



5 on 5 Flag Football Tournament Play Rules Overview

(Based Upon USFTL National 5 on 5 rules)

1. Total Game length = 24 minutes.
 - (2) 12 minute halves
 - 1 minute half time
 - Continuous Clock – Starts/stops last minute of game only.
 - One (1) 30 second timeout per team, per game.
 - Overtime – **NO OVERTIME IN POOL PLAY GAMES**. Game can end in a tie.
 - **MERCY RULE IS IN EFFECT** – 17 pts with two minutes to play ends the game.
2. Roster = 15 Players maximum/3 players minimum to avoid forfeit.
3. SCORING:
 - TD = 6 points
 - Extra Point = 1 point (5 yards) or 2 points (10 yards),
 - Safety = 2 points
4. CONTACT IS ALLOWED – Open hand contact allowed between shoulder and waist. Center must assume a blocking position or take one step into pass pattern before he can be touched. Over aggressive contact is discouraged and will be flagged.
5. One chuck of receiver allowed at line of scrimmage to 5 yds.
6. All Players on Offense may run the ball, including the QB - Except in the “NO-RUN ZONES” located 5 yards from the goal line & the mid-field 1st down line.
7. NO LATERALS ALLOWED! (Penalized as Illegal Pass, 5 yds, loss of down)
8. All players are eligible to receive passes
9. Defense may rush from the line of scrimmage (1 yard off ball). Rush is live.
10. All drives & changes of possession (except interceptions) (re)start at the 5 yd line
11. Offense has 3 plays to cross the mid-field line or score a touchdown
12. Penalties
 - Offensive Penalties – ALL offensive penalties including false starts are 5 yds. Loss of down. Exception if flag guarding which is 10 yds. Loss of down.
 - Defensive Penalties – Automatic 1st down & yardage (10 Yards).
 - All penalties are enforced from the line of scrimmage with the exception of defensive pass interference which is a spot foul.
13. Official Flag is “FLAG-A-TAG SONIC BOOM BELT OR TRIPLE THREAT” will be allowed!
14. Any ball that hits the ground will be ruled dead. Fumbles or Muffs are dead at spot.
15. Ball must be snapped between legs, not off to one side to start play
16. Flagrant contact fouls will not be tolerated. Offending player(s) will be ejected from that game, sit out the next game and pay a \$50 fine.
17. Interceptions may be returned and series will start at the spot of the flag pull.
18. Contact with the qb’s arm while throwing a pass will result in roughing the passer.
19. Defensive players have to be one yard off the ball at the snap
20. Fighting and general disrespect of officials will not be tolerated and will result in ejection.
21. If a player alters his flag in any way, he will be ejected from game.
22. Minimum of 2 Players must be on the LOS before the ball is snapped. 1 Player can be in motion, but cannot be moving forward before the snap.
23. No stiff arming allowed – considered flag guarding
24. Footballs – Regulation “Full size” footballs are to be used. All teams provide their own Footballs.
25. Cleats are allowed but must be rubber. No metal baseball spikes allowed.
26. When flags fall off inadvertently, revert to a 2 hand touch between shoulders and knees.
27. Penalties or rules not covered above will be enforced per the USFTL rulebook and general football rules. “Grey” areas will be enforced by the officials using advantage/disadvantage philosophies.