

## **2019 Flag Rules**

5 vs. 5 Game Rules

### **No Cleats, only tennis shoes allowed**

- No warm ups except on the Sports Lodge fields
  - only registered coaches on sidelines. No more than 4 coaches and no parents or extra players
  - Shirts are to be tucked in and flags are to be on the sides of players at all times. This is the Coaches and Players responsibility.
  - Teams must have a minimum of 4 players at all times or forfeit the game.
  - 50/50 rule is in place all players must have a starting position on offense or defense
  - Half's are played on a 20 minute continuous clock with the following exceptions.
  - Within the last one minute of each half, the clock will stop on a defensive penalty
  - Within the last one minute of the SECOND HALF ONLY, the clock will stop on an incomplete forward pass that reaches the line of scrimmage. A "spike" is NOT considered a forward pass.
  - 2 timeouts per half (60 seconds)
  - 3 minute halftime
  - Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.
  - Games cannot end on a defensive penalty, unless the offense declines it.
  - If a flag falls off of a player with the football, the player's other flag must be pulled or they must be touched by one hand before the play is considered over.
  - If a flag falls off of a player without the football but the player receives the football at some point during the play, the player's other flag must be pulled or they must be touched by one hand before the play is considered over.
  - If the ball is fumbled in the end zone by the offense or an offensive player is declared down in the end zone (flag pulled or one hand touch due to equipment malfunction), the defensive team will be awarded 2 points. The team awarded 2 points will then retain possession of the football on offense from their 5 yard line
- Offense
- QB can't run, and has 7 seconds to pass the ball, the ball has to cross the line of scrimmage within 7 seconds whether by handoff, pitch or lateral
  - no contact, no blocking of any kind
  - Minimum of 3 men on the line
  - shifts must be set for one second before the ball is snapped

- 1 motion man must be 5 yards behind the LOS
- 30 second play clock (Team will receive a warning before delay of game penalty is enforced)
- can pitch or handoff behind the line of scrimmage
- QB can only be eligible for a pass if a pitch or handoff happened first
- no laterals
- no flag guarding
- There is no blocking. All offensive players must stop and not run with ball carrier
- Any pass forward (i.e. shovel pass)
- pass must be at least to line of scrimmage
- snap must go between legs of center
- All receivers are eligible
- NO leaving your feet

Grades K-3 will be allowed 4 downs for a first down. On 4th down offensive team can forfeit its fourth down and put the Opposing team at its 5-yard line or If the offensive team goes for it on 4th down and does not advance the ball the opposing team takes possession at the spot of the ball.

K-3 will be allowed to have no more than 1 coach on the field on offense and 1 coach on the field during defense.

- Grades 4-7 will be allowed 3 downs for a first down. Offensive team has 3 downs to reach midfield, once team reaches midfield it has 3 downs to score. If offensive team fails to advance on 3rd down ball automatically goes to opposing team at its 5-yard line.

Grades 4-7 will not be allowed to have a coach on the field during offense or defense. NO EXCEPTIONS

- no run zones are 5 yards to midfield and 5 yards to end zone except on an extra point attempt
- the pass rusher cannot be blocked. He must have a clear path
- no fumbles. The ball is to be marked down at the spot of the fumble
- Touchdown scored by hand off is worth 3 points (running the ball)
- Touchdown scored by pass is worth 6 points
- A safety is worth 2 points
- extra points are 1 point from 5 yards on a completed pass or run or 2 points from 10 yards on a completed pass or a run.
- There is no blocking all offensive players must stop and not run with ball carrier

## Offensive penalties

- pre snap penalties are loss of yards but not downs. Post snap penalty are yards and loss of downs
- If the QB crosses the line of scrimmage at any time, the play should be blown dead and results in a 5 yard penalty and a loss of down
- false start 5 yards
- Illegal motion (More than one person moving, false start, etc.) 5 yards from the LOS
- delay of game 5 yards
- illegal formation 5 yards
- illegal shift 5 yards
- Illegal forward pass 5 yards and a loss of downs
- blocking 5 yards and a loss of down
- flag guarding 5 yards from infraction and loss of down
- leaving your feet 5 yards from infraction and loss of down
- pass rush interference 10 yards and loss of down
- laterals 5 yards and loss of down
- Shirt and Flag Infraction (Shirt not tucked in and/or flags not on the sides of player) 10 yards from infraction and loss of down (this infraction is based on referee judgement)
- Personal foul 10 yards and loss of down (e.g. tackling)
- unsportsmanlike 15 yards and loss of down. Player flagged for taunting must leave the game for at least 1 play. (Taunting, Use of profanity)

## Defense

- No contact, no bump and run
- rusher has to be 7 yards from line of scrimmage
- A defense can rush as many players as possible but they must be at least 7 yards from line of scrimmage
- no contact
- no defender inside 7 yards prior to snap can cross the line of scrimmage until a handoff, pitch or completed pass
- if rusher jumps offside it is not a penalty until he crosses the line of scrimmage. He can go back then rush or not rush at all to avoid a penalty

-no holding.

If you grab a handful of shorts attempting to pull a flag you must immediately let go

-interceptions are live and can be returned for 6 points

- An interception on an extra point attempt can be returned for 2 points

#### Defensive penalties

-holding/bump and run 5 yards and first down

-Defense Illegal rushing (starting rush from inside 7-yard marker) 5 yards replay the down

-pass interference 10 yards and first down

-Offside 5 yards replay the down

-personal foul 10 yards and first down (e.g. tackling, roughing the passer)

- Shirt and Flag Infraction (Shirt not tucked in and/or flags not on the sides of player) 10 yards from infraction (Likely to occur on an interception return)

-Stripping 5 yards from spot of foul

-unsportsmanlike 15 yards and a first down flagged player must sit out at least 1 play

#### Overtime

-Each team will have a series from the 10 yard line with extra point attempt if a touchdown is scored. If after the first overtime the score is still tied we will go to a second overtime. If after 2 overtimes the game is still a tie then a draw will be declared

-There is absolutely no profanity; profanity coming from sidelines or on the field will result in player and coach ejection from the game and a one week suspension the following game. A second offense and the player and/or coach will be suspended the remainder of the season.

-Coaches are responsible for their players, coaches and spectators. A sideline warning will be given for spectators. A second violation during a game will result in the spectator and head coach ejection for the remainder of current game AND the following week's game.