

I'M LOGAN IT Foundation



Flag Football Tournament

Official 5 vs. 5 Flag Football Rules

Flag football is a popular five-on-five game that is fun to play and full of fast action for all age groups and genders. Like regular football, the object is simple: score more points than your opponents. But unlike regular football, instead of tackling, the defense simply has to pull off an offensive player's flag in order to stop their progress. So strap up your cleats and get ready for some football . for a good cause, of course!

The Basics:

- A coin toss decides who gets the ball first and which way they will be going. The winner of the coin toss can elect to be on offense either at the beginning of the game or to start the second half. The loser of the coin toss picks which direction they (or their opponent) will be going to start the game.
- The offensive team takes possession of the ball at its own 5-yard line and has four plays to cross midfield. Once a team crosses midfield, it has another four plays to score a touchdown.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its own 5-yard line. If the offense reaches midfield but subsequently fails to score a touchdown, the ball changes possession and the new offensive team takes over on its own 5-yard line.
- Interceptions may be run back. Fumbles are dead balls and do not result in a change of possession.
- Teams change sides after the first 20 minutes. Possession to start the second half lies with the team that was on defense to start the game.

Players / Schedules:

- Teams must field a minimum of four players and a maximum of five players at all times. Teams can have a maximum of 8 players on their roster. Game schedules will be provided at a later date/time. Each team is guaranteed to play a minimum of **3** games.

Timing / Overtime Rules:

- Games are played with two 20-minute halves and with a running clock (up until the last minute of each half). During the running clock period, the clock will only stop during team timeouts and official timeouts.
- Within the last minute of the each half, the clock will also stop if a player with possession goes out of bounds and after a score. Note that the clock NEVER stops for an incomplete pass.
- Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.

- Each team has two 30-second timeouts per half. Timeouts not used in the first half will NOT rollover to the second half.
- Officials can stop the clock at their discretion.

Scoring:

- Touchdown: 6 points
- Extra point: 1 point from the 5-yard line; 2 points from the 12-yard line
- Extra point attempt return: Interceptions during an extra point attempt from the 5-yard line are not returnable. Interceptions during an extra point attempt from the 12-yard line may be returned for 2 points
- Safety: 2 points
- Forfeits: Any forfeit will be scored as 7-0 for the non-forfeiting team
- **Please remember that scoring is part of the game but should NOT be the main focus; Having fun and good sportsmanship (I'M LOGAN IT) should be more important than a win!**

Snapping the Ball / Running:

- To start each play, the ball must be snapped between the legs of the center to any other player behind the line of scrimmage. The player who originally receives the snap is considered the quarterback for that play.
- For Powder Puff Division only, if there is a female center, she may choose to snap off to one side rather than between the legs. Male centers must still snap between their legs.
- The player receiving the snap cannot run with the ball past the line of scrimmage without handing it off first.
- Backward handoffs / laterals are allowed (both behind and past the line of scrimmage); forward handoffs / laterals are only allowed behind the line of scrimmage.
- ~~No~~ **No**-running zones are located 5-yards from the end zone and 5-yards from the midfield line. This is to avoid short yardage, power running situations.
- Spinning by the ball carrier is allowed, but players cannot leave their feet to avoid a defensive player (i.e. no diving or jumping).
- The ball is spotted where the ball carrier's hips are when the flag is pulled, not where the ball is.
- There is no ~~no~~ **no** blocking allowed. Players cannot run in front of their teammates in order to ~~block~~ **block** for them, but they can run behind them for a lateral.
- The quarterback may hand off to the center only after the quarterback has completely taken control of the ball first.

Receiving:

- All players are eligible to receive a pass (including the quarterback if he/she has handed the ball off behind the line of scrimmage).
- A player must have at least one foot inbounds when making a reception.
- A player may jump to receive a pass but should refrain from jumping directly into another person if at all possible.
- If a player steps out of bounds, he/she cannot be the first person to touch the ball upon coming back inbounds.

Passing:

- Any player is allowed to throw a forward pass as long as they are behind the line of scrimmage, the ball has not crossed the line of scrimmage at any time during the play already, and there has not already been a forward pass during the play.
- Only one forward pass is allowed per play.
- Shovel passes are allowed and are considered forward passes.
- The quarterback has a seven-second pass clock. If the QB does not throw the ball during those seven seconds, play is dead and there is a loss of down. This is true whether there is a rush by the defense or not. Once the ball is handed off, the seven-second rule is no longer in effect.
- Interceptions change the possession of the ball and can be returned.
- Interceptions are the only change of possession that do not start on the defense's own 5-yard line.

Rushing the Quarterback:

All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage. Once the ball is handed off or thrown, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage. A special marker, or the referee, will designate seven yards from the line of scrimmage. If the person rushing the quarterback jumps the snap, he/she must return back to the seven yard marker prior to rushing the quarterback.

Dead Balls:

- Play is ruled dead when:
 - Incomplete pass.
 - Ball carrier's flag is pulled.
 - Ball carrier steps out of bounds.
 - Touchdown or safety is scored.
 - Any part of the ball carrier, other than his feet and hands, hit the ground.
 - The ball is fumbled and hits the ground.
 - If ball carrier's flag falls off without being pulled, ball carrier is down as soon as they are touched by defensive player.
- Substitutions may be made on any dead ball.

Sportsmanship/Roughing:

If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any other unsportsmanlike act, the game will be stopped and the player will be ejected from that game and all future games. **FOUL PLAY WILL NOT BE TOLERATED.** Officials have the right to determine if a player has used offensive language or is trash talking. Trash talk is talk that may be offensive to officials, opposing players, teams or spectators. If trash talking occurs, the referee will give one warning. If it continues, the player(s) will be ejected from that game and all future games.

Defensive Penalties:

- Offside -- 5 yards and repeat the down
- Pass interference -- 10 yards and automatic first down
- Illegal contact (holding, blocking, etc.) -- 5 yards and repeat the down
- Illegal flag pull (before receiver has ball) -- 5 yards and repeat the down

- Illegal rushing (starting rush from inside 7-yard marker) -- 5 yards and repeat the down
- Substitution fouls (player enters field after ball is blown ready for play in order to deceive opponents or 6 players are on the field when play starts) -- 5 yards and repeat the down
- Interference with opponent or ball at the snap (center has the right of way when running his/her route) -- 5 yards and repeat the down

Offensive Penalties:

- Delay of game -- 5 yards
- Illegal motion (more than one person moving at time of snap, player moving towards line of scrimmage at time of snap) -- 5 yards
- False Start -- 5 yards
- Illegal Snap (center not snapping between legs) -- 5 yards
- Offensive holding -- 5 yards
- Receiving player out of bounds (if player goes out of bounds, that player cannot return to the field be the first person to touch the ball) -- 5 yards
- Offensive pass interference (illegal pick play, pushing off / away defender) -- 10 yards
- Substitution fouls (player enters field after ball is blown ready for play in order to deceive opponents or 6 players are on the field when play starts) -- 5 yards
- Flag guarding (using either the ball or your hand to guard your flags) . 5 yards from the spot of the foul

Tiebreakers:

Ties to determine division winners will be broken in the following order:

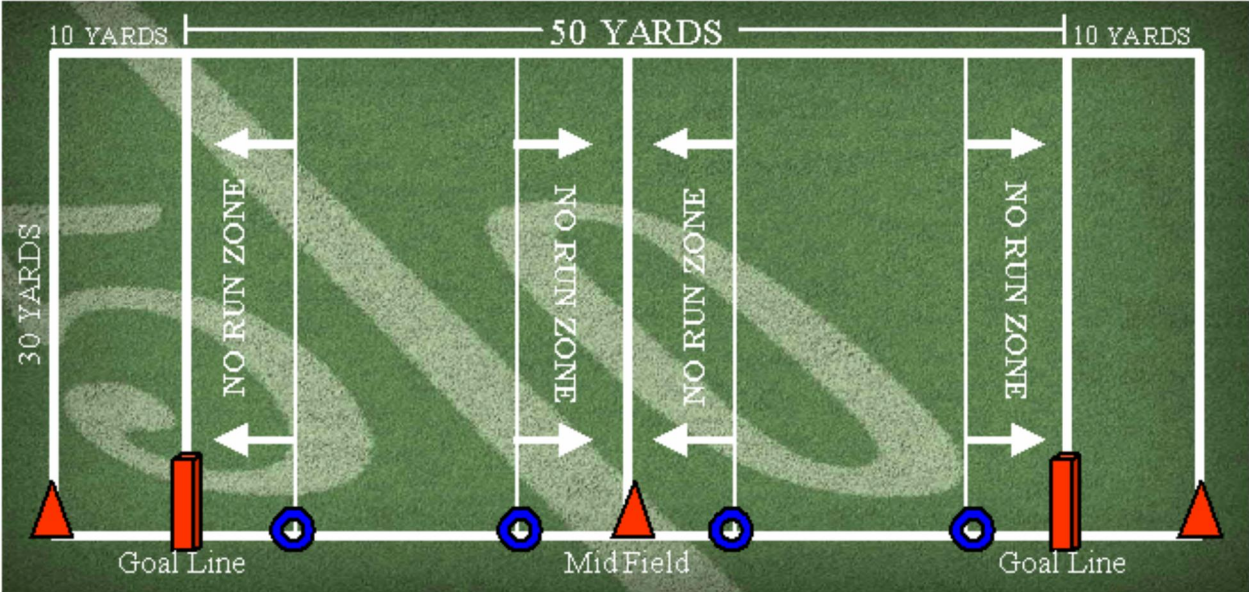
1. Head-to-head competition
2. Point differential - points scored minus points allowed (a max of 15 points per game)
3. Total points allowed
4. Coin flip

Attire:

- Cleats are allowed, except for metal spikes. Inspections may be made.
- Shorts / pants are not allowed to have pockets.
- Teams should have shirts that coordinate in color. It is suggested that teams bring an alternate color shirt just in case.
- Any clothing with offensive language / graphics will not be allowed. Offensive team names are also not allowed.
- All players **must** wear a protective mouthpiece; there are no exceptions.

Playing Field:

The typical playing field is 50 yards in length and 30 yards wide with 10 yard end zones at each end. These dimensions can be modified to suite the area or other concerns. No-running zones will be marked 5 yards from each end zone and 5 yards on both sides of midfield. The no-run zone is only in play when there is a line to gain (i.e. attacking to the midfield line and end zone). See graphic below for an illustration of a typical field:



And the MOST important rule of all...I'M LOGAN IT!!!