



## **5v5 Flag Football Tournament Rules**

### ***TIME MANAGEMENT***

1.1 Games are **40 minutes** long,

1.11 1st half - 20 minutes

1.12 Half Time - 5 minutes

1.13 2nd half - 20 minutes

1.2 **Game clock** is running throughout.

1.21 A game that start at 8:00, will end at 8:45 \*exceptions would be a referee's timeout delaying the game, timeout, etc.\*

1.3 The **Play clock** only allows the Offense 25 seconds to get a play off.

1.31 At the end of each play, the Play clock starts.

1.32 The play clock stops at the snap, or when the clock expires.

1.32a If the play clock expires, then the Offense is charged with a Penalty for  
Delay of game

1.4 Each team is given 2 Timeouts **per half**. Timeouts **STOP the Game clock for 30 seconds**

1.41 After the 30 seconds are up, the Game clock resumes & the 25 second Play clock becomes active

1.5 Referee Timeouts stop the Game clock for 15 - 60 seconds depending on the official's call.

1.6 Penalties do not stop the Game clock, however, injury timeouts stop the Game clock depending on the severity of the injury.

## ***OVERTIME***

2.1 OT is settled in SUDDEN DEATH.

2.11 Both teams will have 1 play to score & start with possession from midfield

2.12 If no team scores, then the team who advances the ball the furthest down the field wins.

2.13 If both teams score, SUDDEN DEATH will be replayed in DOUBLE OT & any subsequent OT until one team gains more yards than the other.

2.2 There are no Timeouts in OT.

## ***PRE-GAME***

3.1 Prior to each game, Teams will check in at our table to see what time, what field & what team they will play.

3.11 If teams are not checked in & on their field within 5 minutes of their starting time, they will forfeit the match

3.12 During field check in, teams will also check out flags for their team. \*Each team is responsible for bringing back ALL of their checked out flags at the end of their game\*

3.2 After checking in, teams can go over to their assigned field & warm up.

3.21 If the field is in use, they can use their assigned field after the current game is over.

3.3 When the game is ready to start, an official will call the team captains towards midfield.

3.31 A Coin Toss starts the game.

3.32 The team captain calling out the flip will be determined by the official

3.4 The winning team will elect whether to start with or without the ball.

3.41 The team that loses, chooses which Goal Line they would like to defend on the initial Possession.

3.3 At the start of the game, the Offense will start with possession on their 15 yard line.

3.4 After each Touchdown or Safety, possession will switch over to the other team and they will start with the ball on their own 15 yard line.

3.5 The team that starts on Offense in the First Half will start on Defense in the Second Half.

3.51 The teams will switch sides at the beginning of the next half

3.6 Teams must have enough players (4 players minimum) 5 minutes after the start time or they will automatically forfeit the game.

## ***SCORING***

4.1 In order for a score to count:

4.11 When running it in from outside of the endzone, the **ball** must cross the goal line.

4.12 If making a catch while in the endzone, both feet must be in the endzone. \*Rules of possession apply for catches made in endzone\*

4.2 Touchdowns & returned interceptions are 6 points.

4.3 Conversions

4.31 5-yard Line - 1 point

4.32 10-yard Line - 2 points

4.4 Safety is 2 points. Safety will occur if a player has flags pulled in their endzone, the ball is fumbled in the offense's endzone or if a snap is muffed in their endzone.

4.41 Interceptions on any point after conversion is 2 points if taken to the endzone.

4.42 A safety on a conversion - Unlikely to happen, but the Defense will earn 1 point

## ***SET OF DOWNS***

5.1 On the start of each possession, The Offense will have one Set of Downs to advance the ball to midfield.

5.2 Upon passing Midfield they will have one Set of Downs to Score.

5.3 A Set of Downs consist of 4 plays

5.4 If the Offense is unable to convert on 4th down, the other team will take over possession where the play ended

## ***PUNTS***

6.1 If a team is unable to cross midfield in 3 plays, they have the option to use their 4th play to “Punt”

6.2 Punts are not played, but instead spot the ball on the opposing team’s 15 yard line

6.3 The punting team must notify the official so that the ball can be properly placed

6.4 Punts are not an option once an Offense has crossed midfield

## ***GAME PLAY and FORMATIONS***

7.1 Each team must have 4 players minimum to compete, but can have a maximum of 12 players on their roster.

7.11 There can only be a maximum of 5 players on the field per team.

7.2 There is no required Offense or Defense formation.

## ***OFFENSE***

7.3 On offense a center / snapper is required.

7.31 A snap starts each play.

7.4 All Blocks must be behind the line of scrimmage. Contact is to be made ONLY with open hands & on the body above the defender's waist & below their neck.

7.41 To clarify Downfield Blocking is NOT allowed

7.5 The offense is permitted 1 motion per play. Offensive motions must be behind the line of scrimmage and the player in motion cannot advance forward until after the snap.

7.6 The Quarterback has a maximum of 5 seconds to throw the ball **\*5 Second Throw Clock.\***

7.7 Catches made behind the Line of Scrimmage can be taken upfield.

7.8 Each team is allowed unlimited laterals!

7.81 There is no limit to how many times a player or team can lateral on a single play

7.82 BUT once a lateral is not backward, the play will be blown dead from where the ball was thrown

7.83 Laterals can be intercepted & returned

## ***RUSH PLAYS***

7.9 Run plays are permitted, but must be started by a handoff or pitch

7.91 No QB rushes

7.10 If the ball is handed off or pitched to a player in the backfield, the 5 second throw clock is no longer in play.

7.11 If a player receives a handoff or pitch behind the QB, they have the option to run the ball OR throw it AS long as they do not pass the Line of Scrimmage first.

7.111 A lateral to the RB also voids the 5 second throw clock

## ***DEFENSE***

7.12 The Defense is allowed to cross the Line of Scrimmage by executing a Blitz.

7.12a Any player lined up 5 yards off the ball is eligible to Blitz.

7.12b There are UNLIMITED Blitz attempts.

7.13 The defense is allowed to initiate open hands contact on the receivers **from their waist to shoulders** - as long as it is **WITHIN 5 yards OF THE Line of Scrimmage**. Any prolonged contact or grabbing/holding will result in a penalty.

7.14 When blitzing on Defense, absolutely NO BULL RUSHING the Center. Bull rushing is when a blitzer tries to run through the Center by taking him on, head on

7.14a Anyone caught bull rushing will receive a penalty for their team & a **WARNING**.

7.14b Repeat offenses could lead to **SUSPENSION** from the game & **DISQUALIFICATION** without refund from the tournament

## ***POSSESSION***

8.1 A catch is complete when the ball is in full possession of the player and both feet are secured inbounds.

8.11 If another body part hits the ground inbounds before the feet touch the ground - not including hands - then that catch is complete

8.2 A fumbled ball is ruled as a dead ball. The next play will start where the ball was ruled dead.

8.3 If a receiver and defender simultaneously have possession of a thrown ball, it will be ruled as a catch **FOR THE OFFENSE** regardless of whose feet touch down first.

8.4 Players in possession who fall down are allowed to keep running unless tagged by a defender when down.

### **MISCELLANEOUS RULES**

9.1 Players only on the sideline. There will be a designated area for fans to watch.

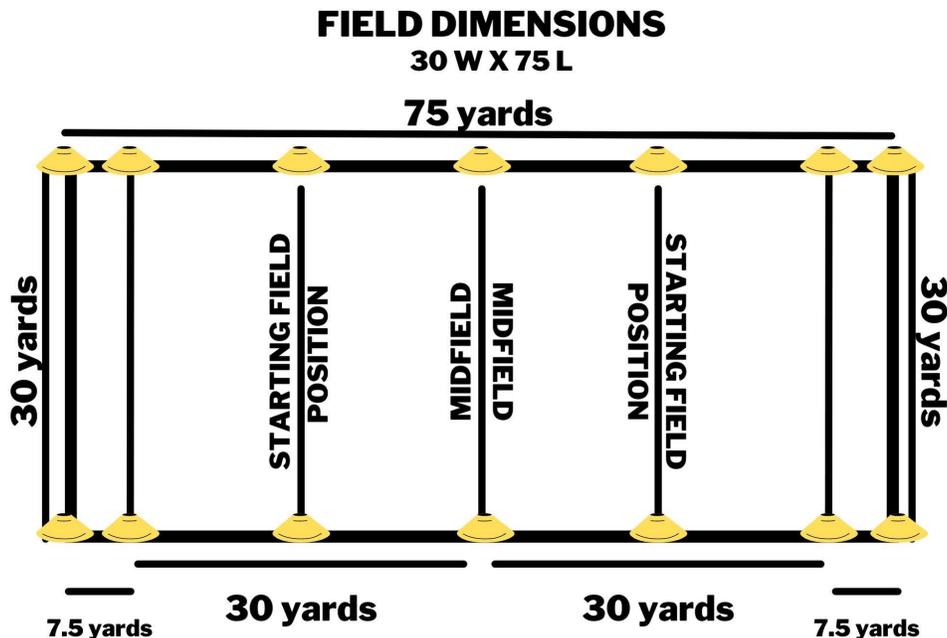
9.2 If both the Offense and Defense commit penalties before an interception, the penalties will be offset and the play will be replayed. If offsetting penalties happen after an interception, then the ball will be spotted where the pick was made.

9.3 If the Referee blows the whistle early, the Offense can replay the down or keep their progress up to where the whistle was blown.

9.4 If the Game Clock runs out on a Defensive penalty, the Offense will be awarded one free play

**\*\*\*FIGHTS ARE NOT PERMITTED\*\*\***

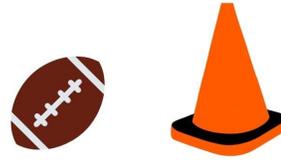
We have a zero tolerance policy when it comes to fighting. Players that engage in fights will automatically be DISQUALIFIED from participation WITHOUT REFUND. In addition, the provoking parties will be permanently BANNED from taking place in any future Run-N-Fund events.



**ALL CONES  
(5 YARDS APART)**



**BLITZ / DB CONE  
(5 YARDS OFF BALL)**



**ENDZONE  
(7.5 YARDS APART)**



**STARTING FIELD  
POSITION AFTER  
SCORE / PUNT**



**MIDFIELD MARKER**

