

United Flag Football League - 5 ON 5 Contact Rules

SECTION 1 -THE GAME (BASIC RULES OF 5 ON 5):

ARTICLE 1 - PLAYING RULES CAN BE MODIFIED: Any rule found in this book may be altered to suit the needs of the 5 on 5 Program. The U.F.F.L. recommends using the Official Rule Book as closely as possible for the following reasons:

- A. All rules are subject to U.F.F.L. Tournament and League Director's discretion.
- B. For a better understanding of all the rules of 5 on 5 Flag Football.
- C. For uniformity in playing rules so that different areas of the United States can compete against one another in a safe and fair manner.

ARTICLE 2 - COIN TOSS:

- A. A coin toss shall begin each game. The captain winning the toss shall choose one of the following options:
 - 1. Offense
 - 2. Defense
 - 3. Designate which goal his team will defend.
 - 4. Defer choice to the second half.
- B. Loser of the coin toss shall make a choice of the remaining options.
- C. Before the start of the second half, the choice of options shall be reversed.

ARTICLE 3 - POSSESSIONS:

- A. **FIRST DOWN/ZONE-LINE-TO-GAIN** - The offensive team takes possession of the ball at their 5 yard line and has 3 plays to cross midfield. Once a team crosses midfield, they will have 3 plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on their 5 yard line.

- B. All players must start with their flag belts on. If a player starts without his flag belt properly secured with all flags attached, his team will be assessed a 5 yard and **Loss of Down Penalty**.
- C. If the offensive team fails to cross midfield, possession of the ball changes and the opposite team starts their drive from their 5 yard line.
- D. All drives and possession changes, except interceptions, start on the 5 yard line of the offense.
EXCEPTION: On interceptions, the team will take possession of the ball where the defender's flag was pulled. Penalties on interceptions will be assessed where the interception occurred.
EXCEPTION: If the Referee judges that a player intentionally or flagrantly commits a penalty then the penalty will be at the point of the foul, no less than the point of interception.
- E. Teams will switch ends after the first half.

ARTICLE 4 - SNAPS: Ball must be snapped between the legs, not off to one side, to start play. Direct snaps are legal.

ARTICLE 5 - HUDDLE CLOCK: 25 second clock - Each time the ball is spotted, a team has 25 seconds to snap the ball.

ARTICLE 6 -BLOCKING:CONTACT BLOCKING IS ALLOWED.

Contact between shoulders and waist only. Contact blocking is legally hindering the progress of an opponent in a fair and safe manner. Blockers must be on their feet before, during and after contact is made with their opponent. You may not dive to block. 2 on 1 blocking is permitted. Under no conditions shall a high-low block, cross body block or rolling block be permitted. The blocker is allowed to contact only that portion of the opponent's body between the waist and shoulders. An open hand, straight arm block, within the framework of the blocker's body, is the ideal block to avoid unnecessary rough play. You may not grab the jersey of an opponent while attempting to block. The blocker's hands may not be locked together. The blocker may not swing, throw or flip the elbow or forearm. There shall be no contact of any kind to the head and/or shoulders in the attempt to block an opponent.

The main concept to keep contact blocking under control is to stress safe,

clean, sportsmanlike contact between opponents.

ARTICLE 7 - INTERCEPTION: Interceptions may be returned.

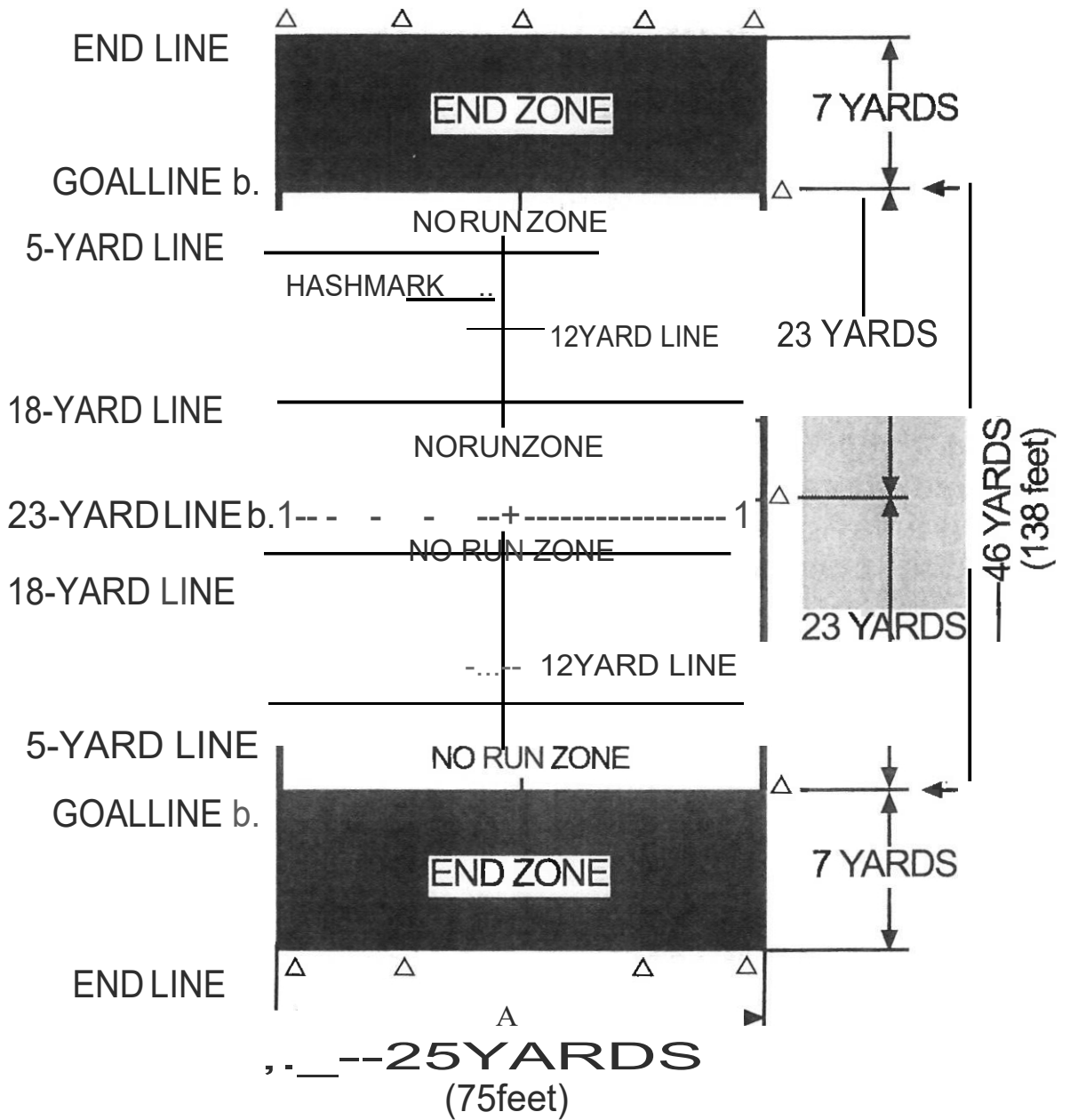
ARTICLE 8 - DIVISIONS OF PLAY: There shall be 3 divisions of play offered in the 5 on 5 Program: Division I, Division II and Division III.

ARTICLE 9 - AGE CALSSIFICATIONS: The age classification in the 5 On 5 Program shall be: 18 & Over, 35 & Over, 50 & Over.

ARTICLE 10-ELIGIBLE PLAYERS: All players are eligible in the 5 on 5 Program.

ARTICLE 11 - ZERO TOLERANCE POLICY: The U.F.F.L. will provide an atmosphere where the players, friends and families can feel comfortable enjoying a day of football. Any players, teams or family members that jeopardize that environment WILL be asked to leave. The U.F.F.L. operates under a ZERO TOLERANCE POLICY.

SECTION 2 - THE FIELD (FIELD SIZE):



b.PYLON
(16TOTAL)



TEAMAREA

ARTICLE 1 - FIELD DIMENSIONS:

- A. Field Size - 60 yards in length; 25 yards in width.
- B. End Zones - (2) 7 yard end zones

ARTICLE 2 - NO RUN ZONES: No Run Zones are in place to prevent teams from using power run plays. While in the No Run Zones (a 5 yard imaginary zone before midfield and before the end zone), teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff. No Run Zones come into effect only when the offensive team is approaching the first down or the end zone.

EXCEPTION: If the offensive team has already achieved a first down, but has been pushed back into a No Run Zone, then the No Run Zone is no longer in effect.

ARTICLE 3 - OUT-OF-BOUNDS: Stepping on the boundary line is considered out-of-bound's

ARTICLE 4 - TEAM AREA: Team areas are located between the 5 yard lines.

SECTION 3 -THE PLAYERS:

ARTICLE 1 - ROSTER SIZE:

- A. Teams consist of a total of 10 players on the roster.
- B. A player may only appear on 1 roster. NO EXCEPTIONS, even if the other team approves it. If a player is found playing on a team illegally, the team will forfeit the game in which the illegal player participated.

ARTICLE 2 - NUMBER OF PLAYERS ON FIELD: 5 players on the field at a time.

ARTICLE 3 - FORFEITS: To avoid a forfeit, you must have at least 3

players to begin the game. Game time is forfeit time.

ARTICLE 4 - 5 ON 5 CO-ED: Co-Ed teams must have (5 female, 1 male & 4 female, 2 male & 3 female, 3 male & 2 female) players on the field at one time.

ARTICLE 5 - FORFEITS IN 5 ON 5 CO-ED PROGRAM: To avoid a forfeit, a Co-Ed team must have (1 man & 2 women or 2 men & 1 woman) to begin the game.

ARTICLE 6 - PROTEST PROCEDURE: League or Tournament Director is contacted DURING THE GAME with a \$50 NON-REFUNDABLE protest fee. NO PROTESTS WILL BE ALLOWED AFTER THE GAME IS OVER! You may not protest a judgment call by an Official.

SECTION 4- EQUIPMENT:

ARTICLE 1 - THE BALL: Male players shall use a regulation size football, female and youth players may use a regular, intermediate, junior or pee wee size football. An Officially Licensed Football by the U.F.F.L. must be used.

ARTICLE 2 - THE FLAGS: All flags used in the 5 on 5 Program shall be an Officially Licensed Flag of the U.F.F.L. POP FLAGS

ARTICLE 3 - SHOES: Cleats are allowed but they must be rubber. No metal spikes are allowed. Screw-in cleats are allowed *if* the screw is part of the cleat. Inspections will be made. Tennis shoes are permitted.

ARTICLE 4 - JERSEYS: All jerseys shall be tucked in the pants or shorts. No waist length or half jerseys allowed.

ARTICLE 5 -MOUTHPIECE: All players must wear a protective mouthpiece. If you do not have a mouthpiece, there will be one available on-site for a fee.

ARTICLE 6 - OPTIONAL PROTECTIVE WEAR: Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metal are not allowed and must be taped. All protective wear must be approved by game Officials prior to game time.

ARTICLE 7 - JEWELRY: Players must remove all watches, earrings or any other jewelry that Officials deem hazardous.

ARTICLE 8 - PANTS: Pants or shorts with belt loops or pockets must be taped. Pants or shorts must be a contrasting color to the flags.

NOTE: Referees will check each team before the game to confirm mouthpieces and no pockets/taped pockets.

SECTION 5 - TIMING & OVERTIME:

ARTICLE 1 - GAME LENGTH:

- A. **League Play** - 24 minute game length - (2) 12 minute halves with a running clock. The clock stops only for time outs.
- B. **Tournament Play** - 28 minute game length - (2) 14 minute halves with a running clock.
- C. **One Minute Warning** - When there is one minute left in the game, the game clock shall stop for incomplete passes, out-of-bounds, time outs and scores (clock starts on snap), and change of possessions, penalties and first downs (clock starts on the ready for play whistle).

ARTICLE 2 - HALFTIME: Halftime is 30 seconds long.

ARTICLE 3 - HUDDLE CLOCK: 25 seconds long. Each time the ball is spotted, a team has 25 seconds to snap the ball. Teams will receive one warning before a delay of game penalty is enforced.

ARTICLE 4 - TIME OUTS:

- A. Each team has (2) 30 second time outs per game.
- B. Each team has (1) 30 second time out per overtime period.
- C. Officials can stop the clock at their discretion.
- D. In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.

ARTICLE 5 - OVERTIME:

- A. Each team receives an Overtime Extra Point Attempt
- B. Coin Flip - 3 choices - Offense, Defense, Type of Extra Point (1, 2 or 3 points)
- C. If score is tied at end of first Q.T., repeat second O.T., reversing choices, etc.
- D. If score is tied at the end of the second Overtime, teams must go for a 2 or 3 point Extra Point. Overtime will continue until a winner is declared. Choices will continue to be reversed per Overtime Period.
- E. 1 time out per team, per overtime period.
- F. Interceptions on returned Overtime Extra Points are worth the value of the attempted Overtime Extra Point (1, 2 or 3 points).
- G. Penalties are administered as in regular game.

ARTICLE 6 - U.F.F.L. SUDDEN DEATH OVERTIME: In U.F.F.L. Championship Games (League & Tournament Championship Games only), a U.F.F.L. Sudden Death Overtime is used.

- A. Same procedure as start of game - coin toss, followed by regular game conditions with each team having one series of downs to score.
- B. If the score is still tied at the end of each team's possession, whichever team scores next is the winner.
- C. One time out per, team per overtime period.

SECTION 6 - SCORING:

ARTICLE 1 - SCORING VALUES:

- A. Touchdown= 6 points
- 8. Extra point = 1 point (5 yard line - pass)
 - 2 points (12 yard line - run or pass)
 - 3 points (18 yard line - run or pass)

NOTE: A team that scores a touchdown must declare whether it wishes to attempt a 1, 2 or 3 point conversion. Any change, once a decision is made to try for the extra point, requires a charged time out. Decisions cannot be changed after a penalty.

- C. Interceptions on returned extra points are worth the value of the attempted extra point (1, 2 or 3 points).
- D. **Extra Point Attempts** - If the attempting team throws an interception and commits an infraction after the Interception, the opposing team takes offensive possession of the ball at the attempting team's 5, 12 or 18 yard line, depending on the try attempt. If made, they will receive 1, 2 or 3 points, then take possession at their own 5 yard line.
- E. Safety = 2 points
- F. Forfeited game = 28 points (game time is forfeit time)
- G. Overtime = 1 point
- H. **Co-Ed:**
 - 1. Touchdown (female) = 9 points
 - 2. Extra point (female) = 2 points (5 yard line - pass)
 - 3 points (12 yard line - run or pass)
 - 4 points (18 yard line - run or pass)

ARTICLE 2 - MERCY RULE:

- A. **One Minute Warning** - If a team is ahead by 19 points (27 points in Co-Ed) or more when the Referee announces the one Minute Warning for the second half, the game shall be over.
- 8. **After the One Minute Warning** - If a team scores during the last

minute of the second half and the score creates a point differential of 19 (27 in Co-Ed) or more, the game shall end at that point.

SECTION 7 - LIVE BALL & DEAD BALL:

ARTICLE 1 - LIVE BALL:

- A. The ball is live at the snap and remains live until the Official whistles the ball dead.
- B. **One Foot In-bounds for Legal Catch** - A player who gains possession in the air is considered in-bounds as long as one foot comes down in the field-of-play.
- C. **Imitating Offensive Signals** - The defense may not imitate the offensive team's signals by trying to confuse the offensive players while the Quarterback is calling out signals to start the play. This will result in an **Unsportsmanlike Conduct Penalty** (S27 - 10 yards).

ARTICLE 2- DEAD BALL:

- A. The ball is ruled dead when:
 - 1. A snap to a Quarterback hits the ground.
 - 2. A fumble hits the ground (no fumble recoveries allowed).
 - 3. A ball carrier's knee touches the ground.
 - 4. A ball carrier steps out-of-bounds.
 - 5. A ball carrier's flags are legally removed
NOTE: If a ball carrier's flags fall off inadvertently, play shall revert to a 1 hand touch between the shoulders and knees.
 - 6. If no flags are worn at the time of the snap, play reverts to a 1 hand touch.
PENALTY: Failure to Wear Proper Equipment (S23).
 - 7. A touchdown, point after touchdown or safety is scored.
 - 8. Any Official can whistle the play dead.
 - 9. Substitutions may be made on any dead ball.
- B. The Official will indicate the Neutral Zone and Line of Scrimmage. It is an automatic dead ball foul if any player on offense or defense

enters the Neutral Zone. In regards to the Neutral Zone, the Official may give both teams a "courtesy" Neutral Zone notification to allow their players to move back behind the Line of Scrimmage.

NOTE:

1. There are no fumbles. The ball is spotted where the ball hit the ground.
2. The ball will be spotted wherever the ball was at the time of a flag pull.

ARTICLE 3 - INADVERTENT WHISTLE: In the case of an inadvertent whistle, the offense has three options:

- A. The ball is in player possession - the team in possession may elect to put the ball in play where declared dead or replay the down.
- B. The ball is loose from a fumble, backward pass or illegal forward pass - the team in possession may elect to put the ball in play where possession was lost or replay the down.
- C. During a legal forward pass the ball is returned to the previous spot and the down is replayed.

NOTE: If a foul occurs during an inadvertent whistle, an accepted penalty shall be administered as in any other play situation. When the foul is accepted, disregard the inadvertent whistle.

SECTION 8 - RUNNING:

RUNNING PLAYS:

- A. The ball will be spotted wherever the ball was at the time of a flag pull.
- B. The Quarterback MAY run with the ball at any time.
- C. The offense may use multiple handoffs.
 1. **"Center Sneak" play** - The ball must completely leave the center's hands on the snap and he must step backwards off the Line of Scrimmage in order to receive a direct handoff from the Quarterback before advancing the ball.

- D. Laterals and pitches ARE allowed anywhere on the field.
- E. All defensive players are eligible to rush at the snap.
- F. The No Running Zone is designed to avoid short yardage power running situations. No Run Zones are located 5 yards from each end zone and 5 yards on either side of midfield. No player is allowed to run inside of the No Run Zones.
- G. Runners may not leave their feet (diving) to advance the ball.
- H. Spinning is allowed. Lateral moves to the left or right are permitted.
- I. Runners may leave their feet if there is a clear indication that he has done so to avoid collision with another player without a flag guarding penalty enforced.
- J. CONTACT BLOCKING IS ALLOWED. Contact between shoulders and waist only.
- K. **Downfield Blocking** - Blocking for the ball carrier is allowed downfield but not while the ball is in the air.
- L. **Flag Obstruction** - All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.

SECTION 9 - PASSING:

PASSING PLAYS:

- A. Backward passes and laterals ARE allowed.
- B. Only one forward pass per down.
- C. If a passer crosses the Line of Scrimmage and comes back behind the Line of Scrimmage and throws pass, it is an illegal forward pass.
- D. Interceptions change the possession of the ball at the point of interception. Interceptions are the only change of possession that do not start on the 5 yard line. Interceptions may be returned.
- E. If a penalty occurs on an interception return by the return team, the penalty will be assessed from the spot of the foul.
- F. If a penalty occurs on an interception return by the defensive team,

the penalty will be assessed from the end of the run.

- G. **Intentional Grounding** - A passer may not intentionally throw the ball into the ground to avoid a loss of yardage.

EXCEPTION: In the last minute of the game, a passer may throw the ball into the ground to stop the clock and conserve time for his team. This play is legal, provided the passer is not trying to avoid a loss of yardage.

SECTION 10 - RECEIVING:

- A. All players are eligible to receive passes.
- B. Only one player is allowed in motion at a time. All motion must be parallel to the Line of Scrimmage and no motion is permitted towards the Line of Scrimmage.
- C. A player must have at least 1 foot in-bounds to make a legal reception.
- D. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- E. Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5 yard line.
- F. Interceptions are returnable on extra point plays and the points awarded will be the same as the extra point attempt.
- G. Receivers may be bumped one time within 5 yards of the Line of Scrimmage.

SECTION 11 - RUSHING THE PASSER:

RUSHING PLAYS:

- A. Defensive players who rush the passer may line up on the Line of Scrimmage when the ball is snapped. Any number of players can rush the Quarterback at the snap.
- B. A Ball Spotter shall be used to mark the Line of Scrimmage.

- C. Players rushing the Quarterback may attempt to block a pass, however, **NO** contact can be made with the Quarterback in any way. Blocking the pass or attempting to block the pass and then making contact with the passer will result in a **Roughing of the Passer Penalty**. Players must go for the Quarterback's flag.
- D. A sack occurs if the Quarterback's flags are pulled behind the Line of Scrimmage. The ball is placed where the ball is at when the flag is pulled. A safety is awarded if the sack takes place in the offensive team's end zone

SECTION 12 - FLAG PULLING:

DE-FLAGGING: De-flagging is the legal removal of a flag from an opponent in possession of the ball. Pushing, striking, holding, slapping or tripping when attempting to pull a flag is not permitted. Defensive players may leave their feet to pull a flag. Offensive players are not permitted to protect or guard their flags.

- A. A legal flag pull takes place when the ball carrier is in full possession of the ball.
- B. Defenders can dive to pull flags but cannot tackle, hold or run through the ball carrier when pulling flags.
- C. It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.
- D. If a player's flag inadvertently falls off during the play, the de-flagging reverts to a one hand touch of the runner between the shoulder and the knees.
- E. If a flag is removed illegally, play should continue with the option of the penalty or the play.
- F. A defensive player may not intentionally pull the flags off a player who is not in possession of the ball.
- G. Tampering with the flag in any way to gain an advantage including, tying the flag, cutting the flag, using foreign materials or other such acts are illegal.
- H. Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping the head,

hand, arm or shoulder, or intentionally covering the flags with the football jersey.

SECTION 13- FORMATIONS:

ARTICLE 1 - MINIMUM PLAYERS ON LINE: Offense must have a minimum of one player on the Line of Scrimmage (the center) and up to four players on the Line of Scrimmage. The Quarterback must be off the Line of Scrimmage.

ARTICLE 2 - MOTION:

- A. Offensive players must come to a complete stop for 1 second before the ball is snapped unless he is the only player in motion.
 - 1. One player at a time may go in motion 1 yard behind and parallel to the Line of Scrimmage.
 - 2. No motion is allowed towards Line of Scrimmage.
- B. Movement by a player who is set or a player who runs toward the Line of Scrimmage while in motion is considered a false start.
- C. The center must snap the ball with a rapid and continuous motion between his legs to a player in the backfield and the ball must completely leave his hands.

SECTION 14 - UNSPORTSMANLIKE CONDUCT:

- A. If the Referee witnesses any acts of intentional tackling, elbowing, cheap shots or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game AND TOURNAMENT. The decision is made at the Referee's discretion. No appeals will be considered. FOUL PLAY WILL NOT BE TOLERATED!
- B. Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the Referee will give one warning. If it continues, the player or players will be ejected from the game.
- C. Players may not physically or verbally abuse any opponent, coach or official.

- D. Ball carriers **MUST** make an effort to avoid defenders with an established position.
- E. Defenders are not allowed to run through the ball carrier when pulling flags.
- F. Fans must also adhere to good sportsmanship as well.
 - 1. Yell to cheer on your players, not to harass Officials or other teams.
 - 2. Keep comments clean and profanity free.
 - 3. Compliment ALL players, not just one player or team.
- G. Fans are required to keep fields safe and kid friendly.
 - 1. Keep younger kids and equipment such as coolers, chairs and tents to a minimum of 10 yards off the field.
- H. Teams/Players leaving the bench area during a fight:**
 - 1. If either team leaves the bench during a fight, the game will immediately be forfeited and both teams ejected from the tournament with no refund.
 - 2. Any player that comes off the sideline during a fight will be ejected from both the game and tournament.

SECTION 15 - PENALTIES:

ARTICLE 1 - GENERAL:

- A. The Referee will call all penalties.
- B. All penalties will be assessed from the Line of Scrimmage except as noted (spot fouls).
- C. Only the team captain or head coach may ask the Referee questions about rule clarification and interpretations. Players may not question judgment calls.
- D. Games may not end on a defensive penalty unless the offense declines it.
- E. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.

- F. Penalties will be assessed ~~half the distance to the goal yardage~~ when the penalty yardage is more than half the distance to the goal.
- ~~G. Flagrant contact fouls will not be tolerated. Offending player(s) will be ejected from that game, sit out the next game and pay a reinstatement fee.~~

ARTICLE 2 - SPOT FOULS:

Defensive Pass Interference	Automatic First Down
Defensive Holding	+5 yards & Automatic First Down
Defensive Stripping	+5 yards & Automatic First Down
Defensive Unnecessary Roughness	+10 yards & Automatic First Down
Illegal Block	-10 yards & Loss of Down
Charging	-5 yards & Automatic First Down
Flag Guarding	-5 yards & Loss of Down
Offensive Unnecessary Roughness	-10 yards & Loss of Down

ARTICLE 3 - DEFENSIVE PENALTIES:

Offside	+5 yards from Line of Scrimmage & Automatic First down
Illegal Rush (starting rush from inside 7-yard marker)	+5 yards from Line of Scrimmage & Automatic First down
Illegal Flag Pull (Before the receiver has the ball)	+5 yards from Line of Scrimmage & Automatic First down
Roughing the Passer	+10 yards from Line of Scrimmage & Automatic First down
Unsportsmanlike Conduct/ Taunting	+10 yards from Line of Scrimmage & Automatic First down
Defensive Pass Interference	SPOT FOUL , Automatic First Down
Holding	SPOT FOUL, +5 yards & Automatic First Down
Stripping	SPOT FOUL, +5 yards & Automatic First Down
Defensive Unnecessary Roughness	SPOT FOUL, +10 yards & Automatic First Down

ARTICLE 4 - OFFENSIVE PENALTIES:

Offside/False Start	-5 yards from Line of Scrimmage & Loss of Down
Illegal Forward Pass (Pass received behind the Line of Scrimmage or throwing a pass beyond the Line of Scrimmage)	-5 yards from Line of Scrimmage & Loss of Down
Offensive Pass Interference	-5 yards from Line of Scrimmage & Loss of Down
Illegal Motion (More than one person moving)	-5 yards from Line of Scrimmage & Loss of Down
Delay of Game	-5 yards from Line of Scrimmage & Loss of Down
Illegal Block	SPOT FOUL, -10 yards & Loss of Down
Charging	SPOT FOUL, -5 yards & Loss of Down
Flag Guarding	SPOT FOUL, -5 yards & Loss of Down
Offensive Unnecessary Roughness	SPOT FOUL, -10 yards & Loss of Down

ARTICLE 5 - ALL-BUT-ONE ENFORCEMENT PHILOSOPHY: Enforcement philosophy is based on the fact that a team is given the advantage of the distance which is gained without assistance of a foul. It is assumed that the only foul which would give us this aid is a foul by the offense behind the basic spot. Therefore, all fouls but this one, that is a foul by the offense behind the basic spot, are penalized from the basic spot, unless it occurs behind the Line of Scrimmage. Then it is assessed from the Line of Scrimmage.

EXCEPTION: Any foul that occurs by the offense in their own end zone shall be ruled a safety.

