

City of North Richland Hills

5x5 Flag Football Rules

I. The Game

1. No contact allowed.
2. NO BLOCKING
3. The game will be played on a 60 yard field that is 30 yards wide. The mid field line will be at 30 yards. Endzones will extend 7 yards beyond the field the field of play.
4. A coin toss determines first possession.
5. Ball must be snapped between the legs or off to one side to start the play. Only one player may be in motion at the time of the snap.
6. The offensive team takes possession of the ball at their 5-yard line and has five (5) plays to cross mid-field. Once a team crosses mid-field, they will have five (5) plays to score a touchdown.
7. If the offensive team fails to cross mid-field or score, possession of the ball changes and the opposite team starts their drive from their 5-yard line.
8. All possession changes with the exception of interceptions start on the offense's 5-yard line.
9. Each time the ball is spotted a team has: 20 seconds to snap the ball. Teams will receive one warning before a Delay of Game penalty is enforced.
10. Games consist of two 20 minute halves. Teams will flip sides at beginning of 2nd half. Half time will be 3 minutes. Team that started the first half on offense will begin the 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 of one of the remaining options.
11. Running clock. Clock will stop in the last minute of the game for out of bounds, incomplete pass and a touchdown. Officials reserve the right to stop the clock at any time.
12. Teams will be allowed one 1-minute timeout per half.
13. MERCY RULE – If a team is up by 3 possessions (17 points) or more with 5 minutes or less remaining, the game will be called.

II. Attire

1. Close-Toed shoes are required. Cleats may be worn, but metal spikes are prohibited. Wearing metal spikes will result in a warning for the first offense, and a suspension for any additional offense.

2. Shirts must be tucked in to shorts, pants, etc.
3. Flags – The Triple Flag Football Belt will be required for play. The City of North Richland Hills will provide legal flag belts for teams.

III. Eligibility

1. Players in all Adult Leagues must be sixteen (16) years of age or older prior to the start of league play.
2. All players must carry current picture identification with them at all times during all league games.
3. Players will not be eligible to play in the playoffs unless they have attended/participated in at least one regular season game, and have submitted all required fields on that team's roster.

IV. Rosters

1. Each team will be allowed a maximum number of 10 players, including the playing coach.
2. Initial rosters must be turned in prior to the team's first game. Rosters may be turned in to the officials on the first day of games.
3. Teams may add or remove players from the roster during the regular season at any time but cannot add players for the playoff rounds. A roster will be locked for adding/removing players at the kickoff of the final regular season game for a team.
4. COACHES are responsible for their rosters to match their players' identity. All players must have current picture identification with them at all times during all league games.
5. It is not the official's responsibility to identify ineligible or illegal players. This must be brought to the official's attention by a team manager.
6. Any protest of a player on an opposing team must be made by the team manager prior to the conclusion of the first half the protested player participates in. A roster protest must be brought to the attention of the official. The official will have team rosters on file to reference. In the event, the protested player is not listed on the roster this player is deemed illegal, is ejected and the entire game is forfeited.
7. A player that has been deemed illegal on a team roster will be suspended for one (1) game. Players, coaches and managers who have been ejected/suspended **must leave the premises** and may not return until the completion of their suspension.

V. Scoring

1. TD=6 points
2. Extra Point=1 (5 yards out); 2 (12 yards out),
3. Safety=2 points

VI. Rushing the QB

1. All players that rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. Any number of players can rush the QB.
2. Players not rushing the QB may defend on the line of scrimmage.
3. Once the ball has been handed off the 7 yard rule is no longer in effect and all defenders are eligible to rush.
4. A special marker, or the referee, will designate 7 yards from the line of scrimmage.

VII. Running

1. The Quarterback CANNOT run the ball.
2. Only direct hand-offs behind the line of scrimmage are legal. NO laterals or pitches of any kind. Offense may use multiple hand-offs.
3. The player who takes the hand-off can throw the ball as long as he does not pass the line of scrimmage.
4. "No Running Zones" are located 5 yards before the end zone and 5 yards before mid-field in each offensive direction.
5. Spinning is allowed but players cannot leave their feet to avoid a defensive player.
6. The ball is spotted where the ball carriers belt is when the flag is pulled, not where the ball is. Ball & flags must break the plane for a 1st down and touchdown.

VIII. Passing

1. All passes must be forward and received beyond the line of scrimmage.
2. QB has an 8 second "pass clock". If a pass is not thrown within the 8 seconds, play is dead, loss of down, ball returns to line of scrimmage. Once the ball is handed off the 8 second rule is no longer in effect.
3. Interceptions may be returned. Interceptions during Extra Point may be run back for 2 Pts. Interceptions that result in touchbacks will be brought to the 5 yd line.

IX. Receiving

1. All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage).
2. Only one player is allowed in motion at a time.
3. Player must have at least one foot in bounds when making a catch.
4. Pass may not be intentionally tipped in any direction to another teammate.

X. Dead Balls

1. 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 any one of the Offensive Player's flags falls out during the course of a play, he must be touched (1 hand touch below the neck) by a defensive player for the ball to become dead.
2. There are no fumbles. Ball is spotted where it hits the ground. Anytime the ball touches the ground it is dead. Exception: Any ball dropped in a forward motion will be brought back to last point of contact.

XI. Sportsmanship/Roughing

1. If any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act is witnessed, the game will be stopped and the player can be ejected from the game. Any Official has the right to eject a player for any unsportsmanlike conduct. The League Coordinator reserves the right to suspend any player for any reason. FOUL PLAY WILL NOT BE TOLERATED.
2. Trash talking is illegal. Official has the right to determine language which is offensive. (Trash talk is that which may be offensive to official, opposing team, or spectators). Any Official can eject players from the game for trash talking.
3. Any player ejected for ANY reason must leave the premises immediately. This includes the restrooms, parking lot, building, and any structure that falls on the area of Richfield Park. Failure to leave the premises will result in the authorities being called.

XII. Overtime

1. If the score is tied at the end of regulation, teams move directly into overtime.
2. Coin toss determines possession.
3. Each team receives the ball at the 10 yard line with 2 downs. A successful score will result in the ability to score a point after (1 or 2). After each team has 2 possessions, teams will be required to go for 2. This will continue until a winner is declared.
4. Interceptions will end series.

XIII. Penalties

Offense:

- Illegal Snap: Five yards, repeat down
- 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), loss of down

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, Minor: Five yards from L.O.S., automatic first down
- Pass Interference, Major: Spot Foul, automatic first down
- Rouging the QB, Minor: Five yards, automatic first down
- Rouging the QB, Major: Fifteen yards, automatic first down
- Delay of Game: Five yards, repeat down
- Illegal Push: Five yards (L.O.S.), automatic first down

XIV. TieBreakers

1. Teams will be seeded according to the following criteria
 - Wins and Losses
 - Head to Head Record
 - Head to Group Record
 - Head to Group Differential
 - Total Points Allowed
 - Coin Toss