

5 V 5 Game Rules Grades

2nd, 3rd and 4th, 5th grades only.

Clock

Game is 50 min long with a running clock. There are no timeouts and clock will only stop for injuries at the discretion of the Ref. 30 second clock between plays. DOG 3yrd loss and replay down.

SCORING

- touchdowns are worth 6 points

Extra points are worth 1 from the 5 and 2 from the 10 – extra points can be returned for points. If returned from the 5 its worth 1 point, from the 10 worth 2 points.

Formation

There is no limit to the formation run as long as there is a center and quarterback exchange. There is no contact with the center. All other players lined up on the LOS will be considered a receiver and cannot block. If the QB is in shotgun formation he does not have to have a QB/C exchange but the ball will be placed on the ground pre-snap and he **MUST** take the snap from the ground.

RUSHING THE QUARTERBACK

- Players that rush the quarterback must be a minimum of 7 yards from the line of scrimmage when the ball is snapped.

RUNNING

- Qb can run the ball $\frac{1}{4}$ downs, no running back can carry the ball 2 times in a row. (no qb sneak under center) If qb/rb runs the ball 2 times in a row 3yrd penalty and loss of down.
- No stiff arming allowed – considered flag guarding.

- No run zones are located 5-yards before the end zone. You may not run the ball in the no run zone. Only forward passes are allowed.
- Teams may handoff, pitch, or throw back the football in the backfield. The player who receives the pitch or handoff may throw the ball as long as he is not beyond the line of scrimmage. Pitching (backward) is allowed.
- A forward pass does not have to cross the line of scrimmage to be a legal play.
- Ball is spotted where the flag is pulled. The lead flag must break the plane of the midfield or goal line to be considered a first down or TD. Player cannot reach for the ball to cross the plain.

PASSING

- Team must pass 2/4 downs.
- Interceptions may be returned. The rusher may not hit the quarterbacks' arm, or knock the ball out of the quarterbacks' hand. The rusher must play the flags.

RECEIVING

- All players are eligible to receive a pass, including the center. Players must have at least one foot in bounds when making a catch. Players that run OOB during a play cannot be the first player to touch a ball when attempting to make a catch.

First Downs

Each team has 4 downs to reach midfield. Once midfield is reached they then have 4 downs to score a touchdown. If they do not score the ball is returned to the defenders 5 yrd line where the defense will become the offense.

BLOCKING

THERE IS NO OTHER CONTACT PERMITTED BEHIND THE LINE OF SCRIMMAGE OR DOWN FIELD. A PLAYER MAY USE THEIR BODY TO SHIELD A DEFENDER BUT THEY ARE NOT ALLOWED TO MAKE CONTACT. (SHIELDING IS DONE BY STANDING STILL WITH ARMS AT THEIR SIDE, BASKETBALL STYLE PICK) OFFENSE CAN STAY ON LOS AND IMPEDED RUSHER BY MAINTAINING POSITION.

PLAY IS RULED DEAD WHEN:

The offensive player's flag is pulled. Ball carrier steps out of bounds, touchdown is scored, the ball carriers' knee touches the ground, an incomplete pass and/or anytime the ball hits the ground. If a player loses a flag unintentionally, the defense only has to touch the ball carrier, not pull the flag. Players may not start a play without a flag.

DEFENSIVE PENALTIES:

- Offside-Illegal Rush. Pass interference
- Holding * Note the officials will determine incidental contact which may result from normal run of play.

If the flags are covered and the defense can't get to the flag; it's on the touch.

Interference or DPI is not automatic distance penalty has to get to midfield; OPI is loss of down...both dpi and opi are 7 yds

The defense is not allowed to hit or shove offense out of bounds; roughing 10 yds

Obstruction (this means a player grabs the shirt of the runner, doesn't let go grabs flag...this could be at the shoulder or the belt line)

- Roughing the quarterback – the rusher may not knock the ball out of the quarterback's hand or bump into them.
- Excessive contact – even if the defender is making a play on the ball. If the official feels it was intentional or with intent to harm the player will be ejected from the game and may be removed from the tournament.
- All defensive penalties are five yards from the line of scrimmage and automatic replay of down. – spot foul plus 3, pass interference – 7 yards from LOS and Roughing the QB, Major 10 – Minor 3.

OFFENSIVE PENALTIES:

- PLAYER CANNOT DIVE, JUMP REACH OR LOWER SHOULDER. WILL RESULT IN 3 YRD PENALTY AND LOSS OF DOWN.
- Pre-Snap Penalties – these are not a loss of down. Illegal motion /False Start/ delay of game/ illegal equipment violation – a player may not start a play without flags.
- Flag guarding (players must keep their hands above their waist). Charging (the offensive player must avoid the defender if they are set).
- Delay of game(loss of down) Pass interference (illegal pick, pushing off defender).
- Excessive contact – If the official feels it was intentional or with intent to harm the player will be ejected from game.
- All off penalties are five yards from the line of scrimmage and down played over

Running over a defender, or charging personal 10 aka(lowering the head, shoulder)

cept flag guarding which is a spot foul and the pre-snap penalties mentioned above.

SPORTSMANSHIP / ROUGHING

- Trash talking will not be tolerated. The official has the right to determine language that is offensive. (Trash talking is language that may be considered offensive to the official, opposing team, or spectators). The official may eject players from the game for trash talking.**
- If the official witnesses any act of tackling, elbowing, cheap shots, or any other sportsmanlike act, the game will be stopped and the player will be ejected from the game.**