

Saskatoon 5 on 5 Flag Football Rules

Attire

- Cleats are allowed; shirts must be tucked in and may be a different colour than the flags.

- **Field Dimensions and Markings**

Length: 60 yards

Width: 25 yards

End Zones: 10 yards deep

No-running zones: Must be marked 5 yards from each end zone.

POSSESSION

- Before the start of the game, Coaches will gather and flip a coin to decide which team has a choice of possession the ball or defending an end of the field. The team that wins the coin toss can defer their choice to the second half if they wish.

There are no kickoffs

- The offensive team takes possession of the ball at its 5-yard line and has three plays to cross midfield. Once a team crosses midfield, it has three plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line. An automatic first down by penalty will overrule the other requirements regarding three plays to make either a first down or score. If the offensive team fails to cross midfield, possession of the ball changes

and the opposition starts its drive from its 5-yard line.

- All possession changes, except interceptions, start on the offense's 5-yard line.
- Teams change sides at half time.

Number of Players

- Teams consist of approximately 5-10 players (5 on the field at a time).
- Teams may play with a minimum of four (4) players (due to injuries).
- If less than 4 players are available, the game is cancelled.

Timing

- Game length is 50 minutes running time (two halves, 25 minutes each), games may end in a tie. At the expiration of time each team will be given 5 plays to finish the half.
- Each time the ball is spotted the offense has approximately 30 seconds to snap the ball.
- Each team has 1 x 60-second time outs per half. The clock stops during a time out. These cannot be carried over to the second half or overtime.
- Officials can stop the clock at their discretion (i.e. if there is an injury).
- The teams will be warned when there are two minutes left to play in the second half. After the

2 minutes expired five plays will be run, excluding convert attempts. The game cannot end on a defensive penalty.

- There will be an optional halftime period of 5 minutes between the first and second half.

Scoring

- Touchdown: 6 points
- Extra point: 1 point (played from 5-yard line)
- 2 points (played from 10-yard line)
- Safety: 2 points
- **Note:** An interception return to opponent's end zone on any extra-point play by the defence will result in the defence scoring 2 points plus gaining possession for the next series at its own five yard line.

Running

- To start the play, the ball must be snapped by the center.
- The center is the player who gives the ball to the quarterback via a snap. The center cannot take a direct handoff back from the quarterback (no center sneak play).
- The quarterback is the player who receives the ball directly from the snap.
- The quarterback cannot run with the ball past the line of scrimmage.

- An offence may use multiple handoffs behind the line of scrimmage. Only backward or lateral handoffs are allowed during a down.
- All defenders must be 5 yards from the line of scrimmage or on the goal line at the start of a play.
- Tosses or sweeps behind the line of scrimmage are allowed and are running plays. Downfield tosses are not permitted. Once a player has possession of the ball beyond the line of scrimmage, any loss of possession will be blown dead by the official.
- "No-running zones" are located 5 yards from each end zone. When the ball is on or inside the 5-yard line going towards the opponent's end zone, the offense cannot use a running play to cross the line of scrimmage.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- All defensive players are eligible to rush once the ball has been handed off or tossed. If there is a play-action fake or fake handoff other defenders may approach to the line of scrimmage.
- Spinning is allowed, but offensive players cannot leave their feet to avoid a defensive player (no diving).
- The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.
- It is up to the ball carrier to avoid contact with the defender. The officials should reward good defensive position.

Receiving

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- As in the CFL, all players may be in motion at the snap, with the exception of the center.
- A player must have at least one foot inbounds when making a reception. (A receiver cannot return on to the playing field from an out of bounds position)

Passing

- Only one player starting 5 yards behind the line of scrimmage can rush the passer. All defensive players must start 5 yards from the line of scrimmage or on the goal line at the start of a play. The rusher must always be 5 yards away
- The quarterback has 5 steam-boats (seconds) to throw the ball, prior to being rushed; he/she cannot cross the line of scrimmage with the ball. Once the ball is handed off or tossed, or there is a play-action fake or fake handoff, the 5-second rule no longer is in effect and players may approach to the line of scrimmage on a play action play.
- Interceptions change the possession of the ball.
- The defence can return interceptions.
- On interceptions that occur and remain in the end zone, the ball will become dead and will result in the ball belonging to the intercepting team at its 5-yard line. Should an interception occur in the end zone and the ball carrier leave the end zone, the ball will belong to the intercepting team at the spot the ball becomes

dead. However, should the ball carrier return to the end zone and be de-flagged, or the ball be ruled dead the result would be a safety for the other team.

- Shovel passes are allowed.
- Once a player catches the ball beyond the line of scrimmage or in front of the QB he/she is no longer allowed to lateral the ball. This applies to receivers as well. (i.e. hook and laterals are not permitted)

Dead Balls

- Substitutions may be made on any dead ball.
- Play is ruled "dead" when:
 - Official blows the whistle.
 - Ball carrier's flag is pulled or becomes illegal.
 - Ball carrier steps out of bounds.
 - Touchdown or safety is scored.
 - When any part of the ball carrier's body, other than a hand or foot, touches the ground.
- If the ball carriers flag falls off, the play will be whistled dead and the ball will be spotted at the spot where the flag fell off. In the case where the flag falls off before possession of the ball the ball carrier will be down where the ball was caught.

Note: There are no fumbles. The ball will be spotted where the ball carrier's feet were when the fumble

was made. I.e. a bad snap will not be ruled as a fumble, the QB shall be given time to pick up the ball as long as it is safe. There is no stripping of the ball.

REMEMBER, BLOCKING OR TACKLING ARE NOT ALLOWED.

Sportsmanship/Roughing

- If the referee witnesses any acts of flagrant contact, tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the tournament. FOUL PLAY WILL NOT BE TOLERATED.
- Trash talking is illegal. (Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators.) Officials have the right to determine offensive language. If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
- Once a flag is pulled, the defensive player should hold the flag above his/her head so that the referee can spot the location of the flag pull. The pulled flag should be handed to the player who lost the flag or to a teammate. Intentionally throwing the flag onto the ground is considered poor flag etiquette.

Penalties

- All penalties are 5 yards (except for Pass Interference/Roughing/Unsportsmanlike Conduct - 15 yards). The down will be repeated, and will be assessed from the line of scrimmage, unless otherwise noted.
- All penalties can be declined.

- Penalties will not exceed half the distance to the opposing team's goal line from the line of scrimmage.
- Referees determine incidental contact that may result from normal run of play.
- All penalties will be assessed from the line of scrimmage except for flag guarding.
- Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
- Games cannot end on a defensive penalty, unless the offense declines the penalty.

Defensive Penalties

- Offside -- 5 yards and automatic first down
- Pass Interference -- 15 yards and automatic first down
- Illegal contact (holding, blocking, etc.) -- 5 yards and automatic first down
- Illegal flag pull (before receiver has ball) -- 5 yards and automatic first down
- Illegal rushing (starting rush from inside 5-yard marker) -- 5 yards and automatic first down.
- Substitution fouls (player enters field after ball is blown ready for play, i.e. To deceive opponents, or 6 players on the field)

- Disconcerting signals (signals to distract opponent or simulate offensive signals prior to snap)
- Interference with opponent or ball at the snap.

Offensive Penalties

- Illegal motion (more than one person moving, etc.) -- 5 yards and loss of down;
- Offside
- Offensive holding
- Illegal shift or failure to pause for one second
- Player out of bounds (if player goes out of bounds, player cannot return to the field and catch ball)
- Illegal forward pass (pass received behind line of scrimmage) -- 5 yards and loss of down;
- Offensive pass interference (illegal pick play, pushing off/away defender) -- 5 yards and loss of down;
- Flag guarding -- 5 yards from the point of foul and loss of down;
- Rusher Interference - It is illegal for a receiver to run a pattern that interferes with a rusher on his/her direct path to the quarterback.

The most important rule of all... HAVE FUN!!!