

SNL Rules

5 vs. 5 Flag Football Rules

. 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-run zones” at midfield and near each goal line. The offensive team cannot run a running play when the line of scrimmage is in a “no-running zone.** The defensive team covers receivers, rushes the passer and grabs flags to make “tackles.”

The Basics

- A coin toss determines first possession.
- 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.
- At the discretion of the coaches, you may play with a “Punt Rule”. On 4th down, the offensive team decides to “go for it” or “punt”. If the team goes for it on 4th down and is stopped, the opposing team takes possession. If the offensive team decides to “punt” on 4th down, the opposing team takes possession back at their own 5 yard line. There is no actual kicking the football. This rule should only be used with the older kids (4th grade and above) and should be discussed pre-game by the coaches and referees
- All possession changes, except interceptions, start on the offense’s 5-yard line.
- Interceptions may be run back for 6 points
- Interceptions on point after conversions may not be run back for points
- Teams change sides after the first 27 minutes. Possession changes to loser of coin toss.
- Field dimensions are: 50 yards long X 25 yards wide with 7-10 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.

Teams consist of 8 to 11 players – five players are on the field at one time. 6-6 can be played at the coaches discretion if a team has 12 players.

Timing/Overtime

- Games are played in two 27 minute halves with a running clock. **Clock will stop in last one minute of each half according to normal football rules (a timeout is called, an incomplete pass is thrown or a player runs out of bounds)**
- 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.

- Each team has one 60-second time-out per half and they do not “carry over”.
- Officials can stop the clock at their discretion.
- *There is no over time in the regular season games.*

Scoring

- Touchdown: 6 points
- Extra point: 1 point (played from 5-yard line, pass only) or 2 Points (played from 10-yard line, run or pass)
- Safety: 2 points

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

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.**
- The player who takes the handoff can run or 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 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.
- **Laterals and pitches are only allowed behind the line of scrimmage.**

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.

Passing

- **All passes must be forward. Passes do not have to cross the line of scrimmage, but they must clearly be forward of the thrower’s hand. No backward or swing passes that are not clearly forward.**
- 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.

Dead Balls

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**

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

- **(younger levels may modify this rule by confirming with opposing coach and referees prior to game).**

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

**Note: There are no kickoffs, and no blocking is allowed.

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, cone or the referee, will designate seven yards from the line of scrimmage. Remember, no blocking or tackling 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, 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
- **Defensive holding** -- 5 yards from the point of the foul

Offensive Penalties

- **Delay of game** -- 5 yards and loss of down
- **Illegal motion** (more than one person moving, etc.) -- 5 yards and repeat the down
- **False Start** -- 5 yards and repeat the down
- **Illegal Snap** -- 5 yards and repeat the down
- **Offensive holding** -- 5 yards and repeat the down
- **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 or sneakers are allowed, no metal spikes.
- **All players must** wear a protective mouthpiece; there are no exceptions.
- No hats with brims or bills.

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