

5v5 FLAG FOOTBALL RULES



WAIVERS & ROSTERS

- All players, coaches, and assistants must sign a 'liability waiver' to participate. If under the age of 18, a parent or guardian must sign the waiver. NO WAIVER, NO PLAY, NO EXCEPTIONS. No one may play on two teams in the same league. (Exceptions include Coed and Youth leagues.)
- All players must be on a team roster prior to participating in league play.

PLAYER ELIGIBILITY

- Management may request ID on a player at anytime, to verify age and/or identity. A team using an ineligible player may forfeit all games where that player played and the player will be suspended for up to 1 year. A team using a player who did not complete a waiver prior to playing will forfeit that game.
- You must be at least sixteen (16) years of age to play in adult leagues.
- If you have been paid to play professionally (indoor or outdoor) within the last 6 months, or are now doing so, you are only eligible to play at the highest level available at this facility.

PLAYING FIELD

Length: 60 Yards
Width: 25 Yards

GAME CLOCK

- Two (2) 15-minute halves with a running clock except for the final two (2) minutes of the 2nd half. The clock stops for incomplete passes, out of bounds, change of possession, extra point attempts, and penalties.
- After the ball is spotted, the offensive team has 30 seconds to snap the ball.
- Each team gets one (1) thirty (30) second timeout per half.
- Halftime will be one (2) minutes.

COIN TOSS

- A coin toss will determine which team gets the ball first.
- Possession will alternate at the half and switch direction.

SCORING

- Touchdown: 6 points
- Safety: 2 points
- Extra Point, 5 yards out 1 point
- Extra Point, 10 yards out 2 points, run allowed
- Defensive teams can return extra points for 1 or 2 points

THE GAME

- All drives begin on the 5-yard line, unless intercepted.
- Interceptions may be run back. Ball is spotted where the player's hips were when the flags were pulled.
- If the interception takes place in the end zone and the player takes a knee, the ball will be spotted on the 5-yard line.
- If a player's flags fall off without being pulled by a defensive player, the ball will be spotted at the point where the flags hit the field.
- A player MAY NOT leap to advance the ball.

- A defensive player may leave his feet to bat down a pass, or in an attempt to pull flags. (ex: A player may not dive from the 1-yard line to cross the goal line.)

OVERTIME

- If the score remains tied at the end of regulation, teams will have 3 plays from midfield to score.
- Coin toss determines possession.

EQUIPMENT

- Shirts MUST be tucked in at ALL TIMES!
- No jewelry may be worn.
- Teams may use their own football.
- Football spikes, cleats or tennis shoes will be permitted. NO metal spikes will be allowed.
- SoccerCity will provide flags. Teams may not use their own flags.
- Each team must have the same color "jersey". Numbers are not required.

OFFENSE

- Except for after an interception, possessions start on the 5-yard line.
- Teams have 3 downs in which to advance the ball past mid-field for a first down.
- After achieving a first down, teams have three downs to score a touchdown.
- The center must be on the line of scrimmage at the start of the play, and must snap the ball between his legs.
- Only one player in motion will be allowed for receivers and running backs.
- The ball will be spotted at the point where the player's hips were when his flag was pulled, unless the player is running backwards, in which case it will be spotted at the point of the ball.
- The ball and flags must be over the line for a first down or touchdown.

PASSING

- The QB has 7 seconds in which to pass the ball. Failure to pass the ball in 7 seconds will result in an offensive penalty.
- Players must be over the line of scrimmage in order to receive a pass.
- Shovel passes are allowed, but must be received beyond the line of scrimmage.
- The QB cannot rush the ball, and must be behind the line of scrimmage when the pass is thrown.
- Interceptions change the possession of the ball at the point of the interception. Interceptions are the only changes of possession that do not start on the 5-yard line.
- QB can jump to throw a pass even if being pursued by a rusher; if the QB does not throw the ball when he jumps, he will be penalized for flag guarding.
- Flag guarding in the end zone is a safety.

RECEIVING

- 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 in bounds when making a reception.
- No illegal picks on defensive players will be tolerated.

RUSHING

- The offense can run the ball if the QB hands it off to a player in the backfield. (Pitches are not allowed).
- The player receiving the handoff has the option to pass until he crosses the line of scrimmage.

- The 7-second clock is not in effect after a handoff.
- The QB cannot run with the ball.
- Absolutely NO laterals or pitches of any kind are allowed.
- "No-running zones", located 5 yards from each end zone and 5 yards on either side of midfield, are designed to avoid short-yardage, power-running situations. However, a team may run the ball when attempting a 2-point conversion.
- No runs will be allowed for a 1-point conversion.
- The player who takes the handoff can throw or run the ball.
- 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 flags are when the flag is pulled.

FLAGS

- Pulling the player's flag before he has possession does not count as a tackle. If the player unintentionally juggles the ball, a flag pull before possession is not a tackle. You must then touch the player below the head.
- A player cannot intentionally juggle the ball to progress it and (or) to avoid a flag pull. This is a judgment call by the referee.
- If a player enters the game without flags and receives the ball, he is down at the point of possession.
- If a player's flag falls off without being pulled by the opponent, he is down at the point that his flags hit the field.

DEFENSE

- Any defensive player can rush the quarterback as long as they start 7 yards back from the line of scrimmage. Unless there is a handoff, the referee will provide the 7-yard spot before each play. There is no limit on the number of players who rush the QB.
- Rusher can go for the QB's flag or to bat down the pass. If the rusher hits the QB's hand or arm it is considered illegal contact.
- The rusher has a direct line to the QB only if he positions himself at an angle to the QB. If he lines up with the center between himself and the QB, he does not have the right of way, and must go around the offensive player.
- Any defensive player can rush immediately AFTER a handoff occurs.
- NO tackling is allowed.
- Interceptions can be returned by the defense.
- A safety will result in 2 points for the defense and a change of possession.
- There are no fumbles; once the ball hits the ground it is a "dead ball". The ball will be spotted at the point of the "fumble".
- Interceptions on extra point attempts may be returned for 1 or 2 points depending on what the offensive team was attempting on the play.

OFFENSIVE PENALTIES

- Fighting: IMMEDIATE EJECTION, 15-yard penalty.
- Players responsible for fighting will be ejected and must leave the facility. Players will be under a 1-YEAR SUSPENSION from SoccerCity Flag Football League.
- Any foul or abusive language directed at referees or opposing teams will not be tolerated, and the referees have the right to eject players for this. Your team will be warned once and only once about this.
- The following penalties will result in a 5-yard penalty and repeat down from L.O.S.:
 - Taunting, Illegal Snap, False Start
 - Impeding Rusher, Blocking Downfield, Illegal Pick
 - Pass Interference, Illegal Forward Pass, Illegal Handoff,
 - Illegal Run, Delay of Game and Illegal Motion

- Flag guarding will result in a 5-yard penalty and a loss of down from spot of foul.

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- The following penalties will in a 5-yard penalty and an automatic first down from foul:
 - Off-sides, Illegal Rush, Illegal Contact
 - Holding, Pass Interference, Roughing the QB
 - Delay of Game, Illegal Push and Taunting
- Pass interference penalty will be spotted at the foul and an automatic first down.