

5v5 Rules

General:

1. Coin Toss determines first possession.
2. Offensive team gets the ball at same starting point every series. Cone Starting Point.
3. 3 plays to cross midfield. Once a team crosses midfield, it has 3 plays to score a touchdown.
4. If a team fails to score, the ball changes possession and the new offensive team takes over from the Cone Starting Point.
5. Interceptions may be returned for a TD, but if the does not return for a TD, then they start at the Cone Starting Point.
6. There are no kickoffs.
7. There is no blocking.
8. Clock does not stop, except at end of the half or timeouts.
9. Teams must start with a minimum of five players and can finish with min of 4.
10. Each half is 20 minutes and the clock continues to run.
11. 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.
12. Each team has two timeouts per half.
13. Officials can stop the clock at their discretion.

Scoring:

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| 1. Touchdown | 6pts |
| 2. Extra Point | 1pt 5 yd line |
| | 2pts 10 yd line |
3. Overtime: Teams will get the ball at midfield. Each team will have the opportunity to score.

Football Rules:

1. QB cannot run with the ball unless there is a blitz.
2. NO RUNNING ZONES are located five yards from the end zone and five yards on either side of midfield. This is to avoid short-yardage and power running situations.
3. The player who takes the handoff can throw the ball from behind the line of scrimmage.
4. Once the ball has been handed off, all defensive players are eligible to rush.
5. Spinning is allowed, but 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.
6. All Players are eligible to receive passes (including the center and the quarterback if the ball has been handed off behind the line of scrimmage).
7. Only one player is allowed in motion at a time.
8. A player must have at least one foot inbounds when making a reception.
9. Shovel passes are allowed.
10. The QB has four-second "pass clock." If a pass is not thrown within the four seconds, play is dead, loss of down. Once the ball is handed off, the five-second rule is no longer in effect.
11. All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Players not rushing the QB may defend on the line of scrimmage. Once the ball is handed off, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.

Penalties:

All Penalties will be called by the referee.

Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.

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| 1. Offsides | 5 yds and automatic first down. |
| 2. Interference | 10 yds and automatic first down. |
| 3. Illegal contact | 10 yds and automatic first down. |
| 4. Illegal flag pull (before receiver has ball) | 10 yds and automatic first down. |
| 5. Illegal rushing | 10 yds and automatic first down. |
| 6. Illegal motion | 5 yds |
| 7. Illegal forward pass | 10 yds and loss of down. |
| 8. Flag guarding | 10 yds (LOS) and loss of down. |
| 9. Delay of game | Clock stops, 10 yd and loss of down. |

There are no fumbles. The ball is spotted where the ball hits the ground.