

Adult Flag Football 5v5 League Rules and Regulations

Description of Game

Flag Football is played similarly to regulation football but with 5 players per team on the field. There is no tackling or contact allowed; instead flags are pulled from a belt worn by all players. The following are the rules and regulations governing play. It is the responsibility of the manager of each team to inform players of rules. Any failure to follow rules will result in an automatic forfeit. The YMCA reserves the right to cancel, shorten or reschedule games due to inclement weather or unforeseen circumstances. Play at your own risk.

Field of Play

7.5 yards	30 yards	30 yards	7.5 yards
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Mid Field Line

Attire

- Cleats are allowed, but no metals. Inspections may be made before start of the game.
- Each team must have numbered, like colored shirts.
- Shirts must be tucked in with no pockets, zippers or loose strings.

Game Ball

- Football must be regulation size.

Timing

- Game will consist of two 20 minute halves, with a 2 minute half time.
- Running clock will be used except in the last 2 minutes in which the clock will be stopped as per federation stop time rules if the point differential is less than 20.

- Each team will get 2 time-outs per half during which the clock will stop. Time outs are not transferable to second half.

Scoring

- Touchdowns are worth 6pts.
- Safeties are worth 2 pts.
- P.A.T. conversions from the 3yd line are worth 1pt.
- P.A.T conversions from the 7yd line are worth 2pts.
- During the regular season a tie will be scored as is.
- During play-offs a tie will result in 10 minutes of overtime. If it remains tied the California tie breaker will be used.

Rules of Play

- 5 players are allowed to play at a time; a team can start a game with as few as 4 players. If a team has less than 4 players the game will be scored as a forfeit.
- Teams are allowed to "barrow" a player from within the league if approved by the opposing team.
- There will be a 5 min game delay grace period if a team needs to wait for players.
- Substitutions are unlimited.
- The winner of a coin toss will either choose to start with the ball/defend or defer to the other team.
- **At half time teams will switch goals and the team that did not choose to defend or receive will get a chance to choose**
- Ball is placed on the offensive teams 7yd line.
- They have 4 downs to make it past the midfield line.
- Once they pass the midfield line they have 4 more downs to score.
- If a team fails to advance to the reach either the midfield line or the end zone, they will lose possession and the opposing team will start with the ball on their 3 yd line.
- The offensive team may throw as many forward passes as they want as long as they are thrown from behind the line of scrimmage.
- Pick plays are illegal!**
- The ball must be centered, or passed from between the legs of the center to a teammate.
- There are no fumbles. The ball is dead at the point it hits the ground.
- All players rushing the quarterback must start behind the rush line with will be designated by an object placed on the field by the ref.
- Offense can not impede rushers in anyway!

Legal Rushing Procedure

- Rusher must be **7** yds from the defensive line of scrimmage.
- Rush can occur from any place on the field after the ball is handed off by the quarterback.
- If a rusher rushes early, they may return to the rush line, reset and rush again legally.
- If a rusher rushes early and the ball is handed off before they cross the line of scrimmage, they may legally rush.

Penalties

- Roughing the passer, contact with the passer or the ball while it is in their hands other than the pulling of flags is a **10 yd penalty**.
- Failure to center the ball **10 yd penalty**
- Illegal rush: rusher leave the rush line before the snap and crosses the line of scrimmage before a handoff or pass **5 yds automatic first down**

5 yd Penalty

- Illegal Equipment
- Offside
- Illegal Motion
- Illegal Forward Pass
- Delay of Game
- Defense Illegal Contact
- Defense Illegal Rushing

Spot Fouls

- Flag Guarding **10 yds and loss of a down**
- Charging **10 yds and loss of a down**
- Defensive Pass Interference **First Down**
- Stripping **10 yds and loss of a down**
- Offensive Unnecessary Roughness **10 yds and loss of a down**
- Screening, Blocking or Running with the Ball Carrier **5 yds and loss of a down**
- Defensive Unnecessary Roughness **10yds and automatic 1st down**

Defensive Penalties

- Illegal Contact (Holding, Blocking etc.) **5 yds from the LOS and automatic 1st down**
- Roughing the Passer **10 yds from LOS and automatic 1st**
- Taunting **10 yds from LOS and automatic 1st**

Offensive Penalties

- Offensive Pass Interference (Pushing Defender) **5yds from LOS and loss of a down**
- Flag Guarding **10 yds and loss of a down**

Rosters

- Up to 15 people are permitted to be on a roster.
- Roster must be filled out and turned in before the first game.
- Rosters are finalized at the 3rd game of the season
- All players must be 18 or older.
- Once a player has signed the roster of one team, that player can not play for any other team in the league during the same season.

Sportsmanship

- Good sportsmanship is MANDATORY
- The YMCA reserves the right to remove any players from the league (No Refund) at any time if they display unsportsmanlike conduct.
- Fighting of any kind (instigator or retaliator) will result in an automatic suspension from league for a time to be determined by league officials.
- Two unsportsmanlike fouls in one game will result in game eviction and one game suspension.