

# Men's 5 on 5 Flag Football League

## Rules and Regulations

### **POSTPONEMENTS:**

The team manager is responsible for calling the league coordinator for any Cancellations. All postponed games may only be rescheduled by Plex Indoor Sports if time allows.

### **FORFEIT PROCEDURES:**

Team managers must notify Plex Indoor Sports by 5:00 pm the Thursday before their game if they wish to forfeit a game. If this procedure is not followed, that team will be assessed a warning if this happens twice the team will be removed from the league. Once the game begins, the clock will start and there will be a five minute grace period to start the game before the forfeit is official.

### **LEAGUE PLAY:**

We will have (2) divisions of play if possible. All games will be played at Plex Indoor Sports at the Village at Sandhill. At the conclusion of the regular season a playoff will be played seeded by the end of the regular season standings.

### **GAME RULES:**

#### **GAME BALL**

- ◆ Each team must use their own ball. No balls will be provided by the Plex.

#### **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 with numbers. 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 two (20) minute halves, running time. The clock will stop for a (3) minute halftime. (1), (2) and (3) point conversions do not stop the clock. The clock will only stop with a time out. The clock starts back up on the referee's whistle.
- ◆ Teams change sides after the first (20) minute half.
- ◆ Each time the ball is spotted, a team has (15) seconds to snap the ball. Teams will receive 1 warning at the 5 sec mark before a delay of game penalty is enforced.
- ◆ Each team has (1) (30) second time-out and (1) (15) second time-out per half.
- ◆ Officials can stop the clock at their discretion.

## **OVER-TIME**

**There will be no over time in the regular season, the game will end in a tie.**

- ◆ If the score is tied at the end of regulation during playoffs, teams will move directly into over-time.
- ◆ A coin toss will determine who gets first possession. Possession will begin at the mid field line. The team with the first possession has (4) downs to score. The defending team gets possession after the offensive team scores or fails to score. That team will then have (4) downs to score. Teams may go for (1), (2) or (3) points after a touchdown has occurred.
- ◆ If the game is still tied after the first overtime, 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) or (3) point conversion after each touchdown.

## **SCORING**

- ◆ Touchdown: 6 points
- ◆ Extra Point: 1 point from red spot  
2 Points (played from the white yard line)  
3 Points (played From White Dash)
- ◆ Safety: 2 points

## **PLAYERS**

- ◆ Teams must field a minimum of (4) players to begin the game. Maximum of (5) players are allowed on the field at a time. If a player is late they may not enter the field of play until a dead ball situation or a time out is used.
- ◆ Teams may consist of (14) players per game. (5 field players & 9 substitutes)
- ◆ Unlimited substitutions are 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 14, and none of those players are allowed to be on more than one roster however, the team has until the end of week 3 to secure and finalize their roster.
- ◆ During the end of the season playoff tournament, no player can be added to roster. NO EXCEPTIONS!
- ◆ All players must be (18) years of age.
- ◆ Each player must sign the roster/waiver before the first scheduled game, and secure a Plex player card.

## **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 (4) plays to cross the first down line. Once a team crosses the marker, it has (4) plays to gain a first down or score a touchdown. If the offensive team fails to cross the marker or score, the ball changes possession and the new offensive team takes over at the spot. Teams may choose to punt (throw) on fourth down. One player is required on the line of scrimmage. All players must wait until the ball is released to pass line of scrimmage. Punter (thrower) has five seconds to release the ball.
  - ❖ Receiving team may advance the punt if it is caught in the air, if ball makes contact with the ground the ball is spotted where the ball comes to rest.
- ◆ The ball must be snapped either between the legs, or off to the side, to start the play.
- ◆ All position changes, except interceptions, start from the spot.
- ◆ Interceptions are the only changes of possession that do not start on the spot. 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. The ball remains the possession of the team that fumbled.
- ◆ 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 (1.5) yards from the line of scrimmage when the ball is snapped.
- ◆ Any number of players may rush the quarterback.
- ◆ Players not rushing the quarterback must defend on the (1.5) line of scrimmage.
- ◆ Once the ball is pitched or thrown, the (1.5) 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 (1.5) yards.

## **RUNNING**

- ◆ The quarterback cannot run the ball (unless he pitches it and then receives a pitch, pass or is rushed by a defender).
- ◆ Direct hand-offs are not allowed (this is a passing league) 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 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 carriers ball is when the flag is pulled, not where their feet are. Ball 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.

## **PASSING**

- ◆ All players are eligible to receive a pass, including the quarterback if the ball has been pitched 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 pitched off behind the line of scrimmage, the 7 second rule is restarted and is still 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 (out of bounds is when a player hits the wall or the glass).
- ◆ Touchdown or safety is scored.
- ◆ Ball carriers knee hits the ground.
- ◆ Ball is fumbled.

(If flags fall off the player must be touched with one hand to be down)

## **SPORTSMANSHIP/ROUGHING:**

- ◆ There is absolutely no contact allowed. (Blocking/rushing is allowed as long as the players hands are behind their back or at their side, you may not use your hands or arms to block)
- ◆ **NO TACKLING IS ALLOWED!!!**
- ◆ If the fields monitor or referee witnesses any acts of tackling, elbowing, cheap shots, unauthorized 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
- ◆ 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
  - Pass Interference ..... 10 yards & automatic first down  
If the infraction takes place in the end zone, the ball will be spotted at the 5 yard line.
  - Illegal Contact ..... 5 yards
  - A defensive player shall not make ANY contact with an offensive player.
  - Holding ..... 5 yards
  - Illegal Flag Pull ..... 5 yards
  - Illegal Rushing ..... 5 yards
  - Roughing the Quarterback ..... 5 yards & automatic first down
  
- ◆ Offensive penalties are:
  - False Start / Illegal motion ..... 5 yards
  - Illegal Forward Pass ..... 5 yards & loss of down
  - Offensive Pass Interference..... 5 yards & loss of down
  - Flag Guarding ..... 5 yards from spot of foul
  - Illegal Block or Screen ..... 5 yards from spot of foul
  - Delay of Game ..... 5 yards & loss of down

All personal fouls will be 10 yards from line of scrimmage.