5 on 5 Flag Football Rules

Players

- Teams must field a minimum of four (4) players at all times.
- Teams consist of 7-10 players (5 on the field with substitutes).
- 1 Coach from each team can be on the field to call plays and organize players.
- Substitutions may be made on any dead ball.

Basic Game Play

- A coin toss determines first possession. The other team chooses direction.
- Initial possession will start on the offense’s 5-yard line.
- The offensive team has 6 plays (1st/2nd Grade), 5 plays (3rd/4th grade), or 4 plays (5th/6th grade) to cross midfield. Once a team crosses midfield, that team has the same number of plays to score a touchdown.
- If the offense fails to convert or score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- The ball can be snapped between the legs or to the side.

Timing

- Each time the ball is spotted, a team has 30 seconds to snap the ball from the whistle.
- Teams will receive one warning before a delay-of-game penalty is enforced.
- Each team has one 60-second and one 30-second time out per half. (This doesn’t stop the clock; it just gives you extra time to organize a play).
- Games are played in two 25 min. halves, with a 5 min. halftime.
- Teams change sides after the 25 min half, but possession will not change.
- Game times will start and end promptly to maintain schedule.
- No overtime, games end as no score is taken.

Passing

- The quarterback has a ten second “pass clock.” If a pass is not thrown within the ten seconds, play is dead, loss of down (same as incomplete pass).
- Once the ball is handed off, the ten-second rule is no longer is in effect, but everyone can rush.
- The player who takes the hand off or pitch can throw the ball from behind the line of scrimmage. Everyone can rush as soon as the ball is handed off.
Receiving

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- A player must have at least one foot inbounds when making a reception.

Running

- The quarterback cannot cross the line of scrimmage with the ball (even if they are rushed). They must throw it, pitch it, or hand it off.
- Offense may also use multiple handoffs.
- No Center Sneaks: The Center is not eligible to take a hand off or pitch but can go out for a pass.
- FLAG GUARDING is illegal:
  - Spinning and juking is allowed, but players cannot push or block defensive players (including their hands) from grabbing the flags.
  - Also, do not jump over defensive players.
- The ball is spotted where the ball carrier’s feet are when the flag is pulled, not where the ball is.

Rushing the Quarterback

- All players who rush the quarterback must be 10 yards from the line of scrimmage when the ball is snapped. The referee will designate 10 yards from the line of scrimmage.
- Players not rushing the quarterback may defend on the line of scrimmage.
- Once the ball is handed off, the 10 yard rule is no longer in effect, and all defenders may (rush) go behind the line of scrimmage.
- Defenders starting on the line of scrimmage may not defend potential receivers behind the line of scrimmage until the ball is thrown or handed off.

Dead Balls

- Play is ruled “dead” when:
  — Ball carrier’s flag is pulled.
  — Ball carrier steps out of bounds.
  — Touchdown or safety is scored.
  — Ball carrier’s knee hits the ground.
  — Ball carrier’s flag falls out.
Fumbles and Interceptions

- The ball remains live during a fumble and interception.
- Please note: A muffed snap (initial exchange between center and quarterback) does NOT count as a fumble. Normal rushing rules still apply.
- Fumble and interception returns will be allowed in all age divisions.
- Fumbles and interceptions will be played from the spot of play (not from the offense’s 5 yard line). If the spot of play is short of midfield, the offense has all their allotted plays to get a first down.

Sportsmanship/Roughing

NO BLOCKING OR TACKLING IS ALLOWED. Penalties will be given to any players or teams blocking or tackling. Keep in mind incidental contact is part of the game, referees will use their best judgment when determining a block or tackle.

If the site supervisor or referee witnesses any acts of blocking, tackling, or unsportsmanlike act, the game will be stopped and the player, or coach, will be given a warning. The site supervisor will be notified of any further violations. If violations continue, the player may be ejected from the game, or the team may forfeit.

Demeaning language is not tolerated. Officials have the right to determine degrading language. This could be in the form of yelling, offensive language, trash talk, or any humiliating and undignified communication. If demeaning language occurs, the referee will give one warning to the coach of the offending team and notify the site supervisor. If it continues, the player, spectator, or coach will be ejected from the game and must leave the field.

Attire

- Cleats are allowed, except for metal spikes. Cleats spikes must be 1/2 inch or less.
- Jerseys must be tucked in and/or inside of the flag belts to prevent flag guarding.

Scoring – if your team decides to keep score

- Touchdown: 6 points
- Extra point: 1 point (played from 5-yard line) or 2 points (played from 10-yard line)
- Safety: 2 points
Penalties

All penalties will be called by the referee. Please note: referees will do their best calling penalties. Referees will try to be more strict in calling penalties for 5th/6th grades, than 1st/2nd. Please be understanding & patient with the referees. If you have specific questions or concerns, please contact the site supervisor at the field.

Defensive:

Offsides 5 yds & replay down
Illegal rushing 10 yds & replay down
( starting rush from inside 10- yd marker)
Pass Interference 10 yds & replay down
Illegal flag pull 10 yds & replay down
(before receiver has ball)
Illegal contact 10 yds & first down
(tackling)

Offensive:

Offsides 5 yds & loss of down
Delay of game 5 yds & loss of down
Illegal forward pass 10 yds & loss of down
(pass made in front of line of scrimmage)
Offensive pass interference 10 yds & loss of down
(pushing off of defender)
Flag guarding 10 yds & loss of down
Illegal contact 10 yds & loss of down
(holding, blocking, etc.)
Field Dimensions

Playing Field (30 yds x 50 yds) + End Zones (10 yds)