

# **MEN'S 5 ON 5 FLAG FOOTBALL LEAGUE**

## **Rules and Regulations**

**Updated 3/10/11**

### **POSTPONEMENTS:**

The team manager is responsible for calling the weather hotline at 402-597-2061 for any cancellations. Once the game begins, the decision whether or not to play is made by the officials. All postponed games may only be rescheduled by the Papillion Recreation Department if time allows.

### **FORFEIT PROCEDURES:**

Team managers must notify the Recreation Department by 5:00 pm the Friday before their game if they wish to forfeit a game. If this procedure is not followed, that team will be assessed both teams official's fees, which must be paid before they next game or that game will result in a forfeit. If fees are not paid within (2) weeks, that team will be removed from the league. **NO EXCEPTIONS!!!**

### **LEAGUE PLAY:**

We will have (2) divisions of play if possible. All games will be played at Papillion-La Vista South High School Stadium located at 10799 HWY 370. At the conclusion of the regular season, a separate tournament will be played for both leagues. The end of season tournaments will be seeded by the end of the regular season standings.

### **GAME RULES:**

#### **GAME BALL**

- ◆ Each team can use their own ball. If both teams want to use their own ball in a game, each team can use their ball for one half of play; balls will switch only at half-time.
- ◆ All footballs must be approved by an official.

#### **UNIFORM**

- ◆ Mouth pieces are highly recommended, but not required to play.
- ◆ Players may wear tennis shoes or cleats, no metal spikes allowed.
- ◆ No special protective devices such as helmets, pads, etc. are allowed.
- ◆ Padding only may be used to protect existing injuries, and then with the approval of an official. Hard casts must be covered with protective padding.
- ◆ Each team shall wear contrasting shirts and shirts must be tucked in at all times. If cut-off shirts are worn, they must be above the belt line.
- ◆ Shorts or pants may not have any pockets.
- ◆ Official flags must be worn during play.
- ◆ Inspections will be made by the officials to make sure that all players are equipped properly, there are no exceptions.

#### **LENGTH OF GAME**

- ◆ Games are played to (40) minutes, running time. The clock will stop for a (5) minute half-time, (1) and (2) point conversions do not count as timed plays. The clock will only stop

within the last (2) minutes of the game. The clock starts back up on the referees whistle.

- ◆ Teams change sides after the first (20) minutes, but possession does not change.
- ◆ Each time the ball is spotted, a team has (30) seconds to snap the ball. Teams will receive 1 warning before a delay of game penalty is enforced.
- ◆ Each team has (1) (60) second time-out and (1) (30) second time-out per half.
- ◆ Officials can stop the clock at their discretion.

### **OVER-TIME**

- ◆ If the score is tied at the end of regulation, teams will move directly into over-time.
- ◆ A coin toss will determine who gets first possession. Possession will begin at the (15) yard line. The team with the first possession has (3) downs to score. The defending team gets possession after the offensive team scores or fails to score. That team will then have (3) downs to score. Teams may go for (1) or (2) points after a touchdown has occurred.
- ◆ If still tied after the (3) possessions for each team, teams will move directly into the second round of overtime.
- ◆ A coin toss will determine who gets first possession.
- ◆ The same procedure will be followed as the first round of over-time, but teams will now be required to go for a (2) point conversion after each touchdown.

### **SCORING**

- ◆ Touchdown: 6 points
- ◆ Extra Point: 1 point (played from the 5 yard line)  
2 Points (played from the 12 yard line)
- ◆ Safety: 2 points

### **PLAYERS**

- ◆ Teams must field minimum of (4) players to begin the game. Maximum of (5) players are allowed on the field at any time.
- ◆ Teams may consist of (10) players at a game. (5 field players & 5 substitutes)
- ◆ Unlimited substitution is allowed on any dead ball.
- ◆ The offensive team must have all 5 and only 5 players in the huddle.
- ◆ The number of players per roster is at the discretion of the team, and (3) of those players are allowed to be on more than one roster, however they may not be on more than (2) teams. No new players may be added to the team roster before the last game of the regular season.
- ◆ During the end of the season tournament, a player can only play for one team. NO EXCEPTIONS!
- ◆ All players must be (18) years of age.
- ◆ Each player must sign the roster/waiver before the first scheduled game.

### **STARTING THE GAME**

- ◆ A coin toss will determine first possession.

- ◆ The offensive team takes possession of the ball at its (5) yard line and has (3) plays to cross midfield. Once a team crosses midfield, it has (3) plays to score a touchdown. If the offensive team fails to cross midfield or score, the ball changes possession and the new offensive team takes over on its (5) yard line.
- ◆ The ball must be snapped between the legs, not off to the side, to start the play.
- ◆ All position changes except interceptions start on the offensive team's (5) yard line.
- ◆ Interceptions are the only changes of possession that do not start on the 5 yard line. Interceptions may be returned for a touchdown or until the ball is ruled dead.

### **FUMBLES**

- ◆ There are no fumbles. The ball is considered dead and is spotted where the ball hits the ground. It remains the possession of the team fumbling it.
- ◆ If the ball is caught in mid-air, not having touched the ground, offense or defense may advance in this case.

### **RUSHING THE QUARTERBACK**

- ◆ All players that rush the passer must be a minimum of (7) yards from the line of scrimmage when the ball is snapped.
- ◆ Any number of players may rush the quarterback.
- ◆ Players not rushing the quarterback may defend on the line of scrimmage.
- ◆ Once the ball is handed off, the (7) yard rule is no longer in effect and all defenders may rush.
- ◆ Prior to each play, a special marker or a referee will designate the (7) yards.

### **RUNNING**

- ◆ The quarterback cannot run the ball (unless he hands it off and then receives a pitch).
- ◆ Direct hand-offs and pitches are allowed behind the line of scrimmage. Offense may use multiple pitches as long as they are thrown backwards.
- ◆ A player who takes the hand-off or pitch can throw the ball as long as he does not pass the line of scrimmage.
- ◆ Spinning is allowed, but players may not leave their feet to avoid a defensive player.
- ◆ A player with the ball cannot block (by hand) a defensive player from pulling their flag.
- ◆ The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is. Ball and flags must break the plane for a first down and touchdown. It is recommended that the defensive player who pulls the flag, raise the flag in the air to show the referee.
- ◆ "No Running Zones" are located (5) yards from each end-zone and (5) yards on either side of midfield. These are designed to avoid short yardage power running situations.

### **PASSING**

- ◆ All players are eligible to receive a pass, including the quarterback if the ball has been handed off behind the line of scrimmage.
- ◆ All passes must be forward and received beyond the line of scrimmage.
- ◆ Shovel passes are allowed but must be received beyond the line of scrimmage.

- ◆ A player must have at least 1 foot inbounds when making a reception.
- ◆ The quarterback has a (7) second pass clock. If a pass is not thrown within the 7 seconds, play is ruled dead and loss of down. Once the ball is handed off, the 7 second rule is no longer in effect.
- ◆ As in the NFL, only one player is allowed in motion at one time.

**DEAD BALLS**

- ◆ Ball carriers flag is pulled.
- ◆ Ball carrier steps out of bounds.
- ◆ Touchdown or safety is scored.
- ◆ Ball carriers knee hits the ground.
- ◆ Ball carriers flag falls out.

**SPORTSMANSHIP/ROUGHING:**

- ◆ There is absolutely no contact allowed.
- ◆ **NO BLOCKING OR TACKLING IS ALLOWED!!!**
- ◆ If the fields monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any other unsportsmanlike act, the game will be stopped and that player or players will be given a warning. If foul play continues, that player or players will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED!!!**
- ◆ Trash talking is illegal. Officials have the right to determine offensive language. Trash talking is talk that may be offensive to officials, opposing players, teams or spectators. If trash talking occurs, the referee will give one warning, if it continues that player or players will be ejected from the game.
- ◆ If a player is ejected from a game, they must serve a one game suspension on their next scheduled game the following week. If a player is ejected twice during the season, they will be removed from the league.
- ◆ Referees have the right to eject a player from a game without a warning if needed.
- ◆ Referees also have the right to call the game if necessary due to fighting or any other unsportsmanlike conduct. The score at the time the game is called will be used for the standings.

**PENALTIES**

- ◆ All penalties will be called by a referee and may be declined.
- ◆ Referees determine incidental contact that may result from normal play. All penalties will be assessed from the line of scrimmage.
- ◆ Only the team manager may ask the referee questions about rule clarification. Players cannot question judgment calls.
- ◆ Teams are allowed to decline penalties.
- ◆ Game cannot end on a defensive penalty, unless the offense declines it.
- ◆ Defensive penalties are:
  - Off-sides .....5 yards & automatic first down

- Pass Interference .....Spot Foul & automatic first down
  - The ball will be spotted at the point of infraction and an automatic first down will be given to the offensive team. If the infraction takes place in the end zone, the ball will be spotted at the 5 yard line.
- Illegal Contact .....5 yards & automatic first down
  - A defensive player shall not make ANY contact with an offensive player.
- Holding.....5 yards & automatic first down
- Illegal Flag Pull.....5 yards & automatic first down
- Illegal Rushing .....5 yards & automatic first down
- Roughing the Quarterback .....5 yards & automatic first down
- ◆ Offensive penalties are:
  - False Start / Illegal motion .....5 yards & loss of down
  - Illegal Forward Pass .....5 yards & loss of down
  - Offensive Pass Interference.....5 yards & loss of down
  - Flag Guarding .....5 yards & loss of down
  - Illegal Block or Screen .....5 yards & loss of down
  - Delay of Game .....5 yards & loss of down