BIG LEAGUE DREAMS MANTECA, CA

5 on 5 Flag Football Rules

The Game

- No contact allowed.
- NO BLOCKING
- Home Team determines first possession.
- You must hike (between the legs of the player snapping the ball or an underhand throw backwards); ball needs to transfer from a center to another player
- The offensive team takes possession of the ball at their 5-yard line and has four (4) plays to cross into the next first-down zone or end zone.
- If the offensive team fails to score or reach a first down, possession of the ball changes and the opposite team starts their drive from their 5-yard line.
- All possession changes except interceptions start on the offenses 5-yard line.
- Each time the ball is spotted a team has 25 seconds to snap the ball.
- Games consist of 2-20 minute halves. Teams will switch end zones at the beginning of the 2nd half. Half time will be 5 minutes.

  Team that started the first half on offense will begin 2nd half on defense. There are NO DEFERMENTS. The winner of the coin toss has the following options: 1) offense, 2) defense or 3) choice of goal to defend. Loser of the coin toss has the choice of one of the remaining options.
- Running clock: except injuries & time-outs. **PLAYOFFS ONLY (**Clock will stop in the last 1 minutes of the game for out of bounds, incomplete pass and a touchdown only if the score is within 8 pts)

Fields

- The field dimensions will be 25 yards wide and 60 yards long with 7 yard end zones.
- The field shall be marked with one first down marked at the mid-way point in the field
- The offense will begin its drive at the 5 yard line (the front of the opposing team's end-zone)..
- Coaches and players must stay between the 15-yard lines when on the sidelines. One coach may enter the field at their team's huddle during time-outs.

Attire

- Cleats are allowed if they are either rubber or meant for turf. NO SPIKES. Inspections can and will be made.
- Shirts must be tucked in shorts, pants, etc. All shirts must be same color. Please have everyone on your team bring a white shirt as a back-up in case both teams bring same color.
- Flags –Will NOT be provided by Big League Dreams. The flags that will be used are a set of two. **Uniform can not match the colors of the flags being used.**

Rosters

- Official rosters must be approved by Big League Dreams coordinators. Only players on the roster will be permitted to play.

Players/Game Schedules

- Teams must field a minimum of four (4) players at all times.
- If a team or teams are more than 5 minutes late for their scheduled games the game will be forfeited.
- We reserve the right to reduce, shorten, or reschedule games due to inclement weather or unforeseen circumstances.
- All players must carry I.D. to be eligible for playoffs and every player must be at least 15 years of age to participate.

Scoring

- TD=6 points, Extra Point=1 (5 yards out), Extra Point=2(10 yards out); Safety=2 points: A touchdown is defined by the hips of the ball carrier crossing the goal line not the ball.

Time Outs

- Each team has one 60 second time out per half and one 60 second time out in overtime, in which the clock stops. TIME OUTS CANNOT BE CARRIED OVER.
- Officials can stop the clock at their own discretion.

Rushing the QB

- All players that rush the passer must be a minimum of 10 yards from the line of scrimmage when the ball is snapped. A snap is defined when the Quarterback receives the ball from the center. Only 1 defensive player can rush the QB at a time.
- Players not rushing the QB may defend on the line of scrimmage.
- A special marker, or the referee, will designate 7 yards from the line of scrimmage.

  Quarterback will have a maximum 7 second clock to release the ball before it becomes a dead play.

Running

- The Quarterback CANNOT run the ball past the line of scrimmage.
- Spinning is allowed.
- Jumping is allowed **(No Diving with ball in hand and no jumping in the direction of opposing players i.e. no Hurdling)**
- The ball is spotted where the ball is when the flag is pulled,. **Ball must break the plane for a 1st down and touchdown.**

Passing

- Interceptions may be returned. Interceptions during Extra Point may be run back for 1 point if the offensive team has picked one point or two points if the offensive team has picked two points.. Interceptions that occur in the end zone will be brought to the 5 yd line if there is no run attempt.

Receiving

- All players are eligible to receive passes.
- Only one player is allowed in motion at a time.
- Player must have at least one foot in bounds when making a catch.

Dead Balls

- Play is ruled "DEAD" when:
  - Offensive player's flag is pulled.
  - Ball carrier steps out of bounds.
  - Touchdown is scored.
  - Ball carrier's knee or the ball hits the ground.
  - If an Offensive Players flag falls off during the course of a play, play is dead.

* There are no fumbles. Ball is spotted where it hits the ground. The defensive team can never recover a fumble. Anytime the ball touches the ground it is dead. Exception: Any ball dropped in a forward motion will be brought back to where the fumble occurred.

Sportsmanship/Roughing

- If the referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player can be ejected from the game. The General Manager may decide to eject players from the league, playoffs or both. FOUL PLAY WILL NOT BE TOLERATED.
- Trash talking and swearing is illegal. The official has the right to determine language which is offensive. (Trash talk is that which may be offensive to official, opposing team, or spectators). Referee can eject players from the game for trash talking or swearing.

Overtime is for playoffs only

- If the score is tied at the end of regulation, teams move directly into overtime.
- Coin toss determines possession as defined at the start of the game.
- Each team will have equal amount of possessions.
- Each team receives the ball at the 0 yd line with one possession. This will continue until a winner is declared.
- Interceptions with no returns will end series and the ball will be spotted at the 0 yrd line.

Penalties

Offense:

- Illegal Motion: Five yards, repeat down
- False Start: Five yards, repeat down
- Impeding Rusher: Five yards, loss of down
- Blocking Downfield: Five yards (L.O.S.), loss of down
- Illegal Pick: Five yards (L.O.S.), loss of down
- Flag Guarding: Five yards from the spot of infraction, loss of down
- Lowering Head/Shoulder: Five yards (L.O.S.), loss of down
- Pass Interference: Five yards (L.O.S.), loss of down
- Illegal Forward Pass: Five yards (L.O.S.), loss of down
- Illegal Hand-off/Pitch: Five yards (L.O.S.), loss of down
- Illegal Run: Five yards (L.O.S.), loss of down
- Delay of Game: Five yards (L.O.S)

Defense:

- Off-sides: Five Yards, repeat down
- Illegal Rush: Five Yards, repeat down
- Illegal Contact: Five Yards, automatic first down
- Holding: Five Yards from end of play, automatic first down
- Illegal Flag Pull: Five yards from L.O.S., automatic first down
- Pass Interference: Five yards from L.O.S., automatic first down
- • Rouging the QB, Minor: Five yards, automatic first down
- Roughing the QB, Major: Fifteen yards, automatic first down
- Delay of Game: Five yards (L.O.S), repeat down

*Unsporman like conduct: Fifteen yards, automatic first down

- Illegal Push: Five yards (L.O.S.), automatic first down

Playoff Positioning

- Teams will be seeded according to the following criteria
  - Record
  - Head to Head record
  - Points allowed for entire season
  - Coin toss

Protests

- All protests will be resolved immediately. Only managers may protest. Judgment calls by officials may not be protested. The Flag Football coordinator has final say over all protests.