

# ADULT FLAG FOOTBALL RULES

## 5 V 5

### 1. TEAMS

**PLAYER NUMBERS:** There will be a maximum of 5 players on the field at one time. A maximum of 10 players per team, & a minimum of 5 players per team allowed. Teams may start a game with a minimum 4 players otherwise the game will be a forfeit.

- A. Players must be at least 19 years of age or older to participate.
- B. All participants must sign a 'Waiver' & be on only 1 team roster per league division to play.

### 2. EQUIPMENT

- A. **Game Ball:** Teams must provide own ball for offensive use. (Official size/weight)
- B. **Flags:** Teams must provide own flags, 3 per belt (Triple Threat style). Flags must be permanently attached to belt.
- C. **Footwear:** Rubber football cleats are permitted, no metal spikes or screw-in cleats allowed.
- D. **Uniforms:** Teams must provide own uniforms, light & dark options are suggested. Home team has option. Sweat pants or shorts are permitted; no pockets allowed (cannot tape pockets). Jersey's must be tucked into pants at all times. No jewelry allowed (not taped). No hats with bills; beanies & heat gear are permitted.

### 3. FIELD SPECIFICATIONS

- A. 60 X 25 Yards (endzone to endzone, sideline to sideline)
- B. Mid-Field Line at 30 Yards
- C. 5 Yard Line & 10 Yard Line marked
- D. No Run Zones marked on either side of mid-field, also applicable at 5 Yard Line at either endzone.

### 4. SCORING (POINT SYSTEM)

- A. Touchdowns worth 6 Points
- B. Extra Points: *I* - 1 Point throwing from 5 Yard line  
*II* - 2 Points running or throwing from 10 Yard Line
- C. Safety's worth 2 Points
- D. **Mercy Rule:** If a team is ahead by 17 points or more by the final 2 minutes of the 2<sup>nd</sup> half, the game is over. If at anytime a team goes ahead by 17 points or more inside the final 2 minutes of the 2<sup>nd</sup> half, the game is over.

### 5. BLOCKING (OFFENSE)

- A. *I. Recreational & Coed:* Screen Blocking only. Offensive linemen must either clasp their hands in-front or behind their bodies with elbows against the body. Hands & arms may also be hanging tight against the sided of the body. Player may move feet to stay in-front of defender.  
  
*II. Men's Competitive:* Contact blocking is permitted, as long as contact is in the front between the shoulders & waist. Receivers may be bumped 1 time within 5 yards of the LOS in the front, between the shoulders & the waist.
- B. Center must snap the ball between the legs (No side tosses).
- C. Blockers are eligible to receive a pass.

## 6. OFFENSE (RUN, PASS PLAYS)

- A. QB/Pass Plays:** must line-up at least 3 yards behind line-of-scrimmage (LOS). QB may run at any time except in the No Run Zones. QB must pass from behind LOS. Only 1 forward pass per down.
- B. Run Plays:** Legal laterals, tosses & pitches are allowed anywhere on the field except in the No Run Zones. Player who receives handoff may throw the ball from behind the LOS. Player may not return to the LOS to pass a ball.
- C. Receiving:** All players are eligible. Player must have 1 foot down in bounds with possession.
- D. No players permitted to jump or dive.** Spinning is permitted, but feet must not leave the ground. Player may jump or dive to complete a catch.
- E. Ball is Dead:** if at anytime the ball hits the ground; including snaps, fumbles & incomplete passes.

## 7. DEFENSE

- A. Defensive Rusher:** any number of players may rush the QB at anytime. Rusher may not leave feet at anytime except to block a pass, as long as defender is not in contact with any offensive player. Rusher must go for player's flags, **NO QB CONTACT ALLOWED!**
- B. Defensive Backs:** may rush at anytime. May bump receiver 1 time within 5 yards of the LOS. Can intercept & return any caught ball. Extra point interceptions may not be returned.
- C. No players permitted to jump or dive for flags.** May jump to intercept or defend a thrown ball.

## GAME TIME MANAGEMENT

Both teams must be ready to play 15 minutes prior to their scheduled game time in case of prior forfeits or mercy rules. This may assist in keeping later games on schedule by compensating for any delays in other games.

## 1. COIN TOSS

- A. Coin toss will begin each game.** Visiting team captain will call option while coin is in the air. Winning team captain may elect:
  - I. Offense*
  - II. Defense, which goal to defend*
  - III. Defer choice to 2<sup>nd</sup> half*
- B. The captain losing the coin toss may then elect from remaining options.**
- C. At the start of the 2<sup>nd</sup> half, the choice of options will be reversed.**

## 2. POSSESSION

- A. The offense will start possession at the 5 yard line.** The offense will then have 3 plays to advance the ball for a first down by reaching the 30 yard line. After reaching the 30 yard line, the offense receives 3 more plays to attempt to score. If offense fails to reach either mid-field or the endzone, the other team takes possession at their own 5 yard line.
- B. All offensive teams start on their own 5 yard line, unless an interception occurs.** At this point the intercepting team takes over wherever the ball is returned.

- C. To start play, the offense must snap the ball, between the legs. Center may snap ball to QB or directly to another player.
- D. Ball is spotted where the front of the ball is located.

### **3. BALL IN PLAY**

- A. The ball is declared dead when:
  - I. a snap to the QB or another player hits the ground
  - II. a fumble hits the ground (no fumble recoveries allowed)
  - III. a ball carriers knees or elbows touch the ground
  - IV. a ball carrier steps out of bounds
  - V. a ball carriers flags are legally removed (if ball carriers flag's accidentally fall off, play shall revert to 2 hand touch between the shoulders & knees)

**B. Play Clock:** Each team shall have 25 seconds to snap the ball at the completion of the previous play.

**C. Game Length:** Regular game time will consist of **2, 20 minute halves**. Each team is allotted **2, 60 second time out per half**. Clock stops on all dead balls the final 2 minutes of the second half. *There is no other stoppage of play except for serious injury. Any significant stoppage of play for injury may result in that game being suspended. If the the game is suspended in the 2<sup>nd</sup> half, that game is considered complete with the final score recorded. If stoppage occurs prior to the 2<sup>nd</sup> half, that game may be rescheduled with play resuming from that point in time.*

### **RULES & PENALTY ENFORCEMENT:**

#### **1. OFFENSIVE PENALTIES**

-All offensive penalties will be penalized 5 yards from the LOS.

- A. **Illegal Motion:** more than 1 person moving at the snap, false start, illegal snap. Motion cannot move forward.
- B. **Illegal Forward Pass:** pass thrown from beyond the LOS or a 2<sup>nd</sup> forward pass on the same play.
- C. **Offensive Pass Interference:** illegal pick play or illegal contact with the defender.
- D. **Flag Guarding;** any attempt to swipe at the defender's hands preventing the flag pull. No stiff arms.
- E. **Delay of Game:** not snapping the ball in the allotted time (25 sec. from previous play). The clock will not start until the next legal snap.
- F. **Illegal Contact:** holding, contact to head, overly aggressive behavior.
- G. **Illegal Formation:** the offense must have at least 3 players on the LOS before the snap.
- H. **No Run Zone:** 5 yards from LOS & **LOSS OF DOWN.**

#### **2. DEFENSIVE PENALTIES**

-All defensive penalties will be penalized 5 yards from the LOS.

- A. **Offside/Encroachment**
- B. **Defensive Pass Interference**
- C. **Illegal Contact:** holding, contact to head, overly aggressive behavior.
- D. **Illegal Flag Pull:** pulling offensive players flags before there is possession.
- E. **Impeding the Runner:** grabbing ball carriers body parts, clothes; stand in the ball carriers path & initiate contact. **(5 yards from spot)**

**F. Roughing the Passer:** any contact with passer either before the ball is thrown or after. **5 yards & Automatic first down.** If play resulted in a first down, 5 yards will be added to the end of the play.

*-Excessive roughing may be penalized with ejection from the game & possible suspension in future games.*

**-Games CANNOT end on a defensive penalty unless declined by the offense.**

### **3. FLAGRANT FOULS (any flagrant foul contact whatsoever)**

-Tackling, elbows, cheap shots, illegal contact, taunting, or similar unsportsmanlike conduct **WILL NOT BE TOLERATED!** The official has the right to stop the game, eject the offending player(s), administer a 10 yard penalty & 1<sup>st</sup> down. Official may stop the game in progress in the event of excessive inappropriate behavior with the offending team receiving the loss.

-Official may allow a 5 minute cooling off period for first time offender if deemed appropriate for the situation.

-Team will forfeit when at least 4 players cannot take the field at any time.

### **4. MISCELLANEOUS**

-Teams that do not have league fee paid by the 1<sup>st</sup> scheduled game will forfeit until fee is paid in full.

-All official's rulings on the field are final & will not be argued. Only the team captain may question an official in an appropriate manner.

-Teams that forfeit 2 or more games will be removed from the league, no refunds.

-Players who receive 3 flagrant fouls in a season will be removed for the remainder of that season.

-Team captains are responsible for the payers/fans conduct before, during & after games. Teams may be penalized with flagrant fouls for inappropriate behavior at the game location at any time if deemed necessary by an official.

-Players are not permitted to play on more than 1 team in each league.

### **OVERTIME PROCEDURES**

#### **1. If teams are tied at the end of regulation:**

I. Home team calls coin toss

II. Winner elects offense or defense (play will stay on one end)

III. Each team gets 3 plays from 10 yard line to score

-If score, must go for 2 from 10 yard line

IV. Play continues until a winner is decided

-2<sup>nd</sup> offensive team gets ball last if 1<sup>st</sup> team scores, unless an interception for a TD occurs.

**A.** Interception may be returned to other endzone to end the game.

**B.** Each team receives 1, 60 minute time out

**C.** 25 second clock in effect between plays, stop clock rules.

### **INADVERTANT WHISTLE**

-The team with the ball at the time of the whistle has the option of replaying the down, or taking the ball at the spot where the whistle was blown.

Any questions or concerns regarding the rules or format of the league may be brought to the attention of the league coordinator by calling 303-450-8928.

Thank you & we appreciate your efforts in creating a fun & enjoyable league.