

# 2016 Little Elm 5 on 5 flag football Rules

## The Game

- No contact allowed. A coin toss determines first possession. Team can elect to have offense, defense, defer, or direction. Choice in the 2nd half will be awarded to the team that did not have 1st half election.
- The offensive team takes possession of the ball at their 5-yard line and has three plays to cross mid-field. Once a team crosses mid-field they have three plays to score. If the offense fails to score, the ball changes possession. If the off team fails to cross mid-field, the ball changes possession. All drives start from the 5-yard line except interceptions.
- The field shall measure 30 yards wide and 40 yards long plus 10-yard end zones.
- The playing fields will be divided into two (2) zones by one (1) line.
- A minimum number of three (3) players must be ready to play at game time or the team will forfeit.
- The game official's watch is the "official" game time. **GAME TIME IS FORFEIT TIME.** A team must finish the game with the minimum starting number. Any time a team falls below the minimum number that game is forfeited.

## Game Clock Format

- Each time the ball is spotted the offensive team has 20 seconds to snap the ball. (Officials will warn the offense when there are 10 seconds left to snap the ball). Teams must wait until the referees are set or a referee acknowledges they are prepared to start the play. If the score difference is less than 9 at the end of reg. there will be an additional 4 plays added to the end of the game. All dead ball penalties in the last minute of the game are loss of down and stops the clock.
- Tournament clock is 30 minutes long. Two 12 minute halves and a 1-minute halftime. **League play clock is 40 minutes long. Two 16 minute halves**

## Scoring

- Touchdown: 6 points
- Safety: 2 points
- Extra points are worth 1 from the 5 and 2 from the 12 – extra points can be returned for 2.

## Time Outs

- Each team has two 30 second time outs per game that can be used at any time during the game. If a time out is called after a TD the clock will not run until the change of possession and the offense snaps their ball.

## Rushing the Quarterback

- Players that rush the quarterback must be a minimum of 7 yards from the line of scrimmage when the ball is snapped.
- Players that are not 7 yards from the line of scrimmage when the ball is snapped may not enter into the backfield until there has been a change of possession. The official will designate 7 yards

from the line of scrimmage. The rusher is allowed a direct line to the quarterback as long as he rushes from either side of the center or bunch formation. The offense must avoid interfering with the rusher if he has established his lane.

### **Running**

- The quarterback may not run unless the ball has been thrown back, handed or pitched to him in the backfield.
- Teams may handoff, pitch, or throw back the football in the backfield. The player who receives the pitch or handoff may throw the ball as long as he is not beyond the line of scrimmage. Pitching (backward) is allowed downfield.
- If the ball is placed on the "Back" of ANY Player, the player MUST run the ball, no give and go to the QB on the back.
- No run zones are located 5 yards before mid-field and 5-yards before the end zone. You may not run the ball in the no run zone. Only forward passes are allowed.
- Ball is spotted where the flag is pulled. The lead flag must break the plane of the midfield or goal line to be considered a first down or TD. The ball doesn't have to cross.
- Players may screen block behind the line of scrimmage. Players may not block down field. Jumping is legal as long as it doesn't cause any contact.

### **Passing**

- The quarterback has 5 seconds to pass the ball if there is no rush. If the ball is not thrown, the play is dead. The ball returns to the line of scrimmage. (Once the ball has been handed off or pitched there is no 5-second count).
- If the defensive team rushes the quarterback there is no 5-second count. Interceptions may be returned. The rusher may not hit the quarterbacks' arm, or knock the ball out of the quarterbacks' hand. The rusher must play the flags.

### **Receiving**

- All players are eligible to receive a pass, including the quarterback, if the ball has been pitched back or handed off behind the line of scrimmage. Players must have at least one foot in bounds when making a catch. Players that run OOB during a play cannot be the first player to touch a ball when attempting to make a catch.

### **Play is ruled dead when:**

- The offensive player's flag is pulled. Ball carrier steps out of bounds. Touchdown is scored. Ball carriers' knee touches the ground. Incomplete pass. Ball hits the ground. If a player loses a flag unintentionally, the defense only has to touch the ball carrier, not pull the flag. Players may not start a play without a flag.

### **Defensive Penalties:**

- Offside-Illegal Rush. Pass interference /Face Guarding (must play/look at ball).
- Illegal contact (holding, bump and run, blocking) \* Note the officials will determine incidental contact which may result from normal run of play.

- Roughing the quarterback – the rusher may not knock the ball out of the quarterback’s hand or bump into them.
- Excessive contact – even if the defender is making a play on the ball. If the official feels it was intentional or with intent to harm the player will be ejected from the game and may be removed from the tournament.
- All defensive penalties are five yards from the line of scrimmage and automatic first down except holding – spot foul plus 5, pass interference – 15 yards from LOS and Roughing the QB, Major 15 – Minor 5.

### Offensive Penalties:

- Pre-Snap Penalties – these are not a loss of down. Illegal motion /False Start/ delay of game/ illegal equipment violation – a player may not start a play without flags
- Impeding the rush (the offensive players must avoid the rusher).
- Flag guarding (players must keep their hands above their waist). Charging (the offensive player must avoid the defender if they are set).
- Delay of game (all delay of game penalties stop the clock). Pass interference (illegal pick, pushing off defender).
- Blocking –Players may not block downfield, they may only screen block in the backfield.
- Excessive contact – If the official feels it was intentional or with intent to harm the player will be ejected from game.
- All off penalties are five yards from the line of scrimmage and loss of down except flag guarding which is a spot foul and the pre-snap penalties mentioned above.

### Sportsmanship / Roughing

- **Trash talking will not be tolerated.** The official has the right to determine language that is offensive. (Trash talking is language that may be considered offensive to the official, opposing team, or spectators). The official may eject players from the game for trash talking.
- If the official witnesses any act of tackling, elbowing, cheap shots, or any other sportsmanlike act, the game will be stopped and the player will be ejected from the game.

### Overtime Extra Point Shoot Out

- A coin flip determines first possession. Each team has one possession in overtime. They may elect to go for one or two points. If score is still tied both teams will have one play from the 5 yard line to gain as much yardage as possible. Team with the most yardage will win. An additional coin toss determines who goes first.

### Subbing

- A minimum number of three (3) players must be ready to play at game time or the team will forfeit.
- A team can pick up 2 players from another team per game.
- Each player can only be on one roster.
- If a team wishes to challenge a roster, their roster and players will be checked first.

- Each player is responsible for having a government issued ID present at the game. If a player cannot show a government issued ID, he/she cannot play in the game.
- During playoffs, every player on the team must be on their own team's roster. No team can pick up players from another team during playoffs.

### **Attire**

- Players may not have pockets or exposed drawstrings.
- Only Sonic Flags are allowed and may not be altered in any way.
- If someone scores with pockets the result will be loss of down and five yard penalty from the original line of scrimmage.
- Shirts must be tucked in or no longer than the top of the shorts.
- It is strongly recommended that all players wear mouth guards.
- No stickum or similar substance will be allowed. Infractions will result in player disqualification.
- Football pads, casts, or metal braces are not allowed (knee/elbow pads are legal).