

ADULT FLAG FOOTBALL RULES 5V5

ROSTER REQUIREMENTS:

- ALL TEAMS WILL BE REQUIRED TO PAY \$300 OF THE LEAGUE FEE ON WEEK 1. THE REST OF THE \$1250/TEAM MUST BE PAID BY WEEK 4.
- EVERY PLAYER WILL ALSO BE REQUIRED TO PURCHASE A PLAYER'S CARD BEFORE THEY ARE ABLE TO (\$25)
- ALL PLAYERS MUST PLAY IN AT LEAST 4 REGULAR SEASON GAMES IN ORDER TO BE ELIGIBLE FOR THE PLAYOFFS. **IF PLAYER DOESN'T CHECK IN AT DESK, GAME DOES NOT COUNT AS GAMES PLAYED**
- TEAMS ARE ALLOWED TO MAKE CHANGES TO THEIR ROSTER UP UNTIL WEEK 4 OF THE REGULAR SEASON. AFTER WEEK 4, THE ROSTERS MUST BE LOCKED IN AND NO CHANGES CAN BE MADE
- ONLY ROSTERED PLAYERS ARE ALLOWED TO PLAY IN THE PLAYOFFS. IF A PLAYER DOES NOT APPEAR ON THE ROSTER, THEY ARE INELIGIBLE FOR THE PLAYOFFS.
- A MINIMUM OF 4 ROSTERED PLAYERS ARE REQUIRED TO START A GAME.

IF A TEAM HAS ENOUGH PEOPLE, BUT THEY AREN'T LISTED ON THE ROSTER, THE GAME IS COUNTED AS A FORFEIT. A TEAM IS ALLOWED TO PICK UP A PLAYER TO SUB FOR THEM TO AVOID A FORFEIT ONLY IF THEY HAVE 4 ROSTERED PLAYERS FROM THEIR ACTUAL TEAM. IF THEY HAVE AT LEAST 5 PLAYERS FROM THEIR ROSTER, THEY AREN'T ALLOWED TO PICK UP ANY SUBS. **NO SUBS ARE ALLOWED IN THE PLAYOFFS.**

- TEAMS HAVE THE SAME COLOR SHIRTS HAVE AN ALTERNATIVE COLOR (ONE DARK COLOR/ONE LIGHT COLOR). IF BOTH TEAMS ARE WEARING THE SAME COLOR, THERE WILL BE A COIN TOSS, AND THE LOSING TEAM WILL NEED TO CHANGE INTO A DIFFERENT COLOR OR PENNIES. FAILURE TO PROVIDE A SECONDARY UNIFORM OR UNWILLINGNESS TO CHANGE WILL RESULT IN A FORFEIT.

RULE; OVERVIEW : THE GAME

- Game Time is FORFEIT TIME – upon approval by a Longplex director
- Minimum 4 players to start a game. May only have up to 5 players on the field at any one time
- A coin toss determines 1st choice, the team can elect to throw off, receive or defer their choice to 2nd half. Choice in the 2nd half will be awarded to the team that did not have the choice 1st half.
- Game Start & 2nd half starts with a throw off. **This is a live play, if the return team possesses the ball inbounds they may attempt a return.**
- If no return was possible the offensive team takes possession of the ball at their 5-yard line (WHITE DOT) and will have 4 downs to cross mid field to receive a first down. If the offensive team fails to cross mid-field after 3 downs the offensive team may choose to punt (**Throw Off**) If the offense chooses to attempt a 4th down & doesn't convert the ball changes possession. Once a team crosses mid-field they have four downs to score. If the offense does not score, the ball changes possession. All drives start from the 5-yard line apart from interceptions, punts and kickoffs

GAME CLOCK FORMAT

- Game clock is 50 minutes long. Two 25-minute halves and 1-minute halftime.
- Each team has three 30 second timeouts PER GAME. Timeouts are signaled to the scorekeeper from the refs and are tracked by the scorekeeper. This is final. Only a ref can issue a timeout.

FIRST HALF CLOCK

- The clock will run continuously during the 25 minutes of the first half unless a team timeout is used or play is stopped by an official (e.g. deal with an injury, challenge, referee conference, game management purposes, etc.)
- The clock will run during point-after-touchdown attempts (PATs) in the first half unless the defense opts to use a team timeout whereas it will stop until the snap.

SECOND HALF CLOCK

- In the second half the clock will run continuously for the first 24 minutes unless a team timeout or an official's time out is used.
- The one-minute warning will stop the clock in the second half if the score difference is 12 points or less. The official will give a verbal one-minute (for rule specific changes) and one-minute warning as close as possible to the actual marks but will not interrupt a live play.

ONSIDE KICK

- The last two minutes of the game team electing to onside kick has to be within 12 points or less. team must go for 2 points on pat prior to the onside kick. if they go for 1 they are not eligible to onside kick. if they meet requirements the team gets one play from the 20-yard line to score. If they score, they then get the ball back on their own 5-yard line (white dot) and have to drive the distance of the field. teams cannot onside kick when the game is tied. they have to be down. Clock rules remain the same as regular game rules

OFFENSE

- The center and a MINIMUM of two other players must be lined up on the LOS at the time of snap.
- There are no handoffs for a run or QB Sneaks behind the LOS.
- Teams may handoff, pitch or throw back in the backfield. UNLIMITED laterals or throwbacks behind the LOS are allowed for the player to remain eligible to pass. If the player chooses to run it's a 5 yard penalty and loss of down.
- Pitching (backwards/laterally) is allowed downfield (unlimited).
- A forward pass must cross the LOS to be a legal play.
- Ball is spotted where the furthest most back foot is at the time of the flag pull.
- The ball and flags must break the plane of the midfield or goal line to be considered a first down or touchdown.

PASSING

- A forward pass must cross the LOS to be a legal play.
- If ANY part of the players body is behind the LOS it is a legal pass
- If the ball is in hand of the quarterback but the quarterback's arm is in FORWARD motion a sack will not be awarded.
- The rusher may not have any contact with the QB arm (no hitting the QB arm or knocking the ball out of the QB hand)
- Interceptions may be returned.

RECEIVING

- All players are eligible to receive a pass, including the quarterback, if the ball has been pitched or handed off in the backfield
- Players must have at least one foot in bounds when making a catch.

Running

- No Run Plays Allowed

BLOCKING

- CONTACT IS ALLOWED: Contact allowed between shoulder and waist
- Players may block down the field. Blocking downfield is only allowed once the ball is completed
- Crackback Blocking and Blindside blocking is NOT allowed. Crack-back block is a blind-side block on a player by an opponent who starts downfield and then cuts back toward their own goal line to make contact. A blind-side block is engaging an opponent other than the ball carrier who does not see the blocker approaching.
- Blocking downfield before the ball has been touched, commonly seen through "pick plays".

RUSHING THE QUARTERBACK

- Defensive Lineman must make contact with the Offensive Lineman in order to rush
- Players may rush as long as any part of their body is not across the LOS.
- Players must be on the LOS and not in motion when rushing. An eligible rusher must be lined up on one of the offensive players that are also on the LOS. Players may not rush if these conditions are not met.

Pass Coverage

- Defensive players can Jam the receiver at the line and up to 5 yards downfield. However, you cannot hold, trip or grab the receiver.
- Pass interference normally occurs above the waist; entangled feet are not considered pass interference. Incidental contact is not considered pass interference. A player may "find" their opponent by reaching out and placing a hand on them as long as touching does not delay, impede, twist, or turn their opponent. This is not considered pass interference.
- A player may use their arms or hands to intentionally obstruct the receiver's view (face guarding) of the ball without turning their head to play the ball as long as noteworthy contact is not made with the receiver.
- If defensive pass interference occurs in the end zone the ball will be placed on the one-yard line, automatic first down.

- Interceptions may be returned. Interceptions in the end zone that are not returned to the field of play will result in a touchback and the ball will be spotted on the 5-yard line.
- Contact away from the direction of the pass is not considered pass interference but may be considered illegal contact.
- Whether a pass is catchable or uncatchable has no bearing on pass interference. The benefit of the doubt is given to the receiver. Examples of pass interference include: ● Shoving or pushing off to create separation. ● Playing through the back. ● Hook and turn: grabbing the torso and turning an opponent before the pass arrives. ● Arm bars, hooking, restricting, grabbing wrists, or turning a receiver.
- Blocking downfield before the ball has been touched, commonly seen through “pick plays”.

SCORING

- Touchdown · 6 points
- Point After Touchdown (PAT) · 1 point from the 5 -yard line, pass (White Dot)
- 2 points from the 13 -yard line (top of the arc)
- POINT AFTER TOUCHDOWN (PAT) Following a touchdown, once the scoring team has informed an official of which point conversion choice they want to attempt, the decision cannot be changed unless the scoring team uses a team timeout. If a penalty occurs during an extra point attempt, the penalty will be assessed but the extra point value remains the same. Decisions cannot be changed after a penalty. For example, if the offense attempts a 1-point PAT and is penalized five yards for a false start, they cannot change their mind and go for a 2-point PAT. They will still be attempting a 1-point try even if they call a timeout. Defensive unsportsmanlike conduct, personal fouls, or roughing penalties during a successful touchdown attempt will be assessed at half the distance to the goal during the PAT attempt (e.g., 2-point PAT attempts will be spotted at the 6-yard line, 1-point PAT attempts will be spotted at the 2.5-yard line). All other defensive penalties may be declined by the offense and the score will stand. Article 5. Dead ball fouls committed by the offense that do not carry a loss-of-down penalty may result in penalty yardage assessed and the down replayed. Article 6. Fouls by the offense during a successful PAT attempt that carry a loss-of-down penalty (flag guarding, illegal advancement, illegal forward pass, etc.) will result in the PAT being no good. Fouls by the defense or offense during an unsuccessful PAT attempt will result in a retry or no retry after the options are administered. If the PAT-attempting team throws an interception and then commits a foul after the interception during the attempted return there will be one untimed down and yardage assessed.
- Interceptions returned on PAT's are worth 2 or 1 points
- Safety 2 points

OVERTIME – PLAYOFFS ONLY

- A coin flip determines first possession.
- For the 1st overtime period, each team will receive the ball at mid-field and have 4 plays to score unless there is a penalty that dictates additional downs. Each team gets 1 possession.
- After the first overtime, the team that has the ball last, will have the ball to start the next overtime and continue switching this way until there is a winner.
- Interceptions returned for a touchdown will count as a score and effectively end the game.
- Each team will have 1 timeout per overtime.
- Overtime clocks will have 5 minutes in them and will be running clocks.

PENALTY

- Unsportsmanlike conduct-necessary roughness- 15 yards possible ejection.
- Tackling/no attempt at the flag/stripping/roughing the passer and most personal fouls are 10 yards from the line of scrimmage or from the end of the play
- Offensive holding 5-yard penalty and it is a spot foul. Offensive holding on the O-line is a 5-yard penalty repeat down
- Offensive pass interference 10-yard penalty from the line of scrimmage
- Offensive hands to the face 10 yard penalty repeat down
- False start/encroachment/delay of game/offsidess/illegal motion/illegal shift are dead ball fouls and 5 yard penalty and repeat down
- Offensive illegal formation/illegal substitution/illegal procedure/too many men on the field are 5-yard penalties from the line of scrimmage and repeat down
- Illegal forward pass while qb is over the line of scrimmage is a 5 yard penalty from the line of scrimmage and a loss of down
- Illegal forward pass while receiver has not gained the line of scrimmage is a 5-yard penalty from the line of scrimmage and a loss of down
- Illegal forward lateral/handoff is 5 yard penalty and loss of down it is a spot foul
- flag guarding/stiff arming is a 5-yard penalty from the spot and loss of down
- Defensive holding is a 5-yard penalty and automatic first down. defensive holding is assessed to the end of the play unless it is on the defensive linemen prior to the pass then it is 5 yards from the LOS and repeat down.
- Defensive pass interference is an automatic first down and a spot foul unless in the end zone
- Defensive illegal blitzing is a 5-yard penalty from the line of scrimmage and repeat down
- Illegal formation on the defense is a 5-yard penalty and repeating the down (d lineman must be within a foot back of the o lineman and has to be lined up shoulder to shoulder) three-point stances are permitted.
- Defensive illegal contact is 5-yard penalty from the line of scrimmage and automatic 1st down

PLEASE BE AWARE OF THE FOLLOWING FAQ'S OR WEIRD RULINGS AS THIS SHOULD COVER MOST OF THEM:

- If offensive holding occurs while the qb is in his endzone with the ball and both flags the result is a safety
- A forward pass has to gain the los when caught. Even an incomplete pass that does not gain the los is a penalty. this prevents qb's from spiking, intentionally throwing the ball in ground to avoid sack/stop the clock where applicable.
- There is no intentional grounding
- If the qb is in his endzone and throws an illegal forward pass the result is a safety
- On a declared punt once the ball is snapped the d lineman can jump vertically up and down and bat the ball/intercept but may not cross the los to do so
- On a declared punt once the ball is snapped the kicker has 7 seconds to throw or it will be a turnover from the spot
- There are no fake punts
- If a player steps out of bounds on his own he cannot be the first to touch the ball. it will be declared illegal touching. there is no yardage assessed but it is a loss of down
- Referees can call out play clock to you and give you verbals but this is not mandatory and not every ref has to provide a verbal every time
- Inadvertent whistles are the offense's choice. replay the down or accept the result of the play at the time of the whistle.
- A player does not have to have flags on. if a player has 1 or no flags on, he is down where he catches it.
- If a ball hits the ceiling or lights, it is a dead ball. down is over.
- There can be 2 offensive players blocking one defensive player at the same time
- There cannot be 2 (disguised d lineman). d lineman has to be easily identifiable
- If a player flag guards in his endzone the result is a safety
- If a player takes an intentional knee the play is over. if a player catches a ball and falls, he is down and the play is over.
- Any player may jump with the ball as long as the ball is released prior to touching the ground from the jump. The jumping penalty is considered a flag guard and will be treated as such as the ruling. In order for jumping to be declared it has to be the referee's discretion that it was not in the act of spinning or side strafing. it needs to appear intentional.
- Dipping is legal, however if your arm drops below the flag belt in the process of dipping while a player is trying to pull your flag it will be ruled a flag guard. if your knee touches the ground while dipping you will be considered down.
- Living, lunging as the ball carrier is not permitted and will be treated as a flag guard in reference to the ruling
- On kickoffs once the ref signals to throw you will have 30 seconds. if the ball is not thrown within 30 seconds the opposing team will receive the ball at midfield.
- On kickoffs all players have up to the designated red line to stand and qb has to release the ball before passing the red line
- If these rules are violated receiving team will receive ball a midfield

- On kickoffs and punts, you have 1 untouched bounce to pick up the ball and return. it is a dead ball on the second untouched bounce and will be spotted there
- On snaps the qb has 1 untouched bounce in front of him to pick up the ball. if the qb or center touches the ball it is dead where it lands. if the ball is in the hands of anyone and simultaneously touches the ground the result is dead where the play is. if the ball is snapped and lands over the qb's head, it is dead upon first bounce and will be spotted there.
- The d lineman has to just reach over the los immediately to be considered engaged. if the d lineman does not engage right away, he is ineligible to rush the qb. if he does engage, he is free to rush and back out of rushing as he pleases.
- There is no holding/grabbing/clenching even inside the shoulders. this will be considered a holding penalty from either side
- Flags cannot blend in with the shorts/pants etc.
- If you choose to put your gloves/towels etc. in your pants this will be considered a live flag
- If your 3rd loops of flag hardware or your shirt goes over your flags you are subject to a flag guard call
- teammates on the bench need to stay within designated red lined/bench areas that the refs designate, failure to do so will result in unsportsmanlike conduct call and ruling
- If a player is thrown out no play will continue until the player leaves the field. the ref will use discretion on the time limit to exit the field. if the player does not do so at the ref's instruction the result may be a forfeit and additional penalties

***PLEASE NOTE THIS MAY NOT COVER EVERY SINGLE RULE IN FOOTBALL. PLEASE REFER TO THE LEAGUE DIRECTOR OR REFS FOR QUESTIONS IF YOU FEEL SOMETHING SHOULD BE ADDED.**