the legs and not tossed off to the side. Direct snaps to a player other than the quarterback are legal.

## III. Ball in Play:

- a. The ball is considered dead when
  - i. A snap to the quarterback hits the ground
  - ii. A fumble hits the ground (NO fumble recoveries allowed.)
  - iii. A Ball Carrier's knees or elbows touch the ground
  - iv. A Ball Carrier steps out of bounds or touches the wall with any body part
  - v. A Ball Carrier's flags are legally removed. (If the ball carrier's flags accidentally fall off, play shall revert to 2 HAND TOUCH between the SHOULDERS and the KNEES.

### b. Play Clock:

Each team shall have 25 seconds from the end of the last play to snap the ball

### c. Game Length:

Regular League Games will consist of two (2) 20-minute halves. Each team is allotted 1 time out per half. There is no other stoppage of play except for serious injury. Any significant stoppage of play for injury may result in that game being suspended. If the game is suspended in the second half, that game will be considered completed with the final score being recorded. If the stoppage occurs any time prior to the start of the second half, that game will be re-scheduled with

play resuming with the same score and time resuming as when play was originally interrupted.

IV. Running Plays:

- a. The Quarterback may run the ball at ANY TIME
- b. Legal Laterals and Pitches are permitted ANYWHERE on the field
- c. The player who receives the hand off can throw the ball as long as he does not cross the line of scrimmage
- d. The player who receives a handoff or lateral may always run with the ball

V. Passing Plays:

- a. Backward Passes – Laterals and shovel passes are allowed
- b. Only One forward pass per down
- c. Any player passing the line of scrimmage may Not then return to the original side of the line of scrimmage to attempt a pass. That would be ruled an illegal pass
- d. The Quarterback has an unlimited amount of time to throw the ball determined by the pressure of the defense.
- e. Interceptions may be returned. (Intercepting an extra point(s) attempt and returning it the opposite end zone with result in points for the returning team equal to the number of points determined by the attempting team. Ex. Returning a 2-point conversion attempt would result in 2 points for the returning team.)

VI. Receiving:

- a. All Players are ELIGIBLE
- b. A player must have at least one foot in bounds for a legal catch
- c. A passed ball MAY be caught or intercepted after hitting the wall or netting in the END ZONE ONLY. Any ball hitting the walls or netting on the sidelines will be ruled dead, and thus incomplete.

VII. Rushing the Quarterback:

- a. Any number of players may rush the quarterback from the line of scrimmage
- b. Rushers must go for the quarterback's flags and are NOT allowed to make any contact. You must go for the flag and not any particular part of the quarterback's body (arms, knees, etc).

## Rules and Penalty Enforcement

I. Offensive Penalties

- All offensive fouls will be penalized 5 yards from the line of scrimmage AND a loss of down
- a. **Illegal Motion** - More than 1 person moving at the snap, false start, illegal snap
- b. **Illegal forward pass** - pass thrown from beyond the line of scrimmage or a second forward pass on the same play
- c. **Offensive Pass Interference** - Illegal Pick Play or illegal hand contact with the defender

- d. **Flag Guarding** - Any attempt to swipe at the defenders' hands preventing the flag pull
- e. **Delay of Game** - Not snapping the ball within the allotted time  
The clock will not start until the next legal snap.
- f. **Illegal Contact** (holding, contact to the head, overly aggressive behavior)
- g. **Illegal Formation** -The offense must have at least 3 players on the line of scrimmage.

## II. Defensive Penalties

- All defensive fouls will be penalized 5 yards from the line of scrimmage AND an automatic first down

- a. **Offsides / Encroachment**
- b. **Defensive Pass Interference**
- c. **Illegal Contact** - Holding, contact to the head, overly aggressive behavior
- d. **Illegal Flag Pull** - Pulling a runner's flag before he has the ball
- e. **Roughing the QB or Center** - You must allow the Center adequate time to stand straight up before contact can be made  
*Excessive roughing may penalized with ejection from the game and possible suspension in future games*

**Games can NOT end on a defensive penalty unless declined by the offense.**

## III. FLAGRANT FOULS (Any Flagrant foul contact whatsoever)

Tackling, elbows, cheap shots, illegal contact, taunting, or similar unsportsmanlike conduct shall not be tolerated. The official may stop the game, eject the player, administer a 10 Yard penalty and an automatic first down. The game may also be stopped after excessive inappropriate behavior with the offending team receiving the forfeit loss.

## IV. Miscellaneous

Referee fees of \$15 per team per game must be paid to the referee prior to the coin toss. Failure to provide fees will result in that game being cancelled and the offending team receiving a forfeit. A forfeit fee of \$30 may be charged to your team's account at management's discretion should forfeits become repeated. Multiple forfeits or excessive abusive behavior may lead to expulsion from the league with no refund of payment.

Soccer City will make every attempt to start your game at the time noted on your schedule. Should your team not be ready to start, your team will receive the forfeit.

Thank you and enjoy the game.

We appreciate you playing at Soccer City and will make every effort to provide your team a great place to play.