**5on5 NON-CONTACT**

**ADULT FLAGFOOTBALL RULES**

5 on 5 Non-Contact Rules and Guidelines

**TEAM ROSTERS:**

**Roster: *10 Player roster limit, need 4 players on field to avoid forfeit.*** It is **MANDATORY** for each team to turn in a team roster before first game, failure to do so may result in forfeit. If found that a player is participating without being on team roster, that team will be forced to forfeit current game and possible prior games. This may or may not disqualify them from the league playoffs.

**Rosters WILL BE ENFORCED. Players may not be added to roster after 4th game, with exception to mulitiple injuries or with League Directors approval. Players listed on roster must participate in a minimum of 5 games to participate in playoffs.**

**EQUIPMENT/ATTIRE:**

**It is the responsibility of ALL TEAMS to provide their own necessary EQUIPMENT and ATTIRE.(*Flags, Balls, ETC.*)**

**No Pockets: *NO POCKETS are allowed, players may NOT TAPE pockets.***

**Flags: *UNALTERED/UNCUT SONIC BOOM “Pop Flags” are the offical flags to be worn by all participating players.*(*Flags may NOT be same color as shorts and or pants etc.*).**All players flag belts must be worn properly, the hip points must be facing out and the ribs on the flag must be facing out. The referee will enforce that the flags are official **UNALTERED/UNCUT** legal **SONIC BOOM** flags. If improperly used, will result in a live ball penalty.

**Balls:** Teams must use approved **ADULT SIZE** footballs, NCAA, NFL or Arena etc.

**Uniform: Jersey/Shirts MUST be tucked in. *Teams must have a light and dark of two different colored jerseys or shirts*.** The **HOME** team will have their choice on what color they wear. If the visiting team does not have an alternate set of jerseys or shirts, they may play shirtless.

**Hats: *No hard bill hats are allowed*.(Baseball Hats)**

**CONDUCT:**

**Respecting the Officials/Staff: Respect everybody who is making this league a possibility for you and your team. Fighting, Profanity, Unsportsmanlike Conduct or Flagrant Contact Fouls will not be tolerated. Any player that comes off the sidelines during a fight will be ejected. If you disrespect anybody on the immediate staff (referee, overseer of the field, facility employees, etc) you will be immediately ejected from the league and asked to leave the premises. The same rule applies for the fans or spectators of each team, it is the responsibility of the teams to control their own fans and spectators. The second something turns from “I believe that is a bad call” to personally insulting a referee, telling them to shut up, calling them a name, saying they suck, the offending player will be immediately ejected from that game, sit out the next game and possible team disqualification as well as expulsion from the league.**

**NO CONTACT IS ALLOWED!**

**FIELD:**

**Dimensions:** Field will be 64yds. x 30yds. End zones will be 7 yards and there will be two playing zones both being 25 yards each. 1st down being at mid-field. There will be a team box that extends from the 10 yard lines on each sideline. Teams must stay within these confines or they will be penalized.

**No-Run Zones:** ***These zones are located 5 yards before mid-field and the goal-line.*** This is to prevent power running situations.

**GAME CLOCK:**

**Game Length: *30 Minutes, Two - 12 Minutes Halves and 1 Minute halftime.*** Continuous clock during the entire game. **\*PLAYOFFS ONLY (*If the team down is within 8 points or less the game will go into 4 final untimed plays at the end of regulation*.)**

**Mercy Rule:** Up by 24 Points after the first half the game will be called.

**Play Clock: 20 SECOND *Play clock, starts the second the ball is spotted by the referee.***

**QB Clock:** The QB has **5 SECONDS** to throw or handoff if the defense does **NOT RUSH.**

**Clock Stoppage:** The referee may stop the game clock to discuss with other referees calls, catches, penalties, injuries, address players and things of that nature.

**Timeouts:** ***Each team has (2) 30-second timeouts per game,* ONE *in* EACH HALF*.*** Each team has (1) 30 second time out per overtime period.

**GAMEPLAY:**

***OFFENSE-***

**1.) SCORING** Questions concerning a score that we get often is how do you determine if a player scores, is it the ball, the flags, ball and flags? You **MUST** have at least **1 FLAG (LEAD FLAG)** in the **END ZONE** across the goal line for it to be considered a **TOUCHDOWN,** same goes for **FIRST DOWN**. ***Every other spot on the field is spotted from the* FLAG PULL, NOT THE BALL!**

* TD = 6 points
* Extra Point = 1 point (5 yards) or 2 points (12 yards)
* Interception Returns = 6 points or 2 points on Extra Point Conversions
* Safety = 2 points

**2.) All *possessions start at the 5 yard line with the* EXCEPTION *of* INTERCEPTIONS.**

**3.)** Offense has **3 DOWNS** to cross the **MID-FIELD**(1st Down) or **SCORE TOUCHDOWN,** defense will get the ball at the 5 yard line regardless if the offense didn’t cross the midfield mark.If the offense crosses mid-field in 3 downs or less they then have **3 DOWNS** to **SCORE TOUCHDOWN,** failure to do so will turn the ball over on downs.

**4.)** Offense has a **20 SECOND PLAY CLOCK.**

**5.)** All players are eligible to receive passes. 1 player **MUST** be on the line of the scrimmage to snap the ball. ***1 Player can be in motion, but cannot be moving forward before the snap.***

**6.) *Ball* MUST *be snapped* BETWEEN *the legs, it* CAN NOT *be side-snapped.*** If it is side-snapped it will be a procedural penalty. **If a center lines up to snap it sideways, a warning will be given to them prior to them snapping the ball.**

**7.) *Ball is ruled dead anytime it touches the ground.*** Other instances it will become dead are if the snap to the QB hits the ground, a ball is fumbled to the ground, ball carriers’ knee touches the ground, ball carrier steps out of bounds. **ALL DEAD AT SPOT.**

**8.)** The QB has **5 SECONDS** to throw or handoff if the defense does **NOT RUSH. *The play will be called dead and marked down at the line of scrimmage and loss of down.***

***9.)* Impeding the Rusher** is the result of an **OFFENSIVE** player crossing the direct line path of the **RUSHER** which is **NOT** to be impeded by any offensive player **BEYOND** theline of scrimmage, as long as the rusher goes in a **STRAIGHT LINE**. **Impeding Rusher** will be **5 YARD** penalty and **AUTOMATIC LOSS OF DOWN.**

**10.) *The Offense* MAY RUN *the ball if the* QB HANDS IT OFF *or* LATERALS *it to a player in the backfield.***The player receiving the handoff has the option to pass until he crosses the line of scrimmage. ***As long as it isn’t in the designated 5 yard no run zones. These zones are 5 yards before mid-field and the goal-line.* Illegal Rush** will be **5 YARD** penalty and **AUTOMATIC LOSS of DOWN.**

**11.) MULTIPLE LATERALS AND THROW BACKS ARE ALLOWED behind line of scrimmage.**

**12.) NO CONTACT ALLOWED! - Pushing off press coverage or rusher, is contact and is ILLEGAL. NO LOWERING of the SHOULDERS by any player at any time. There will be no warnings, players will receive an UNSPORTSMAN LIKE PENALTY for Unnecessary Contact. UNSPORTSMAN LIKE penalties can result in a player being ejected from the game and suspended for next game or possibly the league and future events**. **Contact** will be a **5 YARD** penalty **AUTOMATIC LOSS of DOWN**.

**13.) SCREEN BLOCKING is LEGAL behind the line of scrimmage. *NO blocking down field is allowed.***

**14.) Flag Guarding** is the result of the **BALL CARRIER** knocking or slapping down the **DEFENDERS** hands to prevent them from pulling thier flag.The **BALL CARRIER MAY NOT** run with the **BALL** or **ELBOWS** blocking the defenders from pulling the flags. Will be a **5 YARD** penalty and an **AUTOMATIC LOSS of DOWN**.

**15.)** Ball Carrier **MAY** put his hand on the ground as long as the knee or ball does not hit the ground, however if the ball carrier put his hand on the ground on the same side the defender is trying to pull the flag that **WILL** be **Flag Guard** and **5 YARD** penalty **AUTOMATIC LOSS of DOWN.**

**16.) NO stiff arming allowed.**

**17.) NO lowering of the SHOULDER allowed.**

**18.) NO pick routes allowed.**

**19.) NO diving with BALL allowed.**

**20.) Jumping foward with ball is LEGAL as long as NO CONTACT occcurs.**

**21.) There ARE LATERALS and PITCHES beyond the line of scrimmage at any point on the field.**

**22.) Illegal Forward Passes or Laterals** will be a **5 YARD** penalty and **AUTOMATIC LOSS of DOWN.**

**23.)** Only **1 FOOT** in bounds is required for a legal catch, not two feet. **A Player may NOT run out of bounds and be first person to touch ball.** Result will be **5 YARD** penalty **AUTOMATIC LOSS of DOWN**.

**24.) OFFENSE** is responsible for **RETRIEVING** it's own **BALL**. ***If the offense is taking too long in order to burn the Game Clock, the* REFEREE *does* NOT *have to wait on the offense to return the ball to start the Play Clock.***

**25.) Offensive Penalties**

* **False Starts, Delay of Game, Offsides, Too Many Players on the Field and Holding are 5 YARD penalties and REPLAY THE DOWN.**
* **Flag Guarding, Impeding the Rusher, Illeagal Rush, Illegal Foward Pass or Lateral and Illegal Contact will be a 5 YARD penalty and an AUTOMATIC LOSS of DOWN.**
* **Offensive PASS INTERFERENCE will be a 10 YARD penalty AUTOMATIC LOSS of DOWN.**
* **UNSPORTSMAN LIKE penalties will be a 15 YARD penalty AUTOMATIC LOSS of DOWN.**

***DEFENSE-***

**1.) NO CONTACT ALLOWED! - Pushing off blocker, is contact and is ILLEGAL. NO LOWERING of the SHOULDERS by any player at any time. There will be no warnings, players will receive an UNSPORTSMAN LIKE PENALTY for Unnecessary Contact. UNSPORTSMAN LIKE penalties can result in a player being ejected from the game and suspended for next game or possibly the league and future events**. **Contact** will be a **5 YARD** penalty **AUTOMATIC FIRST DOWN**.

**2.)** Defensive players have to be **1 YARD** off the ball and may not be lined up directly over the Center, must be **1 YARD** to either side of the Center at the snap.

**3.) Rushing the Quarterback - Defensive players may rush the passer 7 YARDS from the line of scrimmage.** 7 yard rush mark will be marked each play by ref. **Any number of players can rush the QB. *Rusher MUST have a clear direct line to QB NOT to be impeded by any offensive player BEYOND line of scrimmage, as long as the rusher goes in a straight line.*** Rusher **MUST** go around any offensive players lined up toe to toe next to each other, rusher may **NOT** split them or will be **5 YARD** penalty **Illegal Rush AUTOMATIC FIRST DOWN. Rushers MUST go for the QB’s flags. NO CONTACT ALLOWED on the QB. Roughing the QB** also includes striking the arm when the defense tries to block the pass or any other type of **CONTACT** to the QB*.* **RoughingQB**will result in **10 YARD** penalty**AUTOMATIC FIRST DOWN. *NO FLAG will be rewarded for the QB FLOPPING.***

**4.) Illegal Flag Pull** take place when the defender pulls a player's flag or flags **WITHOUT** the Offensive Player having the **BALL** or **BEFORE** the **Offensive Player** has **POSSESSION** of the **BALL**. **Illegal Flag Pull** will be **5 YARD** penalty **AUTOMATIC FIRST DOWN.**

**5.)** When a player's flag or flags fall off inadvertently, that player **MUST** be **TOUCHED** **ANYWHERE** with **ONE** hand. The ball carrier will be spotted down were touched by defender.

**6.)** Interceptions may be returned for a score during **ALL** plays, Overtime and Extra Points as well. ***An Extra Point Conversion returned for a score will reward that team* 2 POINTS *reguardless if the Offense went for* ONE *or* TWO *on the Extra Point.***

**7.) NO lowering of the SHOULDER allowed.**

**8.) NO STRIPPING the BALL.** Defender can only make a play on the ball while in the air. Stripping will be **5 YARD** penalty **AUTOMATIC FIRST DOWN** unless offensive player is in **END ZONE** which will result in **TOUCHDOWN**.

**9.) Defensive Penalties**

* **ALL Defensive Penalties are AUTOMATIC FIRST DOWNS.**
* **Illegal Rush, Offside, Illegal Contact, Too Many Players on Field, Lined Up Over Center and Holding are 5 YARD penalties and AUTOMATIC FIRST DOWN**
* **ROUGHING QB is 10 YARD penalty and AUTOMATIC FIRST DOWN.**
* **DEFENSIVE PASS INTERFERENCE is a Spot Foul and an AUTOMATIC FIRST DOWN.**
* **UNSPORTSMAN LIKE penalties will be a 15 YARD penalty and AUTOMATIC FIRST DOWN.**

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**OVERTIME:**

**\*(PLAYOFFS ONLY) After a coin toss both teams will receive a possession with the ball. College Rules Apply (Same scoring as in regular game) the team that won the coin toss will have option to play Offense or Defense first.**

* **The Offense has the option to try to score from 5 YARDS or 12 YARDS out, the other team MUST then MATCH or BEAT what the previous team put up.**
* **If the game is still TIED teams MUST try to score from 10 YARDS out, other team MUST then MATCH or BEAT what the previous team put up.**
* **If the game is still TIED at the end of 2 Overtimes each team will then play for MOST YARDAGE. Each team gets 1 PLAY EACH from their own 5 YARD LINE. Team that gains most yards in their ONE PLAY WINS.**
* **If score is tied at the END of EACH Overtime period, teams will continue to be reversed per Overtime Period.**

**TIEBREAKER FOR PLAYOFF SEEDING:**

**1.)** Head to Head

**2.)** Point Differential

**3.)** Strength of Schedule