



5 MAN RULES

***TOURNAMENT RULES MAY BE AMENDED**

Section 1 - The game (Basic rules of 5 on 5):

- **Article 1 - Playing rules can be modified:**
 - Any rule may be altered to suit the needs of the 5 on 5 program. The U.S.F.T.L recommends using the official Rule Book as Closely as possible for the following reasons:
 - All rules are subject to U.S.F.T.L. Tournament and league director's discretion
 - For a better understanding of all the rules of 5 on 5 Flag football.
 - For uniformity in playing rules so that different areas of the United States can compete against one another in a safe and fair manner
- **Article 2 - Coin toss:**
 - A coin toss shall begin each game. The captain winning the toss shall choose one of the following options.
 - Offense
 - Defense
 - Designate which goal his team will defend.
 - Defer choice to the second half
 - Loser of the coin toss shall make the choice of the remaining options
 - Before the start of the second half, the choice of options shall be reversed
- **Article 3 - Possessions:**
 - First Down/ Zone-Line-To-Gain - The offensive team takes possession of the ball at their 5 yard line and has 3 plays to cross midfield. Once the team crosses midfield, they will have 3 plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on their 5 yard line.
 - All players must start with their flag belts on. If a player starts without his flag belt properly secured with all flags attached, his team will be assessed a 5 yard penalty and a Loss of Down Penalty.
 - If the offensive team fails to cross midfield, possession of the ball changes and the opposite team starts their drive from their 5 yard line.
 - All drives and possession changes, except interceptions, start on the 5 yard line.
 - Exception: On interceptions, the team will take possession of the ball where the defenders flag was pulled. Penalties on interceptions will be assessed where the interception occurred.
 - Exception: If the referee judges that a player intentionally or flagrantly commits a penalty, then the penalty will be at the point of the foul, no less than the point of interception.
 - Teams will switch ends after the first half
- **Article 4 - Snaps:**
 - Ball must be snapped between the legs, not off to one side, to start the play. Direct snaps are legal.
- **Article 5 - Huddle Clock:**
 - 25 second clock - Each time the ball is spotted, a team has 25 seconds to snap the ball.
- **Article 6 - Blocking:**
 - Contact Blocking is allowed. Contact between shoulders and waist only. Contact blocking is legally hindering the progress of an opponent in a fair and safe manner. Blockers must be on their feet before, during and after contact is made with their opponent. You may not dive block. 2 on 1 blocking is permitted. Under no conditions shall a high-low block, cross body block or rolling block be permitted. The blocker is allowed to contact you that portion of the opponent's body between the waist and shoulders. An open hand, straight arm block, within the framework of the blocker's body, is the ideal block to avoid unnecessary rough play.
- **Article 7 - Interception:**
 - Interceptions may be returned.
- **Article 8 - Divisions of play:**
 - There shall be 5 divisions of play offered in the 5 on 5 program: Super, A, B, C, & D.
- **Article 9 - Age classifications:**
 - The age classifications in the 5 on 5 program shall be:
 - 18 & over
 - 35 & over
 - 50 & over
- **Article 10 - Eligible players:**
 - All Players are eligible in the 5 on 5 program
- **Article 11 - No Tolerance policy:**

- The U.S.F.T.L. will provide an atmosphere where the players, friends and families can feel comfortable enjoying a day of football. Any players, teams or family members that jeopardize that environment may be asked to leave. The U.S.F.T.L. operates under a **NO TOLERANCE POLICY**.

Section 2 Field Dimensions

- **Article 1 -Field Dimensions**
 - Field Size - 60 yards in length; 25 yards wide.
 - End Zones - (2) 7 yard end zones
- **Article 2 - No Run Zones:**
 - No run zones are in place to prevent teams from using power run plays. While in the No Run Zones (a 5 yard imaginary zone before midfield and before the end zone.) Teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff. No Run Zone come into effect only when offensive team is approaching the first down or end zone.
 - Exception: If the offensive team has already achieved a first down, but has been pushed back into a No Run Zone, then the No Run Zone is no longer in effect
- **Article 3 - Out of Bounds**
 - Stepping on the boundary Line is considered out of bounds
- **Article 4 - Team Area**
 - Team areas are located between the 5 yard lines.

Section 3 - The Players

- **Article 1 - Roster Size**
 - Team Consist of a total of 12 players on the roster
 - A player may only appear on one roster. No Exceptions, even if the other team approve it. If a player is found playing on a team illegally, the team will forfeit the game in which the illegal player participated.
- **Article 2 - Number of Players on the Field:**
 - Five players on the field at a time.
- **Article 3 - Forfeits:**
 - To avoid a forfeit, you must have at least 2 players to begin the game.
- **Article 4 - 5 on 4 CO-ED:**
 - Co-Ed teams must have (1 male & 3 females, 2 male & 2 females, 3 males & 1 female) players on the field at one time.
- **Article 5 - Forfeits in 5 on 5 CO-ED program. To avoid forfeit, a CO-ED team must have one man and one female to begin the game.**
- **Article 6 - Protest procedure:**
 - League or tournament director is contacted DURING THE GAME with a \$50 protest fee. If the protest is upheld, the \$50 will be returned. NO PROTESTS WILL BE ALLOWED AFTER THE GAME IS OVER You may not protest a judgment call by an official.

Section 4 - Equipment

- **Article 1 - The Ball:**
 - Male players shall use a regulation size football, female and youth players may use a regular, intermediate, junior, youth or pee wee size football. An Officially Licensed Football by the U.S.F.T.L. must be used.
- **Article 2 - The Flags:**
 - All flags used in the 5 on 5 Programs shall be an Officially Licensed Flag of the U.S.F.T.L.
- **Article 3 - Shoes:**
 - Cleats are allowed but they must be rubber. No metal spikes are allowed. Screw-in cleats are allowed if the screw is part of the cleat. Inspections will be made. Tennis shoes are permitted.
- **Article 4 - Jerseys:**
 - All jerseys shall be tucked in the pants or shorts. No waist length or half jerseys allowed.
- **Article 5 - Mouthpiece:**
 - All players must wear a protective mouthpiece. If you do not have a mouthpiece, there will be one available on-site to buy.
- **Article 6 - Optional Protective Wear:**
 - Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metal are not allowed and must be taped. All protective wear must be approved by game Officials prior to game time.
- **Article 7 - Jewelry:**

- Players must remove all watches, earrings or any other jewelry that officials deem hazardous.
- **Article 8 - Pants:**
 - Pants or shorts with belt loops or pockets must be taped. Pant or shorts must be a contrasting color to the flags.
 - Note: Referees will check each team before the game to confirm mouthpiece and no pockets/taped pockets.

Section 5 - Timing & Overtime

- **Article 1 - Game Length:**
 - League play - 24 minute game length - (2) 12 minutes halves with a running clock. The clock stops only for timeouts.
 - One Minute Warning - When there is 1 minute left in the game, the game clock shall stop for incomplete passes, out-of-bounds, timeouts and scores (Clock starts on snap), and change of possessions, penalties and first downs (clock starts on the ready whistle).
- **Article 2 - Halftime:**
 - Halftime is 1 minute long.
- **Article 3 - Huddle Clock:**
 - 25 seconds long. Each time the ball is spotted, a team has 25 seconds to snap the ball. Teams will receive one warning before a delay of game penalty is enforced.
- **Article 4 - Time outs**
 - Each team has (2) 30 second timeouts per game.
 - Each team has (1) 30 second timeout per overtime period.
 - Officials can stop the clock at their discretion.
 - In the event of an injury, the clock will stop and restart when the injured player is removed from the field of play.
- **Article 5 - Overtime**
 - Each team receives an overtime extra point attempt.
 - Coin Flip - 3 choices- offense, defense, type of extra point (1, 2, &3).
 - If the score is tied at end of first O.T., Repeat second O.T., reversing choices, etc.
 - If score is tied at the end of the second overtime, teams must go for a 2 or 3 point extra point. Overtime will continue until a winner is declared. Choices will continue to be reversed per overtime period.
 - 1 timeout per team, per overtime period
 - Interceptions on returned overtime extra points are worth the value of the attempted overtime extra point (1, 2, & 3).
 - Penalties are administered as in regular game.
- **Article 6 - U.S.F.T.L. Sudden death overtime:**
 - In U.S.F.T.L. Championship Games (league & Tournament Championship Games only), a U.S.F.T.L. Sudden death overtime is used.
 - Same procedure as start of the game - coin toss, followed by regular game conditions with each team having 1 series of downs to score.
 - If the score is still tied at the end of each team's possession, whichever scores next i the winner.
 - 1 timeout per team, pre overtime period.

Section 6 - Scoring:

- **Article 1 - Scoring Values:**
 - Touchdown = 6 points
 - Extra point
 - 1 point (5 yard line - pass)
 - 2 points (12 yard line - run or pass)
 - 3 points (18 yard line - run or pass)
 - Note: A team that scored a touchdown must declare whether it wishes to attempt 1, 2, or 3 point conversion. Any change, once a decision is made to try for a extra point, requires a charged timeout. Decisions cannot be changed after a penalty.
 - Interceptions on returned extra points are worth the value of the attempted extra point (1, 2, & 3 points).
 - Extra point attempts - if the attempting team throws an interceptions and commits an infraction after the interception, the opposing team takes offensive possession of the ball at the attempting team's 5, 12, 18 yard line, depending on the try attempt. They will get an additional 5 yards from the line

scrimmage. If made, they will receive 1, 2, 3 points, then take possession at their own 5 yard line.

- Safety = 2 points
- Forfeited game = 28 points
- Overtime = 1 point
- Co ED
 - Touchdown(female) = 9 points
 - Extra point (female)
 - 5 yard line =2 points
 - 12 yard line = 3 points
 - 18 yard line = 4 points
- Article 2 - Mercy Rule:
 - One minute Warning
 - If a team is ahead by 19 points (27 points in Co-Ed) or more when the referee announces the one minute warning for the second half, the game shall be over.
 - After the One Minute Warning
 - If a team scores during the last minute of the second half and the score creates a point differential of 19 (27 points in Co-Ed) or more, the game shall end at that point.

Section 7 - Live Ball & Dead Ball

- Article 1 - Live Ball:
 - The ball is live at the snap and remains live until the official whistles the ball dead.
 - One Foot In-Bounds for Legal Catch- A player who gains possession in the air is considered in-bounds as long as one foot comes down in the field of play
 - Imitating Offensive Signals - The defense may not imitate the offensive teams signals by trying to confuse the offensive players while the Quarterback is calling out signals to start the play. This will result in a Unsportsmanlike Conduct Penalty.
- Article 2 - Dead Ball
 - The ball is ruled dead when
 - A snap to a quarterback hits the ground
 - A fumble hits the ground(No fumble recoveries allowed)
 - A ball carrier's knee touches the ground
 - A ball carrier steps out-of-bounds
 - A ball carrier's flags are legally removed
 - The 7 second pass clock expires (ball is placed at the line of scrimmage)
 - A touchdown, point after touchdown or safety is scored
 - Any official can whistle the ply dead
 - Substitutions may be made on any dead ball.
- Article 3 - Inadvertent Whistle
 - A Ball is in player possession - the team in possession may elect to put the ball in play where declared dead or replay the down.
 - The ball is loose from a fumble, backward pass or illegal forward pass - the team in possession may elect to put the ball in play where possession was lost or replay the down.
 - During a legal forward pass, the ball is returned to the previous spot and the down replayed.
 - Note: If a foul occurs during an inadvertent whistle, an accepted penalty shall be administered as in any other play situation. When the foul is accepted, disregard the inadvertent whistle.

Section 8 - Running:

- Running Plays:
 - The ball will be spotted wherever the ball was at the time of a flag pull.
 - The quarterback can run the ball at anytime.
 - The offense may use multiple handoffs.
 - Center Sneak - the ball must completely leave the centers hands on the snap and he must step backwards off the line of scrimmage in order to receive a direct handoff from the quarterback before advancing the ball.
 - Laterals and pitches are allowed anywhere on the field.
 - The player who takes a handoff can throw the ball as long as he does not cross the line of scrimmage.
 - The No Running Zone is designed to avoid short yardage power running situations. No run zones are located 5 yards from each end zone and 5 yards on either side of midfield. No player is allowed to run inside the No Run Zone.

- Runners may not leave their feet (diving) to advance the ball.
- Spinning is allowed. Lateral moves to the left or right are permitted.
- Runners may leave their feet if there is a clear indication that he has done so to avoid collision with another player without flag guarding penalty enforced.
- Down field Blocking - blocking for the ball carrier is allowed downfield but not while the ball is in the air.
- Flag obstruction- All jerseys must be tucked in before play begins. The flags must be on the jerseys hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

Section 9 - Passing:

- Passing Plays
 - Backward passes and laterals are permitted
 - Underhand shovel passes are allowed but must be received beyond the line of scrimmage.
 - Only one forward pass per down.
 - If a passer crosses the line of scrimmage, comes back behind the line of scrimmage and throws a pass, its an illegal forward pass.
 - Interceptions change the possession of the ball at the point of interception. Interceptions are the only change of possession that do not start on the 5 yard line. Interceptions can be returned.
 - If a penalty occurs on an interception return by the return team, the penalty will be assessed from the spot of the foul.
 - If a penalty occurs on a interception return by the defensive team, the penalty will be assessed from the end of the run.

Section 10 - Receiving:

- Receiving Plays
 - All players are eligible to receive passes, including the quarterback, if the ball has been handed off behind the line of scrimmage.
 - Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted towards the line of scrimmage.
 - A player must have 1 foot inbounds to make a legal reception.
 - In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

Section 11 - Rushing the Passer:

- Defensive players who rush the passer must be a minimum of 1 yard from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing may defend on the line of scrimmage.
 - Ball spotter - a ball spotter shall be used to mark the line of scrimmage.
- Players rushing the quarterback may attempt to block a pass, however, NO contact can be made with the quarterback in any way. Blocking the pass or attempting to block the pass and then making contact with the passer will result in a Roughing of the Passer Penalty. Players must go for the Quarter's flag.
- A sack occurs if the quarterback flags are pulled behind the line of scrimmage. The ball is placed where the ball is at when the flag is pulled. A safety is awarded if the sack takes place in the offensive team's end zone.
- Players not rushing the passer may defend the line of scrimmage as long as he is at last 1 yard from the line of scrimmage.

Section 12 - Flag pulling

- De-flagging: de-flagging is the legal removal of a flag from an opponent in possession of the ball. Pushing, striking, holding, slapping or tripping when attempting to pull a flag is not permitted. Defensive players may leave their feet to pull a flag. Offensive players are not permitted to protect or guard their flags.
 - A legal flag pull takes place when the ball carrier is in full possession of the ball.
 - Defenders can dive to pull flags but cannot tackle, hold or run through the ball carrier when pulling flags.
 - It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.
 - If a flag is removed illegally, play should continue with the option of the penalty or the play
 - If a player's flag inadvertently falls off during the play, the deflagging reverts to a 1 hand touch of the runner between the shoulders and the knees.
 - A defensive player may not intentionally pull the flag off a player who is not in possession of the ball.
 - Tampering with the flag in any way to gain an advantage including, tying the flag, cutting the flag, using foreign materials or other such acts are illegal.
 - Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff

arming, dropping the head, arm or shoulder, or intentionally covering the flags with football jersey.

Section 13 - Unsportsmanlike Conduct:

- If the referee witnesses any acts of intentional tackling ,elbowing,cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. No Appeals will be considered. **FOUL PLAY WILL NOT BE TOLERATED!**
- Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give 1 warning. If it continues, the player or players will be ejected from the game.
- Players may not physically or verbally abuse any opponent, coach or official.
- Ball carriers **MUST** make an effort to avoid defenders with an established position.
- Defenders are not allowed to run through the ball carrier when pulling flags.
- Fans must also adhere to good sportsmanship as well.
 - Yell to cheer on your players, not to harass officials or other teams.
 - Keep comments clean and profanity free
 - Compliment all players, not just one player or team
- Fans are required to keep field safe and kid friendly
 - Keep younger kids and equipment such as coolers, chairs and tents to a minimum of 10 yards off the field.
- Teams/Players leaving the bench area during a fight:
 - If either team leaves the bench during a fight, the game will immediately be forfeited.
 - Any player that comes off the sideline during a fight will be ejected, sit out the next game and pay a re-instatement fee.

Section 14- Penalties:

- **Article 1 - General:**
 - The referee will call all penalties
 - Referees determine incidental contact that may result from normal ru of play.
 - All penalties will be assessed from the line of scrimmage except as noted (spot fouls).
 - Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. PLayers may not question judgement calls.
 - Games may not end on a defensive penalty unless the offense declines it.
 - Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
 - Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.
 - Flagrant fouls - flagrant contact fouls will not be tolerated. Offending player(s) will be ejected from that game, sit out the next game and pay a re-instatement fee.

Article 2 - Spot fouls

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Defensive Pass interference	Automatic First Down
Defensive Holding	+5 yards & automatic First Down
Stripping	+5 yards & Automatic First down
Defensive Unnecessary Roughness	+10 yards & Automatic First Down
Illegal Block	-10 yards & Loss of Down
Charging	-5 yards & Automatic First Down
Flag guarding	-5 yards & Loss of Down
Offensive Unnecessary Roughness	-10 yards & Loss of Down

Article 3 - Defensive Penalties:

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Offside	+5 yards from the Line of scrimmage & Automatic First Down
Illegal Rush	+5 yards from the Line of scrimmage & Automatic First Down
Illegal Flag Pull	+5 yards from the Line of scrimmage & Automatic First Down
Roughing the Passer	+10 yards from the Line of Scrimmage & Automatic First down
Unsportsmanlike Conduct/Taunting	+10 yards from Line of scrimmage & Automatic First Down
Defensive Pass Interference	Spot Foul, Automatic First Down
Holding	Spot Foul, +5 yards & Automatic First Down
Stripping	Spot Foul, +5 Yards & Automatic First Down
Defensive Unnecessary Roughness	Spot Foul, +10 yards & Automatic First Down

Article 4 - Offensive Penalties

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Offside/False Start	-5 Yards from Line of Scrimmage & Loss of Down
Illegal Forward Pass	-5 yards from Line of scrimmage & Loss of Down
Offensive Pass Interference	-5 yards from Line of scrimmage & Loss of Down
Illegal Motion	-5 yards from Line of scrimmage & Loss of Down
Delay of Game	-5 yards from Line of scrimmage & Loss of Down
Illegal Block	Spot Foul, -10 yards & Loss of Down
Charging	Spot Foul, -5 yards & Loss of Down
Flag Guarding	Spot Foul, -5 yards & Loss of Down
Offensive Unnecessary Roughness	Spot Foul,-10 yards & Loss of Down