

ADULT 5 ON 5 FLAG FOOTBALL RULES

General Rules

1. This league is strictly a passing league. No handoffs are allowed.
2. There are no fumbles. The ball is spotted where the ball hits the ground.
3. There are no kickoffs. Offense starts on their 40 yard line.
4. Quarterbacks may not back up on to the warning track. Ruled as out of bounds.
5. Teams are given 4 downs. A first down is at the 20 yard line.
6. All offensive possessions start on the 40 yard line.
7. Defensive teams can run interceptions back for touchdowns.
8. All players must wear flag belt over shirt; clothing cannot cover flags.
9. Playing field size is 40 yards with a 10 yard end zone.
10. No metal spikes.
11. Alcohol is allowed in the complex. Just not on the playing field. No glass.
12. All general football rules apply.
13. One foot inbounds is considered a completion.

Officiating Games

1. A football toss determines first possession (laces up or no laces).
2. Players from other teams will officiate games.

Players/Team Rosters

1. Teams can have a maximum of five (5) players on the field at any time.
2. Teams will be allowed to play with a minimum of four (4) players on the field.
3. Maximum number of players on the roster is 12.
4. Players can be male and female.

Game Schedules/Overtime

1. Games are two 25 minute halves of running time. One timeout per half, timeouts do not carry over.
2. There will be a minute half time at the end of the first half.
3. The clock will stop during the final minute of the second half. Ref will have stopwatch.
4. If score is tied at the end of 50 minutes, teams move to overtime. Football toss determines first possession in overtime. Team who is awarded first possession starts at 10 yard line. They get one down to complete a touchdown. Opposing team starts at 10 yard line and receives one down to complete a touchdown. This is repeated until there is no longer a tie.

Rushing the Quarterback

1. **Only one player** is allowed to rush the quarterback.
2. This player must be a **minimum** of 5 yards from the line of scrimmage when the ball is snapped.
3. A "5 Mississippi" verbal count must be used before crossing the line of scrimmage.

Running with Football

1. Guarding or shielding of your flags is not allowed when you are in possession of the ball.
2. Stiff arming or slapping at defensive players is not allowed when you are in possession of the ball. Ball is dead at the spot of penalty.

Dead Balls (time will still run except during the final minute of the second half)

Play is ruled "dead" when:

- Ball carrier's flag is pulled or the ball carrier's flag falls off
- Ball carrier steps out of bound or is pushed out-of-bounds
- Touchdown or safety is scored
- Ball carrier's knee hits the ground or the ball hits the ground (including snaps)

Scoring Touchdown: *6 points* Extra point: *1 point* (played from 10-yard line) Safety: *2 points*

Sportsmanship/Roughing

If the field supervisor witnesses any act of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game and not be allowed to participate in future league games. **FOUL PLAY WILL NOT BE TOLERATED!**

Offensive language can be inappropriate comments made towards the officials, opposing players, teammates, or spectators. The first time the field supervisors will give one warning. If it continues the player will be ejected from the game.