The BCCFA Rule Book for 5v5 Flag Football

BCCFA - Flag Football Rules Committee

Members
Jay spencer, BCCFA Flag Coordinator
Dean Kennedy, SIFC
Mike Gluska tournament head referee

For digital copies of this book, please contact Jay Spencer at flag@bccommunityfootball.ca

2024

Table of Contents

BCCFA - FLAG FOOTBALL RULES COMMITTEE 1

Members 1
For digital copies of this book, please contact Dean Kennedy at zone4@bccommunityfootball.ca. 1

INTRODUCTION 5

Awareness Clinic: An Introduction to Flag Football 5
League Conveyors Guide 5
NCCP Community Sport Initiation 5

GENERAL RULES 6

Equipment 6
Safety 6
Measurements 6
Ethical Play 6

THE BCCFA RULE BOOK FOR FLAG FOOTBALL 7

RULE 1 – GENERAL 7

RULE 2 – FIELD AND EQUIPMENT 7

1 The Field 7 2
The Ball ..... Error! Bookmark not defined. 3
Uniforms ..... Error! Bookmark not defined. 4
Player Equipment ..... Error! Bookmark not defined.
5 Team Equipment ..... Error! Bookmark not defined.

RULE 3 – TEAM MEMBERS 10

1 Players 10
2 Substitutions 10
3 Captains 10
4 Coaches and Managers 10
5 Injured Player 10

RULE 4 – TIMING / OVERTIME / TIME OUTS 10

1 Length of Game 10
2 Referee Responsibility 10
3 The Play Clock 10
4 Overtime 11

RULE 5 – GAME PROCEDURES 11

1 Pre-game
Conference 11

2 General Play 11
3 Touch Downs ..... 11 RULE 6 – LIVE BALL / DEAD BALL ..... 12 1 Live Ball / Dead Ball 12

RULE 7 – IN AND OUT OF BOUNDS 13

1 In Bounds 13
2 Out of Bounds 13

RULE 8 – CONTROL AND POSSESSION OF THE BALL 13

1 Control of the Ball 13
2 Possession of the Ball..... 13
3 Dead Ball 13

RULE 9 – THE HUDDLE 14

1 Huddle 14

RULE 10 – THE RUNNING GAME 14

1 Running 14

RULE 11 – RECEIVING 15

1 Receiving 15

RULE 12 – RUSHING THE QUARTERBACK 15

1 Rushing 15

RULE 13 – FLAGGING 15

1 Flagging 15

RULE 14 – PASSING 16

1 Pass 16
2 Onside Pass 16
3 Offside Pass 16
4 Forward Pass 16

RULE 15 – THE PASSING GAME 16

1 Passing 16

RULE 16 – COMPLETE / INCOMPLETE PASSES..... 17

1 Complete Pass 17

2 Simultaneous Possession 17
3 Tipped Pass..... 17
4 Bobbled Pass 17
5 Intercepted Pass 17
6 Incomplete Pass 17
7 Blocked or Deflected Forward Pass 17
8 Deliberate Grounding Pass 18
9 Forward Pass vs. Dropped Ball ..... 18 RULE 17 – PASS INTERFERENCE ..... 18 1 Pass Interference 18
2 Contact 18
3 Path to the Ball 18
4 Pick Play 19
5 Stationary Position 19
6 Playing The Ball 19
7 Screening 19
8 Non-catchable Pass 19
RULE 18 – SPORTSMANSHIP / ROUGHING 19
1 Sportsmanship 19
2 Roughing 20
RULE 19 – ILLEGAL ACTS 20
1 Use of Hands..... 20
2 Obstruction 20
3 Illegal Re-entry 20
4 Illegal Participation 21
RULE 20 – PLAYER CONDUCT 21
1 Major Foul 21
2 Personal Foul 21
3 Objectionable Conduct 21
4 Player Ejection 21
RULE 21 – PENALTIES 22
1 Penalties 22

2 Defensive Penalties 22
3 Offensive Penalties 22

RULE 22 – TOURNAMENT TIE BREAKER SYSTEM 23

1 Tie Breaker System 23

RULE 23 – NO RUN ZONE 23

1 No Run Zone 23

5V5 RULE 1 – FIELD 24

1 Field 24
2 Bench Area 24

5V5 RULE 2 – SCORING 25

1 Obtaining Points 25
2 Convert 25
3 Safety Touch 25

Introduction

This Rule Book constitutes the major text required to understand and administer the complete set of rules governing the game of 5v5 flag football in British Columbia.

The content of this book includes sport related definitions, general rules and specific rules for playing 5v5 flag football.

There are several additional resources available for players, coaches and officials involved with flag football. The following materials may be obtained through your provincial amateur football association listed in the front of this book.

Flag Football resources are continually updated. The most recent list of resources can be found at www. footballcanada.com and includes the following:

Awareness Clinic: An Introduction to Flag Football

Includes:

- Basic Rules of Game
- Position Descriptions
- Sample 3-hour Clinic
- Skill Development Activities

League Conveyors Guide

Includes:

- "How To" Information for Setting up a New League
- Budget Preparation
- Delegating Tasks
- Volunteer Recruitment and Retention
- Sample Registration Forms

NCCP Community Sport Initiation

Available through coach certification clinics for novice coaches and includes:

- Safety and Emergency Guidelines

- Rules and flow of Game
- Practice Preparation
- Ethical Decision Making
- Effective Communication
- Drills and Skills

General Rules

Equipment

The dimensions and type of football to be used among the different age groups and levels of play may vary.

Cleat specifications are liberal but sharp edges on any part of the footwear will cause ejection of the footwear at the discretion of the Referee.

Safety

The Flag Rules Committee considers all players to be responsible for the safety of their opponents as well as their teammates. It is imperative that each player exercise control to avoid bodily contact or minimize inevitable contact.

Measurements

All measurements in this rule book are described in the imperial scale.

When field markings dictate the use of metric measurements, all designated distances contained herein, with the exception of those noted below, and may be converted at par from yards to meters. Thus, a fifteen yard penalty will become a fifteen meter penalty, and the offensive team must gain ten meters, as compared to ten yards, for a first down. In both imperial and metric measure, only three downs are allowed to gain the required distance for a first down.

Ethical Play

It is customary in flag football when a player removes an opponent's flag to end a play, the player must first hold up the flag to show the referee and hand the flag back to the respective opponent. To toss a flag aside or to the ground for the opponent to pick up is considered unsportsmanlike conduct.

The football player who intentionally violates a rule is guilty of unfair play and unsportsmanlike conduct; and whether they escape being penalized; they bring discredit to the good name of the game, which is their duty as a player to uphold.

Rules alone cannot accomplish fair play. Only the continued best efforts by coaches, players, officials and all friends of the game can preserve the high ethical standards set by the game of football.

All players are responsible for the safety of their opponents as well as their teammates; therefore, they must balance their aggressiveness with a measure of control to avoid bodily contact or at least minimize any contact that does occur. Coaches will emphasize safety and fair play at all times. Officials are to exercise no leniency in penalizing the infractions described in the rules and regulations, for to refrain from doing so would serve to condone dangerous play.

Flag Football is designated as a True Sport and with that BCCFA adopts four core values: fairness, excellence, inclusion and fun.

The BCCFA Rule Book for Flag Football

Rule 1 – General

1.1. The game of flag football shall be governed by the playing rules, regulations and definitions as written in the book, as well as the rulings in the official Case Book.

1.2. Whenever changes in the playing rules are permitted by league or tournament organizers, these options should be provided in writing to each participating team and official prior to the season or tournament.

1.3. The Referee is responsible for the adherence to the rules and regulations by both teams and all officials. The Referee will make the final decision on any on-field situation not covered by the rules and regulations. All officials should strive to maintain a safe environment for the players.

1.4. At any time during the game, if a referee feels that continuing to play the game at hand may jeopardize a player's safety, the official may remove that player from the game immediately. An explanation should be included on the game sheet as to the reason why the player was removed. A referee's decision in this matter is final and cannot be challenged by the player affected or his/her teammates. Teams/players wishing to protest an official's decision must do so in writing to the League Executive within 48 hours of the conclusion of the game.

1.5. A participant (player or official), suffering from a wound or laceration, where oozing or bleeding occurs, must leave the playing field until appropriate medical treatment is administered. The participant may return to the playing field only after the bleeding has stopped and the affected area or the open wound has been completely and securely covered. The referee must approve the participant's return to the playing field.

1.6. If a player or official has any part of his/her uniform or equipment saturated with blood, the uniform must be cleansed or changed immediately. “Saturated” being defined as the amount of blood being sufficient to soak through the garment and onto the skin or such that the blood would easily be transferred to another participant.

1.7 Forward passes and hand offs are allowed behind the line of scrimmage. The offense may elect to throw a legal forward pass after handoff has taken place

Rule 2 – Field and Equipment

1 The Field

The standard field of play for 5v5 is 60x25 yards with the end zone being 7-10 yards. The size of field may be altered for specific events and to suit the needs or resources of independent leagues.

1.1 Goal posts are not required for the game of flag football. If they exist on the field, they must be padded to prevent injury and must be in the end zone if present.

1.2 League/Tournament organizers should decide the ground rules regarding obstructions and inform the teams and officials of these decisions in writing prior to the season/tournament. When obstructions are not covered by the ground rules, the Referee will consult the teams to arrive at ground rules that are satisfactory to both teams.

1.3 The team bench areas should be on the same side of the field unless circumstances dictate otherwise. The team bench area is to be marked. If not marked, the team bench wil be between the no-run zone line and the center line on respective sides. If team benches are on opposing sides, team bench will be no-run zone to no-run zone. All team accessories, such as buckets, bags and equipment, should be placed at least 5 yards from the sidelines.

1.4 Team members must stay in the team bench area or be penalized for objectionable conduct unless they are given permission by an official to leave the area or are entering the field during the legal substitution as a player. Only team members are allowed to stay in the team bench area; anyone else in the area must leave immediately or the team will be penalized for objectionable conduct.

1.5 Any spectator that interferes with the normal course of the game will be ejected from the field area. It is the local organization’s responsibility to ensure that the ejected spectator complies with the decision, to ensure the safety of all players, staff members and officials.

1.6 If a spectator interferes during the play, the official will evaluate the impact of the interference and act accordingly. For example, if it is obvious that a touchdown would have been scored without the spectator’s interference, the official will allow the touchdown. If the impact is not clear, the down will be replayed at the initial line of scrimmage.

2. The Ball

2.1 Teams may use their own ball or mutually agree to use one game ball.

2.2 The dimensions and type of football to be used will vary among the different age groups and levels of play. It is suggested that each league, tournament operator or organization set its own specifications regarding the dimensions and type of football to be used, based on its own needs and desires.

2.3 Wilson K2 – U8 &U10 leagues Wilson TDJ – U12 leagues we will be adding champro balls to this list

Wilson TDY – U14 leagues

Wilson TDS – U16 & above leagues

2.4 No team or player is permitted to make alterations to the natural surface of the ball being used. Teams doing so will be penalized for objectionable conduct. The Referee must remove any ball that has been altered.

2.5 Players are not permitted to use adhesive material, paint, grease or any other slippery substance applied to equipment or on a player’s person, clothing or attachments that affects the ball or an opponent.

3. Uniforms

3.1 Official team jerseys must be worn during play and properly tucked into shorts. If two teams are using similar jerseys, the winner of the coin toss has the option to change sweaters unless one (1) team agrees to change its colors voluntarily.

3.2 All players must wear different numbers and ensure they are visible. Changing jersey numbers during a game is deceitful to the opponents and prohibited. Uniforms cannot contain any equipment that would cause injury to any player, such as flexible padding.

3.3 Players must not wear shorts or pants that have pockets, belt, press studs or clips of any kind. Shorts or pants must be of a solid color than the flags, to avoid camouflage of flags. Players cannot tape or secure their shorts or pants to meet this regulation. Short pockets may be sown shut so that an opponent's finger does not get caught and passes inspection of the game official.

4. Player Equipment

4.1 All players must wear a protective mouthpiece; there are no exceptions.

4.2 A player is permitted to wear athletic support/protector, completely covered by clothing. Tape or bandages are permitted if they are non- abrasive or are of a non-hardening material in a wet or dry state.

4.3 Jewelry must be removed prior to the start of the game. If it is not possible to remove the jewelry it must be covered up completely, padded and secured. Medical bracelets may be worn but they must be fastened securely so as not to cause injury.

4.4 Head wear permitted is limited to religious headdress that is proven to be securely fastened and not harmful to any participants.

4.5 Other headgear including caps are not permitted. Soft brim hats and soft shelled helmets are allowed.

4.6 Sunglasses are not permitted unless prescribed by a medical doctor, in which case a prescription note is required and the sunglasses are to be secured with a sport band.

4.7 Knee and elbow guards must be flexible and contain no hard material.

4.8 Arm casts may be worn only to protect an injury and must be flexible and contain no materials in a wet or dry state. Knee braces may be worn but must be completely covered by pants or by adhesive or tensor bandages such that no part of the brace is exposed, so a finger cannot be placed between any edge of the brace and the leg. Finger splints may be worn to protect an injury, but the finger splint must be appropriately padded. The Referee will have the final decision on the acceptability of this type of equipment.

4.9 If a player or official has any part of their uniform or equipment saturated with blood, the uniform must be cleansed or changed immediately. "Saturated" being defined as the amount of blood being sufficient to soak through the garment and into the skin or such that blood would easily be transferred to another participant.

4.10 Players may wear cleats but must be rubber cleats. There is no minimum or maximum number of cleats to be worn, but cleats must be a part of the natural design of the shoes and in good condition. Shoes with heels are not acceptable. Spikes or similar sharp pointed type shoes such as track spikes, metal baseball cleats, or golf shoes are not permitted.

4.11 Play cards, playbooks, play sheets may be used if they are safely secured during play. Play sheets may not be placed on the ground where a runner could step on them.

5. Team Equipment

5.1 Cloth flags, in which two flags are worn by each player, one on each hip. The white section of the flag (8 inches' x 2 inches) must be worn inside the pants. The colored section of the flag (12.75 inches' x 2 inches) must be worn on the outside of the pants. The officials must always be able to see a part of the white section of the ball carrier's flag otherwise a penalty for flag guarding will be called

5.2 Pop flag belts will be permitted starting 2025.

5.3 Every effort must be made to keep one flag on each hip. The flags must not be altered or cut. The flags must be clearly visible and must not be covered in any way by the players' uniforms.

5.4 If a player is wearing unacceptable attire, equipment or shoes, the player must leave the game for at least one play and remove the equipment before returning. If the player returns to the game with the unacceptable equipment, the team will be penalized for objectionable conduct and the player will be ejected.

Note: Inspections of players' attire and equipment will be inspected by the official at the beginning of each game. The referee has the final decision and will decide on any on-field ruling which is not covered by this rule book.

Rule 3 – Team Members

1 Players

1.1 The roster will be a minimum of 5 players and a max of 14. All players are eligible to play up one year. For example, a player who is second year on U12 (11 years old) can play on U14 team. A female player may play down 1 year. For example, a first year U16 Girl (14 years old) may play on a U14 team.

1.2 Flag Football is a game that is enjoyed by everyone. Teams can be all male, all female or co-ed depending on the leagues, national tournaments and international competitions.

2 Substitutions

2.1 Substitute players may enter the field only from their bench area and only when the ball is dead. They may not enter the field once the offensive team breaks its huddle. A player who enters the field to communicate a play to a teammate must remain on the field for the next play. The penalty for violating these rules is illegal substitution.

2.2 A player leaving the field for a substitution or because of injury must go directly to the team bench area. Any delay or deviation from this route will be a penalty for illegal substitution.

3 Captains

3.1 Team members identified to the official before the game as spokespersons for offensive and defensive units of a team shall be considered team captains. Each team is permitted a maximum of captains as specified in 5v5 and 7v7. In case of injury or ejection, an alternate captain may be identified to the officials.

3.2 Only a team captain is entitled to an explanation of the rules, including choices for penalty options. Only a team captain is entitled to request an equipment check.

4 Coaches and Managers

4.1 A coach or manager that is a player gets no special treatment while on the field, unless identified as a team captain. While off the field, a coach or manager must stay in the bench area or be penalized for objectionable conduct.

5 Injured Player

5.1 A doctor, trainer or assistant may not enter the field to look after an injured player without the Referee's permission. A coach, manager, doctor, trainer or assistant many not coach the players while on the field during an injury situation. A team violating these rules will be penalized for objectionable conduct.

Rule 4 – Timing / Overtime / Time Outs

1 Length of Game

1.1 The official game is 25 minutes in 5v5.

2 Referee Responsibility

2.1 The tournament officials shall be the official time keeper and shall be govern by the timing regulations in determining the amount of playing time that has elapsed.

2.2 Only the tournament officials can stop and start the clock.

3 The Play Clock

3.1 The clock runs continually. There are no time outs. Only referees can call a time out due to safety concerns during play

4 Overtime

4.1 In the event of a tied game unless otherwise noted on league or tournament regulations, overtime will be played.

Rule 5 – Game Procedures

1 Pre-game Conference

1.1 The Referee is responsible for the adherence to the rules and regulations by both teams and all officials. The Referee will make the final decision on any on-field situation not covered by the rules and regulations in this book.

1.2 Approximately three (3) minutes prior to the scheduled start time of the game, and immediately following the rest period, at least one (1) captain from each team will meet with the Referee at center field to review the field conditions and field markings and conduct the coin toss. Or rock paper scissor

1.3 A coin toss or rock paper scissors determines first possession. The winner of the coin toss chooses either possession of the football or choice of end zone to defend.

2 General Play

2.1 The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross midfield. When a team crosses midfield, it has three (3) plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line. **Exception – U10 has four (4) downs to cross midfield.

2.2 To begin a play, the ball must be snapped by the offensive Center, from the point of scrimmage to the quarterback. There is no minimal distance required by the quarterback who can be either up close to the center or in shot-gun formation.

1 yard is required between the offensive and defensive line. Players may not line up for a play within 1 yard forward the Line of Scrimmage.

2.3 An automatic first down by penalty will overrule the other requirements regarding three (3) plays to make either a first down or score.

2.4 If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.

2.5 All possession changes, except interceptions, start on the offensive 5- yard line.

2.6 If an offensive penalty past midfield occurs, which takes the next down behind midfield marker, the offensive team must still make a touchdown in 3 plays.

2.7 "No-running zones," are located five (5) yards in front of each end zone. When Offense starts a play within the five yard "no running zone," the No Run Zone rule applies for the remainder of the possession or until a touch down is scored the ball carrier cannot run across the line of scrimmage (must be a pass play). *** U10 and U8 – NO no-run zone.

2.8 The quarterback cannot run with the ball past the line of scrimmage, unless the ball has been handed, tossed or pitched to another player and then returned.

2.9 Once the ball carrier has made a legal forward pass the ball cannot be handed off, lateraled, pitched or passed in any way.

2.10 Prior to a forward pass an offense may use multiple handoffs or lateral passes behind the line of scrimmage. On

2.11 Legal Forward pass – is when a pass is aimed towards the opponent's end zone

2.12 A lateral or backwards pass is when the pass is aimed in any direction other than towards the opponent's end zone

3 Touch Downs

3.1 A touchdown is scored when a player has legal possession of the ball in the opponent's end zone.

3.2 The ball is considered to be in the end zone when any part of the ball touches the plane of the goal line.

3.3 When the ball is in the end zone, it is considered to be still in the end zone until it is brought entirely out of the end zone into the field of play.

3.4 The team scoring the most points during regulation time is declared the winner. If the teams are tied after regulation time and a winner must be declared, the team scoring the most points during overtime is declared the winner.

Rule 6 – Live Ball / Dead Ball

1 Live Ball / Dead Ball

1.1 Live Ball

The ball is live after the Referee has signaled play to begin and the ball has been snapped by the team in possession. The ball will remain live until the ball is ruled dead according to the dead-ball rules. A team cannot advance the ball or score unless the ball is live.

1.2 Free Ball

A free ball is a live ball, such as a tipped ball, that is not in a player's possession and can be legally recovered by either team. The ball can be caught and advanced by the same offensive player who initially lost possession or by a defensive player. Any player may recover the ball. The ball is considered to be free from the time it leaves a player's body until the instant it touches the ground.

1.3 Dead Ball

The ball is dead when any of the dead-ball conditions are met. A live ball becomes dead when an official's whistle is blown. The team in possession can advance no further when the ball is dead.

1.4 Substitutions may be made only when ball is dead and approved by the official.

1.5 There are no fumbles. The ball becomes dead at the spot in which the ball was dropped.

If the QB doesn't gain possession of the ball during the snap, the ball will be placed at the line of scrimmage and result in a loss of downs or turn over on downs.

1.6 A play is ruled "dead" when:

- An official blows his whistle.
- Ball carrier's flag is pulled or ball carrier otherwise becomes illegal.
- Ball carrier steps out of bounds
- Ball carrier dives or jumps
- Points are scored.
- When any part of the ball carrier's body, other than his hand or foot touches the ground.
- When the ball touches the goal post assembly
- When the ball touches an official (it shall be considered as having touched the ground).
- When the flag of the player with possession of the ball falls off or out of position.

1.7 When the whistle is blown inadvertently by an official, the play shall stand unless the Referee decides that the whistle affected the result of the play. The Referee will decide which team is adversely affected by the whistle; that team may choose to let the play stand when the whistle blew or repeat the last play.

1.8 If the Referee cannot decide which team is adversely affected, the play shall be repeated.

1.9 Any fouls which occur during the play and are allowed to stand will be administered as they would be in a regular play situation. Dead-ball fouls will be administered in all cases.

Rule 7 – In and Out of Bounds

1 In Bounds

1.0 The ball is in bounds when it is within the boundary lines. The ball is considered to be still in bounds while it is over or outside the boundary lines until it touches the boundary lines or any person or object that is out of bounds.

1.1 Any person who has not touched the boundary lines and has not touched the ground, a person or an object that is on or beyond the boundary lines, is considered to be still in bounds.

2 Out of Bounds

2.0 The ball is out of bounds when it touches the boundary lines or the ground beyond the boundary lines. The ball is out of bounds when it touches an object or a person that is out of bounds.

2.1 Any person or object that is touching the boundary lines or the ground beyond the boundary lines is out of bounds. An airborne object or object suspended over the playing field is considered out of bounds.

Rule 8 – Control and Possession of the Ball

1 Control of the Ball

1.1 A player is considered to have control of the ball when the player has the ball firmly held in one (1) or both hands, arms or legs or holds the ball firmly in one (1) or both hands, arms or legs or holds the ball firmly under the body without having the ball touch the ground. The grip on the ball must be firm enough to enable the player to stop the rotation of the ball and to exhibit influence over its direction.

2 Possession of the Ball

2.1 A team must have possession of the ball to score a touchdown or to earn a first down. When a team obtains possession from the opponents, they will be awarded a first down where the ball becomes dead. After being awarded a first

down, a team keeps possession for three (3) downs or three (3) plays, unless the opponents gain control of the ball, or either is awarded first down by penalty. During the three (3) downs or three (3) plays, the team in possession must gain the required distance for first down or score a touchdown, otherwise it will give up possession.

2.2 A player is considered to have possession of the ball if that player has control of the ball. If control of the ball is lost, the player no longer is considered to have possession of the ball.

2.3 A team is considered to have possession of the ball when one (1) of its players has possession of the ball or awarded possession by the rules. A team loses possession of when the opponents intercepts a pass or gain control of a free ball.

3 Dead Ball

3.1 The ball is dead when any of the dead-ball conditions are met. The ball is also dead when an official blows a whistle while the ball is live. The team in possession can advance no further when the ball is dead.

3.2 Substitutions may be made only when ball is dead and approved by the official.

3.3 If a ball carrier's flag falls off, the player will be required to be tagged (one-hand from the shoulders down).

3.4 There are no fumbles. If the ball is dropped during a play, the play is whistled complete and the ball is placed where player last has possession.

3.5 Play is ruled "dead" when:

- An official blows his whistle.
- Ball carrier's flag is pulled or becomes illegal.
- Ball carrier steps out of bounds
- Ball carrier dives or jumps
- Points are scored.
- When any part of the ball carrier's body, other than his hand or foot touches the ground.
- When it touches the goal post assembly
- When the ball touches an official it shall be considered as having touched the ground.
- When the flag of the player with possession of the ball falls off or out of position

Rule 9 – The Huddle

1 Huddle

1.1 The offensive team on the field must hold a huddle after a time-out, a change of sides on the field, or a change of possession. A huddle is not mandatory in any other cases. An infraction to this rule brings a penalty for illegal procedures.

1.2 The team on offense has thirty (30) seconds to put the ball in play.

The official will give a reasonable period of time for both teams to regroup and will then whistle the thirty (30) seconds period to start. If the ball is not put in play before the end of the thirty (30) seconds, the offense will receive a penalty for time out violation.

Rule 10 – The Running Game

1 Running

1.1 The center is the player who gives the ball to the quarterback via a snap. The center cannot take a direct hand off back from the quarterback (no center sneak play). Any violation of this play is illegal run play penalty

1.2 The center must take a position facing the defense with the feet straddling the line of scrimmage. The ball must be snapped off the ground and between the legs in one (1) motion in the direction from toe to heel. Any player who snaps the ball shall be considered as the center.

1.3 The line of scrimmage and point of scrimmage shall be determined by the officials according to the dead- ball rules and scrimmage regulations.

1.4 The quarterback is the player who receives the ball directly from the snap.

1.5 Tosses or sweeps behind the line of scrimmage are allowed and are running plays.

1.6 The player who takes the handoff, toss or pitch can throw the ball from behind the line of scrimmage.

1.7 No player is allowed to move to try to draw the opponent's offside.

The quarterback cannot use physical tactics to try to draw the opponent offside (illegal procedure). The defensive unit on the field cannot shout terms that would confuse the offense and draw them offside (penalty).

1.8 All defensive players are eligible to rush once the ball has been handed off or tossed, or there is a play action fake or fake handoff.

1.9 Spinning is allowed, but the ball carrier cannot dive forward or jump to avoid a defensive player or gain yardage (no diving). One foot, at least, must remain in contact with the ground.

1.10 It is up to the ball carrier to avoid contact with the defender.

1.11 The ball is spotted at the location of the ball when the flag is pulled. The ball shall be placed so the its long axis is parallel to the sidelines.

1.12 The rusher cannot raise arms within 2 yards of QB for safety reasons.

Rule 11 – Receiving

1 Receiving

1.1 All players are eligible to receive passes (including the quarterback if the ball has been handed off or tossed behind the line of scrimmage)

1.2 All players must be completely behind their side of the scrimmage neutral zone at the instant the ball is snapped, except the center. Violation of this procedure is an offside penalty.

1.3 Any number of players can be in motion when the ball is snapped; only the center must be at the line of scrimmage.

1.4 Player out of bounds – A player who goes out of bounds shall not participate in that play unless that player went out of bounds as a result of a slippery field, missed flag pull or contact with opponent.

Rule 12 – Rushing the Quarterback

1 Rushing

1.1 All players who rush the passer must be seven (7) yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage. The rusher must rush continuously. Once the ball is handed off or tossed, or fake handoff, the seven rule no longer is in effect and all defenders may go behind the line of scrimmage. A bean bag marked by the game official that will designate seven yards from the line of scrimmage.

1.2 Remember, blocking and tackling are not allowed.

1.3 A rusher lined-up within two (2) yards (side to side) of the seven (7) yard marker is entitled to a free rush at the quarterback – the rusher may not be interfered. If the rusher is lined up outside the two (2) yards (side to side) of the seven (7) yard marker, they are not entitled to a free rush at the quarterback and can be interfered.

Rule 13 – Flagging

1 Flagging

1.1 To prevent the ball carrier from advancing, an opponent must pull off one or two flags without preventing the ball carrier to move forward. The ball is declared dead at this point. Once the defender has removed a flag, they are to remain in place hold the flag up for the referee to confirm the play has stopped and return the flag to the ball carrier. If a defensive player does not immediately return the flag back to the ball carrier, the official will issue a warning to the captain of the team at fault. If the situation repeats itself, no matter which player is involved, the official will issue a player misconduct penalty.

1.2 Defensive players are not allowed to pull an opponent's flag unless they are the ball carrier. A flag cannot be pulled until the ball carrier has the ball in their hands. The penalty, if the pass is complete results in an automatic first down 5 yards from where the ball is caught. If the play is incomplete, it is an automatic first down and the ball is placed 5 yards ahead of the previous line of scrimmage.

1.3 The officials will whistle when they see that a defensive player has removed (flagged) one of the flags of the ball carrier. If a ball carrier does not have all his or her flags, the player is deemed ineligible. If a flag is not placed correctly following a defensive player's intervention, the official may decide to let the play continue, or whistle the play down (flag protection penalty).

Rule 14 – Passing

1 Pass

1.1 A pass is a ball thrown, handed, dropped, knocked or batted by a player in any direction; a ball that is bounced off a player in any direction is also considered to be a pass. A pass must be completed over the line of scrimmage.

2 Onside Pass

2.1 An onside pass is a ball that is propelled from a player's body towards that player's dead line or parallel to that player's dead line, regardless of how it was propelled.

3 Offside Pass

3.1 An offside pass is a ball that is propelled from a player's body towards the opponent's dead line.

3.2 A hand-off in a forward direction is considered an offside pass.

3.3 Violation of these rules are an offside pass penalty against the team that committed the offside pass. No penalty is involved, just a dead ball

3.4 An offside pass is not legal even when it is touched by an opponent first.

4 Forward Pass

4.1 A forward pass is a ball deliberately thrown by an offensive player towards the opponent's end zone. The first forward pass thrown by the offense during a play will be considered a legal forward pass.

4.2 A forward pass is legal when it is thrown from behind the line of scrimmage; it must be the first forward pass thrown by the offense during each play; it must be thrown before the ball is carried over the line of scrimmage. Any forward pass that violates these rules will be treated as an offside pass.

4.3 For the purposes of determining a legal forward pass, when even on hips of the ball carrier is over the line of scrimmage or passer is over the line of scrimmage, the ball is considered to be over the line of scrimmage.

Rule 15 – The Passing Game

1 Passing

1.1 The quarterback has seven seconds to throw the ball. If a pass is not thrown within the seven seconds, the play is dead, with a loss of down and the ball is spotted five yards back from the previous line of scrimmage.

1.2 Once the ball is handed off or tossed or fake handoff, the seven second rule is no longer in effect.

1.3 Only one forward pass thrown is allowed in a down.

1.4 Interceptions change the possession of the ball.

1.5 Shovel passes are allowed but must be made behind the line of scrimmage.

1.6 Once a player catches the ball past the line of scrimmage, they are no longer allowed to lateral the ball.

1.7 Interceptions can be returned by the defense.

1.8 On interceptions that occur and remain in the end zone, the ball becomes dead and turned over to the intercepting team at its 5-yard line.

1.9 Should an interception occur in the end zone and the ball carrier leave the end zone, the ball will belong to the intercepting team at the spot the ball becomes dead. However, should the ball carrier return to the end zone and be DE flagged or the ball becomes dead, except in a case of premature whistle, the result would be a safety for the other team.

Rule 16 – Complete / Incomplete Passes

1 Complete Pass

1.1 A pass is completed when a receiver is in possession of the ball.

1.2 When an opponent causes the receiver to land out of bounds and, in the judgment of the officials, the receiver would have touched the ground in bounds without the opponent's action, the receiver will be considered to have landed in bounds.

1.3 When a receiver has control of the ball even for an instant, then loses control because of bodily contact caused by an opponent or the ground, the receiver will be awarded a complete pass.

1.4 A pass is ruled as complete to a receiver when an opponent is penalized for pass interference against that receiver in the target area.

1.5 When a player catches a pass tipped by a teammate, the pass completion is awarded to the player who caught the pass.

2 Simultaneous Possession

2.1 A complete pass caught simultaneously by teammates shall be awarded to the teammate who first touched the pass. A completed pass caught simultaneously by players on opposite teams shall be awarded to the player whose team had possession before the pass was caught simultaneously.

3 Tipped Pass

3.1 Tipped passes are not allowed. Offense cannot advance on a tipped pass from offense to offense.

4 Bobbled Pass

4.1 If the player who caught the ball was the last player to tip the ball and had been flagged by an opponent after tipping the ball, the pass is considered complete and the ball is considered dead when the player was flagged.

4.2 When the ball carrier accidentally loses control of the ball, then catches it without the ball being touched by another player, the play continues. If the ball carrier was flagged by an opponent after losing control of the ball, the play is considered dead when the ball carrier was flagged.

4.3 When the ball carrier deliberately throws the ball into the air, then catches it to avoid being flagged, the ball is dead immediately.

5 Intercepted Pass

5.1 Any pass that is incomplete by the team in possession but caught by the opponents is an intercepted pass.

6 Incomplete Pass

6.1 Any thrown pass is incomplete and the ball is immediately dead when it touches the ground, the goal post or an official, or goes out of bounds before being caught.

7 Blocked or Deflected Forward Pass

7.1 A forward pass that is blocked by a rusher is considered to be an incomplete forward pass when it hits the ground. If the ball is caught, the appropriate offside/onside pass rules apply. The offense cannot throw a second forward pass; this will be ruled an offside pass. A deflected pass is ruled a regular forward pass playable by both teams.

8 Deliberate Grounding Pass

8.1 When the passer deliberately throws the ball out of bounds, or to an area where there is no receiver, in an obvious attempt to avoid a loss of ground, the passer will be penalized for grounding. (7v7 only)

9 Forward Pass vs. Dropped Ball

9.1 When the passer attempts a forward pass and loses control of the ball after starting the passing arm in a forward motion and following through with the intended pass motion, the ball is dead when it hits the ground and the play is considered to be an incomplete forward pass.

If the forward motion of the throwing arm had not started when control of the ball was lost, the play is dead at that spot.

Rule 17 – Pass Interference

1 Pass Interference

1.1 Pass interference occurs when a player takes away an opponent's positional advantage

1.2 Pass interference in the target area can apply when the pass is in the air and the player who had positional advantage had a reasonable chance of getting to the arrival point for the ball. When these two conditions do not apply, any pass interference that occurs will be considered to have occurred in the remote areas.

1.3 Pass interference by the offence or the defense is illegal. The team that violates the pass interference regulations will be penalized as determined by the official.

2 Contact

2.1 A player has committed bodily contact when that player makes contact with an opponent and moves the opponent off stride or away from the opponent's intended direction or position. Contact between opponents is legal provided that the contact results from a simultaneous and legitimate attempt to play the ball and occurs at the arrival point of the pass; this contact is legal only when each player is intent on playing the ball and each player is in an equally favorable position to play the ball.

2.2 When contact occurs without moving the opponent of stride or away from the opponent's intended direction or position, pass interference has not occurred; this is incidental contact.

3 Path to the Ball

3.1 All players have an equal right to a direct path to the arrival point of the ball. However, a player in an unfavorable position cannot commit bodily contact with an opponent to reach the ball, even if the ball was eventually touched by that player.

3.2 A player who is in an equal or advantageous position to play the ball, compared to an opponent, is considered to have the right to the path of the ball. When that right is taken away by an opponent using bodily contact, pass interference has occurred.

3.3 A player, who is taking a path or a position on the field in order to catch a pass, or defend against a pass, has a right to that path or position unless an opponent has already taken it. A player who takes an opponent's established path or position using bodily contact is guilty of pass interference.

3.4 When two (2) opponent's cross paths and make contact, the player who had clearly declared the intended path first has the right to that path; the opponent is guilty of pass interference unless the contact was incidental. If the officials cannot determine who declared their path first, pass interference has not occurred.

3.5 When opponents get their feet tangled up while running their respective paths causing one player to lose balance, a pass interference penalty is not automatic. The relevant positions and intended paths of the players must be taken into account.

3.6 In all the above cases, the player who is in the advantageous position to play the ball must continue to display intent to reach the arrival point of the ball. Otherwise, any contact by the opponent in a sincere effort to reach the arrival point of the ball will not be considered pass interference. A deliberate attempt to block the opponent from reaching the arrival point of the ball is pass interference.

4 Pick Play

4.1 An offensive player cannot prevent a defensive player from pursuing another offensive player by impeding that defensive player's direct path to the teammate. The defensive player must be moving towards the second offensive player to be considered pursuing that player.

4.2 If the first offensive player is playing the ball, that player cannot be considered as impeding the defensive player from pursuing the second offensive player.

4.3 Violation of these regulations is pass interference.

5 Stationary Position

5.1 A defensive player who has maintained a stationary position since the ball was snapped shall not be penalized for pass interference if run into by an opponent.

6 Playing The Ball

6.1 A player must be facing the ball as it arrives in the target area to be considered to be playing the ball. When the ball strikes a player who is playing the ball and who is impeding an opponent's approach to the ball, this is pass

interference in the target area; for the purposes of this regulation, the opponent must be moving towards the ball to be considered impeded.

7 Screening

7.1 As the ball arrives in the immediate vicinity of a receiver, a player who is not playing the ball cannot extend the arms or wave a hand in an attempt to distract a receiver, to block a receiver's vision or to touch the ball. Violation of this rule in pass interference in the remote area; if the ball is touched or the receiver's direct line of vision to the ball is blocked; this is pass interference in the target area.

8 Non-catchable Pass

8.1 When an official considers a pass cannot be caught even with extraordinary effort, no pass interference penalty shall be assessed even when pass interference occurs by either team. Therefore, no penalty call either way.

Rule 18 – Sportsmanship / Roughing

1 Sportsmanship

1.1 Foul Play Will Not Be Tolerated.

1.2 Trash talking / taunting is illegal. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators.) If trash talking / taunting occurs, the referee will give a 15 yd. unsportsmanlike penalty, loss of down or automatic 1st down on defense. If it continues the player or players will be automatically ejected from the game.

1.3 Shifting in a way that simulates the start of a play or employing any other unfair tactic for the purpose of drawing one's opponent offside. This can be constructed only as a deliberate attempt to gain an unmerited advantage.

1.4 Players cannot cross the line of scrimmage to listen to the opponents' huddle. Players cannot voice signals or make sounds that are intended to confuse the opponents' signals.

1.5 After the center sets the ball for the snap, a defender cannot move directly in front of the center and prevent the center from moving forward after the snap. Any defensive player must be at least one (1) yards from the center at the time of the snap if intending to assume a stationary position. Defenders can be 1yd from the center at the time of the snap within the no run zone.

1.6 Violation of these rules is an illegal procedure penalty.

2 Roughing

2.1 If the referee witnesses any acts of flagrant contact, tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game.

2.2 A player is not allowed to trip an opponent using the arm, lower leg or foot.

2.3 After the whistle is blown to indicate the ball is dead, a player is not allowed to run into, throw the body against or deliberately fall upon an opponent.

2.4 The ball carrier is not allowed to elbow, shoulder, or throw the body into an opponent or attempt to jump through defenders blocking the path.

2.5 A player is not allowed to contact the passer's arm in the throwing motion using bodily contact.

2.6 A player is not allowed to use bodily contact on a pass receiver before or after the ball is touched. If the bodily contact was caused by a legitimate attempt to catch or down the ball while both players had equally favorable positions to the ball, no foul has occurred.

2.7 A player is not guilty of contacting the receiver if the bodily contact was caused by a sudden stop or change in direction by the opponent and the player made every attempt to diminish the contact.

Rule 19 – Illegal Acts

1 Use of Hands

1.1 Players cannot use their arms or hands to impede or redirect an opponent, except when that opponent obstructs their direct path to the ball carrier. Players cannot use the goal posts with their hands or arms to push off or to change direction. Violation of these rules is illegal use of hands.

1.2 When a player is playing the ball, an opponent can redirect that player with the hands in an effort to continue pursuing a direct path to the arrival point of the ball or the intended receiver.

1.3 Players may touch an opponent to feel their relative positioning as long as the opponent is not impeded or redirected. Players may touch the goal posts with their hands if such touching does not help them change their direction.

2 Obstruction

2.1 Obstruction is when a player impedes an opponent's direct path to the ball, the ball carrier or the intended receiver, with or without contacting the opponent.

2.2 A player may assume a stationary position if the intent is obviously to avoid obstructing an opponent. A player may cut across the path of an opponent if the opponent's progress is not impeded or redirected. Violation of these rules is an obstruction penalty.

2.3 When the ball carrier uses stationary teammates as a means of blocking the opponent from getting to the ball carrier, such stationary teammates are not to be penalized form obstruction unless they move from their spot. (Note: this rule does not apply to center/ rusher interference)

3 Illegal Re-entry

3.1 A player who steps out of bounds during the live ball cannot re-enter the field to play the ball, pursue a ball carrier or pursue an intended receiver. A player who is pushed out of bounds by an opponent or goes out of bounds as a result of a slippery field is not considered to have gone out of bounds unless that player makes not immediate effort to get back in bounds. Violation of these rules is an illegal re- entry penalty.

4 Illegal Participation

4.1 A player cannot leave the bench area to enter the field and play the ball, pursue a ball carrier, pursue an intended receiver or obstruct a player; this rules also applies to fans and team members in or out of the team bench area. Violation of this rule is an illegal participation penalty.

Rule 20 – Player Conduct

1 Major Foul

1.1 A player or team member is not allowed to strike or trip an opponent or an official with the deliberate intent to cause bodily harm. Any other act of roughness or unfair play considered by the Referee to threaten the safety of participant is not allowed.

1.2 Violation of these rules is a major foul and the player or team member must be ejected from the game. This will result in a 15 yd. unsportsmanlike conduct penalty, loss of down or automatic 1st down on defense.

2 Personal Foul

2.1 Any act of roughness or unfair play that is committed by a player or team member, but is not considered by the Referee to be a major foul, is a personal foul. All players must attempt to control their momentum when approaching an opponent.

2.2 Violation is these rules is a personal-foul penalty

3 Objectionable Conduct

3.1 A player or team is not allowed to use profane language, make verbal threats, or utter demeaning or intimidating remarks or actions to another player, team member, fan or official. Persistent arguments from any player are not allowed. A player is not allowed to fake an injury or loss balance in an obvious attempt to delay the game or cause a personal foul to be assessed against an opponent.

3.2 Violation of these rules is an objectionable conduct penalty. If the violation is considered by the Referee to be of a serious nature, the player or team member must be ejected from the game.

4 Player Ejection

4.1 An ejected player or team member must stay in the bench area and refrain from berating players, officials and fans. When an ejected player or team member violates these rules, that person must leave the park.

4.2 If the ejected individual does not leave the park within 3 minutes or returns to the park during the game, the Referee must award the game to the opponents.

4.3 The Referee must take an official's time out while carrying out these procedures.

Rule 21 – Penalties

1 Penalties

1.1 All penalties are 5 yards. The down will be repeated unless otherwise noted, and will be assessed from the line of scrimmage.

1.2 All penalties may be declined except for False Start and penalties for improper attire (dead ball fouls).

1.3 Penalties will not exceed half the distance to the opposing team's goal line from the line of scrimmage.

1.4 Game officials determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.

1.5 Games cannot end on a defensive penalty, unless the offense declines it.

1.6 Penalties after an interception shall be assessed after the return is over and/or the play is blown dead.

2 Defensive Penalties

2.1 Offside – 5 yards

2.2 Substitution fouls – 5 yards. (player enters field after ball is blown dead ready for play, i.e. to deceive the opponents or 6 men on the field)

2.3 Disconcerting signals – 5 yards. (signals to distract/simulate offensive signals prior to snap)

2.4 Interference with opponent or ball at the snap – 15 yards

2.5 Illegal rushing – 5 yards. (starting rush from inside 7-yard maker)

2.6 Interference – 5 yards and automatic first down.

2.7 Illegal contact – 5 yards and automatic first down. (holding, blocking, etc)

2.8 Illegal flag pull – 5 yards and automatic first down. From spot of catch if caught, LOS if dropped (before receiver has ball)

2.9 Roughing the Passer- any contact with the passes arm head or neck area while throwing the ball-10-yards

3 Offensive Penalties

3.1 Flag guarding – 5 yards.

3.2 Delay of game – 5 yards.

3.3 Substitution fouls – 5 yards.

3.4 False start – 5 yards (cannot be declined).

3.5 Illegal snap – 5 yards 3.6

Offensive holding – 5 yards.

3.7 Diving/Jumping – 5 yards.

3.8 Player out of bounds – 5 yards (if player goes out of bounds by his own cognizance, player cannot return to the field and catch the ball).

3.9 Illegal forward pass – 5 yards and loss of down. (a second forward pass or after the ball has crossed the line of scrimmage)

3.10 Offensive pass interference – 5 yards and loss of down. (illegal pick play, pushing off/away defender)

3.11 Running inside a no running zone is a loss of down at the previous spot.

3.12 Rusher interference – 5 yards and loss of down.

Rule 22 – Tournament Tie Breaker System

1 Tie Breaker System

In any contest, the final score may result in a tie. If a winning team is deemed necessary, then overtime shall be played.

In a round robin tournament, the winner is that with the best record in the end.

Rule 23 – No Run Zone

1 No Run Zone

1.0 If a run happens in the No Run Zone, the play will be whistled dead and the penalty is a loss of down.

1.1 Once in the No Run Zone no run zone rules apply for the remainder of the possession or a touchdown is scored.

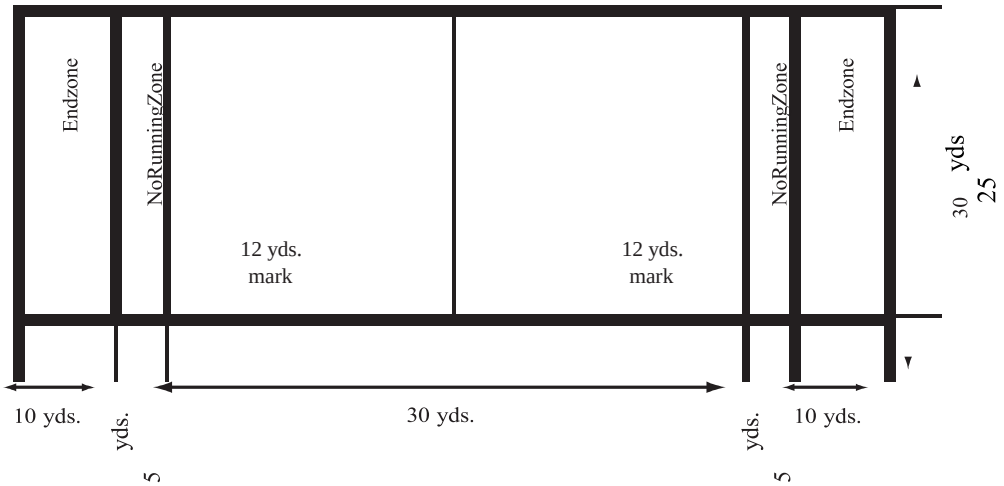
1.2 Play action and pitch passes are not allowed in the No Run Zone, the play will be whistled dead and the penalty is a loss of downs.

5v5 Rule 1 – Field

1 Field

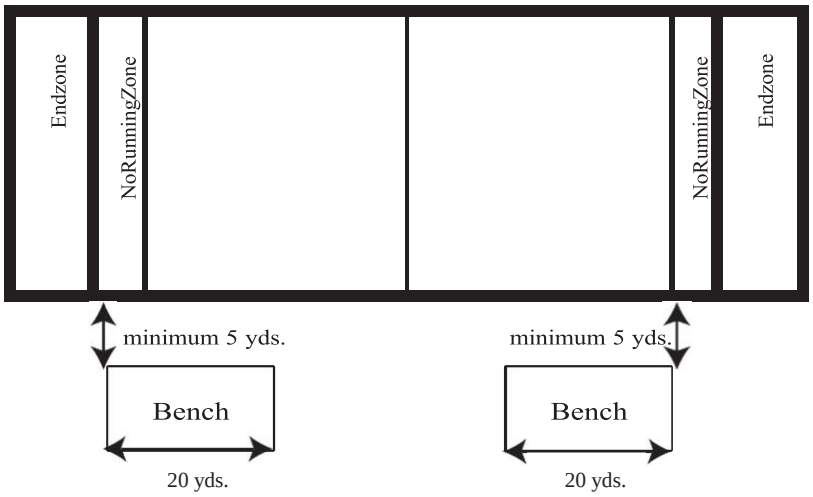
1.1 Field Diagram – minimum field markings

1.2 Field Dimensions: Length: 60
(or 65) yards
Width: 25 yards
End Zones: Maximum 10 yards deep, minimum 7 yards deep
No Running Zones: within 5 yards of each goal line.



1st Down

2 Bench Area



5v5 Rule 2 – Scoring

1 Obtaining Points

1.1 Touchdown: 6 points

Extra point: 1 point. (Played from midpoint of 5-yard line only)

Extra point: 2 points (Played from midpoint of 12-yard line only) Safety: 2 points

Note: An interception returned to opponent's end zone on any extra point play by the defense will result in the defense scoring 2 points plus possession for next series at its 5-yard line.

2 Convert

2.1 A team scoring a convert from the 5 yard line is awarded one (1) point. A team scoring a convert from the 12 yard line is awarded two (2) points. When a penalty affects the normal point of scrimmage of a convert attempt, the awarding of one (1) or two (2) points will be based on where the original convert attempt was scrimmaged prior to any penalty application or repeated convert attempt.

2.2 A convert is scored when a player has legal possession of the ball the in the opponent's end zone during a convert attempt.

2.3 If the team chooses the additional point from five (5) yards, this is within the "no-running zone" and the ball must be thrown.

3 Safety Touch

3.1 A team scoring a safety touch is awarded 2 points

3.2 A team scores a safety when their opponents cause the ball to be brought into their end zone and the ball is ruled dead in the end zone before they can bring it out legally, or the ball is considered to have not left the end zone.

3.3 A safety touch is not awarded when a player's momentum, while intercepting a pass in the field of play, causes the ball to be brought into the end zone, where it is eventually rules dead; the intercepting team shall be awarded a first down at the point of interception.