



5on5 Flag Football Rules

AGE CUT-OFF:

- 8/1/2026

GAME:

At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.

- The winner of the coin toss has the choice to take offense or defense. The loser of the coin toss chooses which direction it will defend. (There is no option to defer to second half.)
- The offensive team takes possession of the ball on its 5-yard line. The offensive team will have 4 downs to cross midfield. Teams must declare 4th down intent prior to the snap.

'Play' or Punt'

- 'Punt' results in the opposing team taking over at their 4-yard line.
- 'Play' if unsuccessful the opposing team takes over at that spot
- Once a team crosses midfield It has 3 downs to score.
- All possession changes except for failed 4

The down conversions or interceptions start on the offenses 5-yard line.

- Flag Football Field Dimensions: 53 yards long and 30 yards wide

TIME:

Games are played on a 40-minute running clock. (15minutes each half.) Halftime is 5 minutes. • Each team has one 60second timeout per half. • Tournament Play: 24minute running clock (12-minute halves) Halftime 1 minute. • Each time the ball is spotted a team has 25seconds to snap the ball. (This includes tournament play) (Championship Round: Each team has one 60 second timeout per half) Officials can stop the clock at their discretion. In the event of an injury, the clock will stop and then restart when the injured player is safely removed from the field.

BALL SIZES:

- Each team must have 2 game balls at each game. Game balls must be:
 - 8U - K2 or Similar
 - 10U – TDJ or similar
 - 12U/14U/HS – TDY or similar

SCORING:

- Touchdown: 6 points
- Safety: 2 points
- Extra point: 1 point (from 5-yard line) or 2 points (from 10-yard line)

- Overtime: Final Score
- Games are played to 32 minutes, (tournament play 24 minutes,) unless one team is leading by a 35-point (tournament play 28-point) margin.
- Once a team reaches or breaches the 35- or 28-point margin the game is over and the team does not get to go for the extra point.

PASSING:

- All passes must be forward and must be received beyond the line of scrimmage (LOS). Only one (1) forward pass per play.
- Absolutely NO laterals, pitches or screen passes of any kind are allowed behind or beyond the LOS.
- Shovel passes are allowed but must be received beyond the LOS.
- The quarterback has seven (7) seconds to throw the ball.
- If a pass is not thrown within seven (7) seconds, the play is whistled dead and it's a loss of down. (Treat it like an incomplete pass).
- Once the ball is handed off, there is no seven (7) second rule.
- The referee will be verbally counting out the 7 seconds for the QB.
- If the QB's flag is pulled before the ball leaves his or her hand, the play is ruled dead, and the ball is spotted where the QB's feet are.
- Interceptions may be returned including during a point after touchdown (PAT.)
- If a pass is tipped/ blocked by the defender and the QB catches the ball, the play is whistled dead and considered an incomplete pass.
- The QB may throw the ball to avoid a sack. Pass must go beyond the LOS.

RECEIVING:

- All players are eligible to receive a pass (including the QB if the ball has been handed off behind the LOS).
- Only one (1) player is allowed in motion at a time.
- A player must have the first foot in bounds when making a reception.
- Once the ball is advanced beyond the LOS, the current ball-carrier is the only player allowed to have possession of the ball until the play is dead.
- Once the ball is advanced beyond the LOS, the remaining offensive players cannot impede the defense from attempting to pull the offensive player's flag. (No screening or blocking; no running next to the ball-carrier)

RUNNING:

- The QB cannot run beyond the line of scrimmage with the ball.
- Only direct handoffs behind the line of scrimmage are permitted. Teams may perform multiple handoffs as long as they remain behind the LOS.
- The player who receives the handoff can throw the ball as long as he or she remains behind the line of scrimmage.
- The ball is spotted where the BALL is when the flag is pulled.
- Center sneak play is not allowed. The QB may not handoff the ball to the center on the first handoff of the play.

NORUNZONE:

- "No Run Zones" are located 5 yards before midfield and 5 yards before the goal line in each

offensive direction.

- If the ball is spotted on or inside the "No Run Zone", the offense must use a pass to advance the ball or score.

RUSHING THE PASSER:

- Players that rush the passer must be 7 yards from the line of scrimmage when the ball is snapped.
- Before each play, an official will mark off 7 yards from the LOS.
- The rusher has a clear path to the passer and any interference by the offense to impede his or her path will be considered impeding.
- If the rusher leaves the rush line early (breaks the 7-yard mark), they may NOT reset and are ineligible to rush the passer unless a handoff is made behind the LOS
- Players not rushing the passer may defend on the line of scrimmage but may not enter the backfield unless the ball is handed off.
- Players rushing the passer may attempt to block the pass; however, NO contact may be made with the QB unless ruled incidental by the Officials.

FLAG PULLING:

- A legal flag pull takes place when the ball-carrier is in full possession of the ball. A defensive player may not pull flags off of a player who does not have possession of the ball.
- Defenders can dive to pull a ball-carriers flag but cannot hold, tackle, or run through the ball-carrier when attempting to pull their flags.
- It is illegal to attempt to strip or pull the ball from the ball-carrier.
- Flag guarding is an attempt by the ball-carrier to obstruct the defender's access to the flags by stiff arming, dropping the hand, arm, shoulder, elbow, ball or intentionally covering the flags with the jersey.

PENALTIES:

- The referee will call all penalties.
- Referees determine incidental contact that may result from normal run of play. This is considered a judgement call.
- Players cannot question judgement calls. Only the team captain or head coach may ask the referee questions about rule clarification and rule interpretations.
- All penalties will be assessed from the line of scrimmage, except for SPOT FOULS.
- Games cannot end on a defensive penalty unless the offense declines.
- If the distance to the goal is shorter than the penalty yardage, then the penalty will be assessed half the distance to the goal.
- Loss of down means that down is consumed.
- Any loss of down on 3rd or 4th down results in a turnover on downs and the other team taking

possession.

SPOT FOULS:

Defensive	
Defensive pass interference	Automatic First Down
Holding	+5 yards & Automatic First Down
Stripping	+ 5 yards & First Down
Defensive unnecessary roughness	+10 yards & First Down

Offensive	
Screening, blocking	-5 yards & Loss of Down
Charging	-5 yards & Loss of Down
Flag guarding	-5 yards & Loss of Down
Offensive unnecessary roughness	-10 yards & Loss of Down

DEFENSIVE PENALTIES:	
Offside	+5 yards from LOS & Automatic First Down
Illegal rush	+5 yards from LOS & Automatic First Down
Illegal flag pull	+5 yards from LOS & Automatic First Down
Roughing the passer	+5 yards from LOS & Automatic First Down
Taunting	+5 yards from LOS & Automatic First Down
Unsportsmanlike conduct	+10 yards from LOS & Automatic First Down

OFFENSIVE PENALTIES:	
Offside / false start	+5 yards from LOS & Loss of Down
Illegal forward pass	+5 yards from LOS & Loss of Down
Offensive pass interference	+5 yards from LOS & Loss of Down
Illegal motion	+5 yards from LOS & Loss of Down
Delay of game	+5 yards from LOS & Loss of Down
Impeding the rusher	+5 yards from LOS & Loss of Down
Illegal Procedure	+5 yards from LOS & Loss of Down
Taunting	+5 yards from LOS & Loss of Down
Unsportsmanlike conduct	+10 yards from LOS & Loss of Down

LIVE BALL/ DEAD BALL:

- The ball must be snapped between the legs to start play.
- Substitutions may be made on any dead ball. You must always substitute from the same side of the field.
- Team must have a minimum of four (4) players but no more than five (5) on the field at a time.
- The play is ruled "dead" when:
 - » Ball-carrier's flag is pulled.
 - » Ball-carrier steps out of bounds
 - » Incomplete pass
 - » Ball hits the ground.
 - » Touchdown, PAT or safety is scored.
 - » Ball-carrier's knee hits the ground.
 - » Ball-carrier's flag falls out. (ball is spotted where the flag is on the ground)
 - » Receiver has one (1) or no flags when catching the ball. (ball is spotted where the receiver caught the ball)
- Any player who starts a play without a flag is down where he or she takes possession of the ball.
- There are no fumbles! Ball is spotted where the ball was when ball-carrier lost possession at the time of the fumble.
- In the case of an inadvertent whistle, the offense has two options:
 1. Take the ball where it was when the whistle blew and the down is consumed.
 2. Replay the down from the original line of scrimmage.

OVERTIME:

- A coin flip will determine the team that chooses to be on offense or defense first. The Home team calls the toss. In tournament play high seed gets ball first.
- Each team will take turns getting 1 play from the 5-yard line for (1) point or from the 10 yard line for (2) points
 - 1st OT- Teams will have the option to go for (1) or (2)
 - 2nd OT-Teams must go for (2)
 - 3rd OT-Teams will have 1 play from the 5-yard line (Most yards gained wins) 1 point is added to the winning Teams score.
- There are no timeouts.
- Interceptions are returnable and worth 2-points.
 - If returned for a score in the 1st or 2nd overtime, the Game is over.
 - If advanced in the 3rd overtime the Game is over.

EQUIPMENT:

- All players must have mouth guard in use at all times on field. Home team wears dark jerseys. Away team wears light jerseys. Player's jerseys must be tucked in at all times.
- Jerseys must have number on them.
- Shorts with pockets must be taped.
- Players must remove all jewelry deemed hazardous by the officials.

All players must play 50% of the game time during regular season. Tournament no minimum