Adult Flag Football Rules (5v5)

Game Play:

- Two halves of **22 minutes (running time)**
- Two **:30 second** timeouts per half, per team
- **Last minute** of the game is *pro clock* (clock stops on incompletions, out of bounds, timeouts,etc.)

Team Rosters:

- Teams must have **paid the total team Invoice** to be eligible for games.
- Men & Women allowed (18+)
- All Players must be on the roster and completed all waivers/ forms prior to playing.

Offense:

- Start from the **5-yard line** with 4 downs to reach midfield
- After a first down, 4 downs to score
- On 4th down, offense may **punt** (ball placed at opponent's 5-yard line)
- If the team elects to go for it on 4th down and fail to complete: The ball is placed at the LOS or where the flag was pulled.
- **One backward pitch** allowed after crossing the line of scrimmage
- **Quarterback (QB)** has 6 seconds to throw – defense must count out loud
- QB may hand off to a running back (RB); if no rush, RB/QB can wait in the backfield as long as they want
- All scoring/first down plays are based off the spot of the ball, not the flag.
- 30-second play clock. (35-seconds on change of possession)
- Ball Carriers are down when: Flag is pulled, belt is removed, Knee/elbow down, runs out of bounds.
- When inside or at the 5-yard marker for the end zone or first down. The offense cannot run the ball and must pass. (If there is a rusher the QB cannot run the ball)
- **JUMPING:** Ball carriers are allowed to leave their feet, jump, and spin as evasive maneuvers in order to advance the ball as long as they do not put another player's safety at risk.
- Ball Carrier's may not hurdle over another player, dive, lunge, or fall forward in an intentional manner to advance the ball. This is a judgement call by the game officials.
- Passers may jump vertically to throw the ball over a defender.

Defense:

- **Two blitzes per half** allowed immediately off the snap
- On other plays, defense may rush from 7-yards off the line of scrimmage.
- If defense rushes, QB/RB can run the ball without a handoff
- If there is an offensive handoff/backwards pass, the defense can rush in freely.
- Simultaneous catch goes to the offense

Onside Kick Rules:

- This option is only available to the team behind in score during the **final 2 minutes of the second half** and only immediately after the trailing team has scored a touchdown.
- This is an untimed down
- This option is not available after the trailing team has scored a safety.
- This option is never available to the team ahead in points.
- After the trailing team has scored, the captain of the trailing team must inform the referee that they would like to attempt an onside play.
- The ball is placed at the 10 yard line, going out. The play is treated as a 4th down play. If there is a defensive penalty on the play, the offense will not receive a new set of downs, but the yardage for the penalty and replay the down.
- If the offense reaches the first down line, they will be awarded the 4 downs to then try and score.

General Rules/Penalties:

- **Non-contact** – no blocking downfield
- **Flag guarding:** play is whistled dead, ball spotted at penalty location
- **False start:** 5-yard penalty
- **Offsides:** 5-yard penalty and automatic first down
- **Illegal Rush:** 5-yard penalty and automatic first down
- **Illegal Forward pass:** 5-yard penalty and loss of down
- **Roughing the passer:** 5-yard penalty and automatic first down
- **Impeding the rusher**: 5-yard penalty and loss of down
- **Holding:** 5-yard penalty and loss of down
- **Unsportsmanlike:** 5-yard penalty and Loss of down
- **Offensive/Defensive PI:** 5-yard penalty or Spot Foul + AFD or LOD
- **Delay of game:** 5-yard penalty and loss of down
- **Too many players:** 5-yard penalty *and* loss of down
- **Scoring conversions:** after a touchdown, offense may attempt 1, 2, or 3 points
- **Safety**: 2 Points, Defense will be awarded the ball and spotted on their 5-yard line.

<u>Other Penalties refer to USA/IFlag rules. (or 5-yard loss and AFD or LOD)</u>