

YOUTH FLAG FOOTBALL RULES 5V5

ROSTER REQUIREMENTS:

- All players will be required to pay \$50 of the league fee on week 1. The rest of the \$120 must be paid by week 4.
- Every player will also be required to purchase a player's card before they are able to (\$20)
- 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 that 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 get the ball first 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 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. 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 at the white dot. All drives start from the 5-yard line apart from interceptions and turnover on downs before mid field

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.

OFFENSE

- The center LOS at the time of snap.
- There are no QB Sneaks behind the LOS.
- Teams may handoff in the backfield (provided they are in a run zone)
- 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.
- QB has 7 seconds to release the ball
- 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 handed off in the backfield
- Players must have at least one foot in bounds when making a catch.
- Player must be above the LOS to receive a pass

Running

- There are no QB Sneaks behind the LOS (ball must be handed to another player)
- Teams may handoff in the backfield
- Multiple handoffs are allowed behind the LOS
- NO RUN ZONE (5 yards before 1st down marker & 5 yards before endzone)

BLOCKING

- BLOCKING IS NOT ALLOWED
- May not impede a player from rushing or attempting to grab a flag

RUSHING THE QUARTERBACK

- Defender must be 7 yards from the LOS in order to rush at the snap of the ball

Pass Coverage

- 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) (Pass Only)

POINT AFTER TOUCHDOWN (PAT)

Following a touchdown, once the scoring team attempts a 1-point PAT 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. All other defensive penalties may be declined by the offense and the score will stand. 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. 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 returned on PAT’s are worth 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.

PENALTIES

- Unsportsmanlike conduct-necessary roughness- 7 yards possible ejection.
- Tackling/no attempt at the flag/stripping/roughing the passer and most personal fouls are 7 yards from los or from the end of the play
- Offensive holding 3-yard penalty and it is a spot foul.
- Offensive pass interference 3-yard penalty from the LOS
- Offensive hands to the face 7 yard penalty
- False start/encroachment/delay of game/offsidess/illegal motion/illegal shift are dead ball fouls and 3 yard penalty
- Offensive illegal formation/illegal substitution/illegal procedure/too many men on the field are 3-yard penalties from the LOS
- Illegal forward pass while qb is over the los is a 3 yard penalty from the los and a loss of down
- Illegal forward pass while receiver has not gained the los is a 3-yard penalty from the los and a loss of down
- Illegal forward lateral/handoff is 3 yard penalty and loss of down it is a spot foul
- Flag guarding/stiff arming is a 3-yard penalty from the spot and loss of down
- Defensive holding is a 3-yard penalty and automatic first down. Defensive holding is assessed to the end of the play
- Defensive pass interference is an automatic first down and a spot foul unless in the end zone
- Defensive illegal blitzing is a 3-yard penalty from the LOS
- Defensive illegal contact is 3-yard penalty from the LOS 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
- 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.
- 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.
- Diving, lunging as the ball carrier is not permitted and will be treated as a flag guard in reference to the ruling
- 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 loop of flag hardware or your shirt goes over your flags you are subject to a flag guard call. (if 3rd loop is grabbed by defender player will be considered down)
- 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.**