

# 5 on 5 Flag Football Rules

Field size is 30 yards wide and 70 yards long, with two 10-yard end zones and a midfield line.

A coin toss determines first possession. The winner of the toss may choose to defer to the second half. To begin the second half, change direction.

The offensive team will take possession at its 5-yard line and has three plays to cross midfield. Once a team crosses midfield it has three more plays to score a touchdown. If the offensive team either fails to cross midfield or score, possession of the ball changes, and the opposition starts its drive from the spot where the ball was turned over. The offense is allowed to "punt" at any time which gives the opposition the ball at their own 5-yard line. The offense does not actually punt, they just call out that they are punting which then changes possession.

Teams will consist of 5 players on the field and an unlimited roster. Teams must always have 5 players on the field. If a team cannot field enough players, it will result in a forfeit.

Each game consists of two twenty-minute halves, with a 2-minute half time. The clock only stops for injury time-outs and time-outs requested by either team until the final minute of the game. The clock will not stop in the final minute unless the point differential is 16 or less. In timeouts, on touchdowns and PAT, and change of possession. Each team is allowed one 60-second timeout per game.

It is each player's responsibility to have his or her flags positioned squarely over each hip. If a player begins a play without two flags or if the entire flag is not accessible, and that player takes possession of the ball, the play is called dead at the spot that possession was taken.

An offensive player may not avoid a tackle by guarding his/her flag. Flag guarding consists of pushing an opponent's hand away from the flag, pushing an opponent or stiff-arming, and lowering an arm to shield the flag. If a player is called for flag guarding, the play is dead at the point of the infraction.

An offensive player may not run through a defensive player who has established position. The ball is dead at the spot of the infraction and a 10-yard penalty will be assessed.

If a player fumbles the ball, the play is dead where the ball hits the ground; there is not change of possession on a fumble. Snap of the ball to the quarterback may be fielded on one bounce, provided the ball bounces before it hits the quarterback's hands. If the ball hits the quarterback's hands, then bounces to the ground the ball is dead at that point. A ball snapped over the quarterback's head is dead at the point that it hits the ground.

A defender cannot try to rip the ball out of a ball carrier's hands. If the ball is stripped after the ball carrier has established possession it will count as a flag being pulled at the spot where the strip/fumble occurred.

A ball may only be advanced on an interception if it is the result of a forward pass from behind the line of scrimmage. If the team elects to go for two, the interception may also be returned.

If the referee witnesses any acts of tackling, elbowing, cheap shots, blocking below the waist, blows to the head, or any unsportsmanlike act, the game will be stopped, and that player may be ejected from the game. FOUL PLAY WILL NOT BE TOLERATED.

Trash talking, foul language, and verbal abuse towards the opposing team or referees may also result in an unsportsmanlike penalty and possible ejection from the game.

Substitutions may only be made during a dead ball situation.

## **Scoring**

Touchdowns are worth 6 points, safety and 2pt conversions are worth 2, and the PAT is worth 1 point. If a PAT or 2-pt conversion is intercepted and returned by the defense it is always worth 2 points. A 2pt conversion attempt is from 10 yards out and a PAT is attempted from 3 yards out.

Any number of players may rush the quarterback only after one of the players' counts one Mississippi, two Mississippi, and three Mississippi. The count must be clear and audible.

The defense may advance before finishing the count if the quarterback steps forward to imply a run, hands the ball off, or throws a lateral.

All players are eligible to receive a pass.

A player must have at least one foot in bounds when making a reception.

## Penalties

- Offsides - 5 Paces
- Defensive Pass Interference - At the point of foul and automatic first down
- Offensive Interference - 5 paces and loss of down
- Defensive Holding - 5 paces and replay of down
- Offensive Holding - 5 paces and replay of down
- Hitting below the waist - 10 paces
- Flag Guarding – Down at the spot of foul

