

## **NP Steelers Official 5 vs 5 Flag Football Rules**

Newbury Park Steelers Flag Football is a popular five-on-five game filled with fun and action. In this game, the offensive team plays for a first down at midfield and a touchdown in the end zone. Running and passing plays are allowed, although there are “no-running zones” at midfield and near each goal line. The offensive team can not run a running play when the line of scrimmage is in a “no-running zone. (not applicable for any division containing PK or Kinder; Example: PK/K division or K/1st grade division) The defensive team covers receivers, rushes the passer and grabs flags to make “tackles.”

**Practice Policy:** There can be only one practice per week. This practice can be before your game on Sunday.

### **The Basics**

- The offensive team takes possession of the ball at its 5-yard line and has four plays to cross midfield. Once a team crosses midfield, it has four 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.
- 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. Interceptions may be run back.
- Teams change sides after Halftime. Possession changes to Visitor.
- Field dimensions are approximately: 50 yards long X 30-40 yards wide with 5 yard end zones with 5 yard no-run zones before mid-field line and goal lines.

### **Players/Game Schedules**

Teams must field a minimum of four players at all times.

### **Timing/Overtime**

- Games are played in two 20 minute halves with a running clock. The last minute of each half the clock will stop and will be represented by 6 plays. (not including extra point tries)

- 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 one 60-second and one 30-second time-out per half.
- Officials can stop the clock at their discretion.
- There is no over time in the regular season.

## Scoring

- Touchdown: 6 points
- Extra point: 1 point (played from 5-yard line) or 2 points (played from 12-yard line) .
- Extra Point Attempt Return: 2 points – (same for 1pt or 2pt attempt) .
- Safety: 2 points
- Forfeits: Any forfeit will be scored as 7-0 for the non-forfeiting team

NOTE: Point differential has no bearing on standings/end of season match ups!

*Please remember that scoring is part of the game but not the main focus; always place the kids before the win!*

## Coaches on the field:

- One (1) coach on the field per team in divisions PK-3rd
- Divisions containing 4th grade and up age groups may not have a coach on the field on the defensive side, only the offensive side of the ball after the first game. Defensive coach may come out on the field in between plays but must get to the sideline /out of the way once the play begins.
- No touching/directing player at snap of ball or holding a player in any division.

## Running

- The quarterback cannot run with the ball past the line of scrimmage.
- “No-running zones” located five yards from each end zone and five yards on either side of midfield are designed to avoid short-yardage, power-running situations. (Not applicable for any division containing PK or Kinder aged kids)
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- Once the ball has been handed off, all defensive players are eligible to rush.
- Spinning is allowed, but offensive players carrying the ball cannot leave their feet to avoid a defensive player (no diving or jumping when carrying the ball).
- The ball is spotted where the ball carrier’s feet are when the flag is pulled, not where the ball is.

- Center Sneak Rule – When the ball is snapped, in order to hand the ball back to the center the QB must reach the ball around the center’s body or the center must physically turn/twist around and to get the ball. Handoffs back between the center’s legs are NOT allowed. Any division with PK age– because this division can snap the ball to the side, the first hand-off can NOT be back to the center.
- If a player is running and his flag falls off he is down where the flag falls off.
- If a ball is handed off to a player without a flag on, the play will be blown dead and spotted at the line of scrimmage.
- There is no blocking/screening/picking allowed.

## **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 NFL, only one player is allowed in motion at a time.
- A player must have at least one foot inbounds when making a reception.
- A player that receives the ball without a flag will be considered down at the point of the catch.

## **Passing**

- Shovel passes are allowed.
- The quarterback has a seven-second “pass clock.” If a pass is not thrown within the seven seconds, play is dead, loss of down. Once the ball is handed off, the seven-second rule no longer is in effect.
- Interceptions change the possession of the ball at the end of the run back. Interceptions are the only changes of possession that do not start on the 5-yard line.

## **Dead Balls**

Substitutions may be made on any dead ball.

Play is ruled “dead” when:

- Ball carrier’s flag is pulled
- Ball carrier steps out of bounds
- Touchdown or safety is scored
- Ball carrier’s knee hits the ground
- The ball is fumbled and hits the ground
- Ball carrier’s flag falls out
- Referee blows an inadvertent whistle

**Snapping the ball:** No quick snaps are allowed...the defense must have a chance to line up on the ball. Our referee will help manage this.

The ball must be snapped between the legs, direct or shotgun, but not off to one side, to start play

**\*\*\*any division containing PK may snap off to one side and ball can hit ground on snap as long as QB is the one that picks up ball quickly. Ref's discretion\*\*\***

\*\*Note: There are no fumbles. The ball is spotted where the ball hits the ground.

\*\*Note: There are no kickoffs

### **Defense - 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. **\*\*\*NOTE: There is NO RUSHING THE QB in divisions containing PK or KINDER aged kids\*\*\*\***

**\*\*\*\*\*Any team that is up by 18 points or more may not rush the passer.\*\*\*\*\***

- No tackling/pushing/shoving is allowed.

### **Sportsmanship/Roughing**

If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.**

Trash talking is illegal. Officials have the right to determine offensive language. (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 or players will be ejected from the game.

### **Defensive Penalties**

- Offside -- 5 yards and repeat the down

- Pass Interference -- 15 yards and automatic first down
- Illegal contact (holding, blocking, pushing, shoving, 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, i.e. to deceive opponents, or 6 players on the field) -- 5 yards and repeat the down
- Interference with opponent or ball at the snap -- 5 yards and repeat the down
- Defensive holding -- 5 yards from the point of the foul

### **Offensive Penalties**

- Delay of game -- 5 yards and loss of down
- Substitution fouls -- 5 yards and loss of down
- Illegal motion (more than one person moving, etc.) -- 5 yards and loss of down
- False Start -- 5 yards and loss of down
- Illegal Snap -- 5 yards and loss of down
- Offensive holding/BLOCKING -- 5 yards and loss of down. Blocking: No blocking, shadow blocking, pick plays or plays designed to create contact are not allowed.
- Offensive pass interference (illegal pick play, pushing off/away defender) -- 5 yards and loss of down
- Flag guarding (carrying ball close to flag in an effort to guard or stiff-arms) -- 5 yards from the point of foul and loss of down

### **Attire**

- Cleats are allowed, except for metal spikes. Inspections will be made. All players must wear a protective mouthpiece; there are no exceptions.
- No pockets or hoops on shorts.
- No hats with brims or bills.
- No sunglasses. Prescription glasses only.
- The official NP Steelers jerseys must be worn during play.

### **Final Games – Bowl Games**

All Teams play one final game at the end of the season. There is not a tournament. NP Steelers will match up the teams using the below criteria in most cases however we will determine the final match ups based on what we feel is best for the league. The team or team(s) that finish the season (including the final game) with the best overall record will be the division winners.

**Tiebreakers for Final Match ups** - Tiebreakers will be in the following order:

1. Best Overall Record
2. Head to Head Competition
3. Strength of Schedule ( Best winning Percentage, combined records of teams played)
4. Coin Flip
  - a. In the event of a 3 way tie or more, teams will be randomly drawn out of a hat to determine final match up.

**Overtime (Final Game Only)** - If the score is tied at the end of 40 minutes, teams move directly into overtime (only in the playoffs).

- Coin flip will determine possession
- Each team will get one possession starting at mid-field
- After each team has had 3 possessions the game will end in a tie

**Coaching Behavior Rules: -**

- Coaches responsible for their teams parents.
- Absolutely NO yelling at officials, kids or other coaches
- No arguing calls that officials make.
- This Behavior can lead to forfeiting the game
- In the event a coach can not follow or adhere to our philosophy per our officials, site coordinators or program director, the coach will be asked to remove his/her self from the coaching position for the remainder of the season.

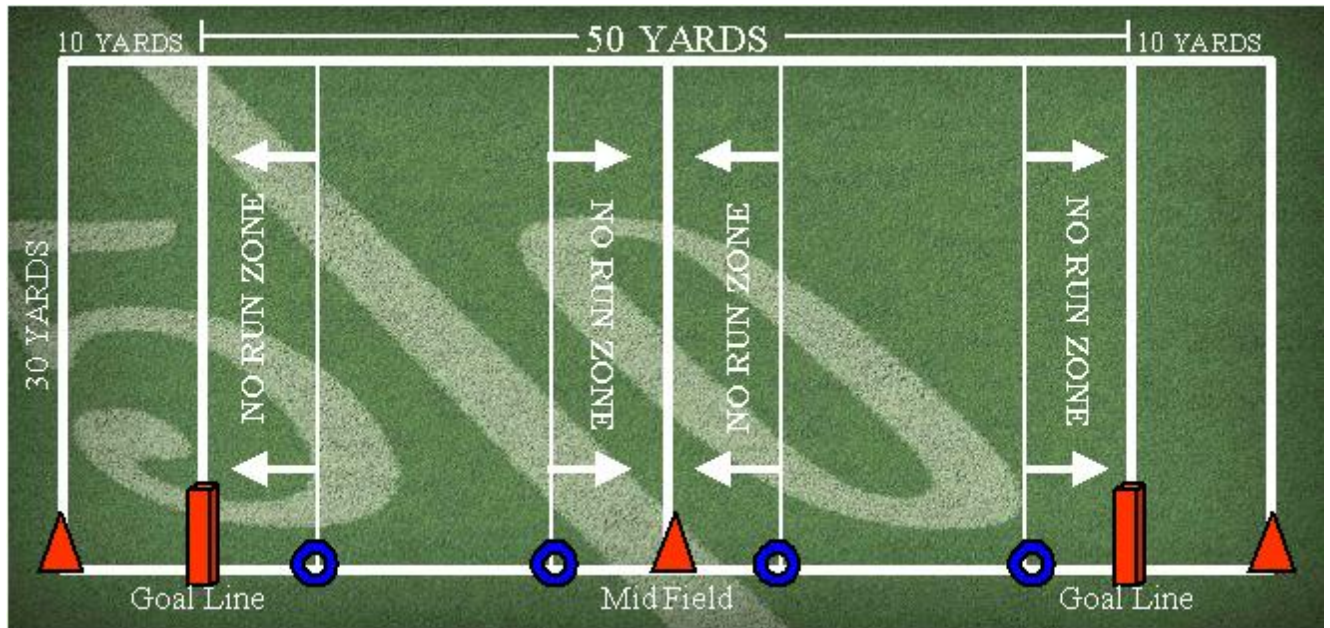
If it isn't positive, then there is no need to say it!

**Playing Field**

The typical playing field is 50 yards in length and 30-40 yards wide with 5 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 mid field. 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).

## THE FIELD



**“and the most important rule of  
all... **HAVE FUN!!!”****