



Modified USFTL 5 on 5 Rules (12 player roster)

*tournament rules may differ

Game length = 30 minutes/2 - 15 minute halves

Roster = 12 Players maximum/4 players minimum to avoid forfeit.

3. SCORING: TD = 6 points / Extra Point = 1 point (5 yards) or 2 points (10 yards),
Safety = 2 points

4. CONTACT IS ALLOWED BY LINEMEN – Open hand contact allowed between shoulder and waist Center must assume a blocking position or take one step into pass pattern before he can be touched **NO DOWNFIELD BLOCKING**

One press of receiver allowed at line of scrimmage up to 5yds

All Players on Offense may run the ball, including the QB

NO LATERALS ALLOWED (Only 1 Toss to the RB)

9. All players are eligible to receive passes

10. Defense may rush from the line of scrimmage with their d-linemen (1 yard off ball) 1

Blitz is permitted every set of downs but must be 5 yards off the line of scrimmage.

11. There is no 7 second count to pass the ball

12. All drives & changes of possession (except interceptions) start at the 5yd line

13. Offense has 4 plays to cross the mid-field line or score a touchdown

14. Penalties = Offensive Penalties – Loss of down & yardage (5 Yards, 10 Yards); Defensive Penalties – Automatic 1st down & yardage (10 Yards). All penalties are forced from the line of scrimmage.

15. Official Flag is “FLAG-A-TAG SONIC BOOM BELT and will be provided.

16. Any ball that hits the ground will be ruled dead. Fumbles or Muffs are dead at spot

17. Ball must be snapped between legs, not off to one side to start play

18. Mouthpieces are recommended but not required

19. Flagrant contact fouls will not be tolerated. Offending player(s) will be ejected from that game, and sit out the next game.

20. Interceptions may be returned

21. One (1) timeout per half

22. Overtime - 2 plays from 15 yard line going into end zone - College Rules Apply (Same scoring as in regular game)

23. Roughing the QB also includes striking the arm when the def tries to block the pass

24. Defensive players have to be one yard off the ball at the snap

25. Any player that comes off the sidelines during a fight will be ejected unless obviously attempting to breakup the fight.

26. All players flag belts must be worn properly. The hip points must be facing out. And the ribs on the flag must be facing out. Under Rule 4-Section 2-Article 2b, the referee will enforce the licensed flag, and, if improperly used, will result in a live ball penalty. If a player alters his flag in any way, he will be ejected from game.

27. Minimum of 2 Players must be on the LOS before the ball is snapped. 1 Player can

be in motion, but cannot be moving forward before the snap.

NO RUN ZONES – Players agreed during the captains meeting to implement a “No Run Zone” Which means that there are no hand offs, passes or QB Keepers behind the line of scrimmage in this zone. You must make a forward pass in these areas. Forward shuffle passes are allowed. The **NO RUN ZONES** are 5 yards before the mid-field line and 5 yards before the goal line. To further explain anything inside of 5 yards is no run. Anything from the 6 yard line or further can result in a run. Same applies to the 50.

No stiff arming allowed – considered flag guarding

Center snap – If ball hits ground, ball dead at spot

If player falls down, or if knee touches ground, ball is dead at spot – player may not get up and run. Players CAN dive for the end zone but the ball must cross prior to knee down.

Footballs – Regular size for adult men, junior size for adult females and youth (boys & girls). All teams provide their own Footballs.

Cleats are not allowed but must sneakers or indoor shoe. No metal baseball spikes allowed. Inspections will be made on field

When flags fall off inadvertently, revert to a 2 hand touch between shoulders and knees.

****Rules subject to change without notice

One of the biggest questions that we get is how do you determine if a player scores? Is it the ball, the flags, ball and flags. **Answer is the ball must cross the line for it to be considered a touchdown.**

Every other spot on the field is spotted from the flag pull, not the ball!

28. An intercepted pass on an extra point. When a pass is intercepted on an extra point and ran back across the opponents goal line, the team intercepting the pass will be awarded 2 points no matter if the team that scored went for 1 or 2.

FIGHTING/UNSPORTSMANLIKE CONDUCT – Due to the strict policies of our agreement with the Cecil Arena teams will be warned once for profanity. The 2nd time will result in a 15yard penalty and the 3rd time will result in the guilty player being ejected from the game. There are NO EXCEPTIONS.

Any players involved in a fight of ANYKIND (Shoving, Punching, Tackling, etc) will be ejected from the game and the league. THERE ARE NO REFUNDS due to suspensions.