

Granbury Parks and Recreations Flag Football 5v5 Rule Book

RULE 1: THE GAME, FIELD, PLAYERS & EQUIPMENT

Section 1 – The Game

- Games consist of two 12 minute halves. Halftime will consist of 1 minute. Teams will flip sides at the beginning of the 2nd half.
- A coin toss determines the first possession. The team who wins the toss can elect to have offense, defense, or choice of goal to defend. There are NO DEFERMENTS. Loser of the coin toss can choose one of the remaining options. The team that started the 1st half on offense will begin the 2nd half on defense.
- The game clock will continuously run except for injuries or time-outs. The clock will stop in the last 2 minutes of the game for all dead ball situations (out of bounds, incomplete pass, a scoring play, etc.)
Only if the score is within 8 points.
- The offensive team takes possession of the ball at their 5-yard line and has 3 plays to cross mid-field. Once a team crosses mid-field they have 3 plays to score.
- If the offensive team fails to cross mid-field or score, the ball changes possession and the opposite team starts their possession from their 5-yard line.
- All possession changes start on the offenses 5-yard line except on Interceptions. Interceptions may be returned and the ball will be marked where the play ends.
- Each time the ball is spotted a team has 25 seconds to snap the ball. Officials will warn the offense when there are 10 seconds to snap the ball. Teams must wait until the referee is set or a referee acknowledges they are prepared to start the play. If the offense is in a hurry up situation and the 7yard referee is not set, the 7-yard defense rush rule is no longer in effect.
- NO CONTACT ALLOWED.

Section 2 – Fields

- The field dimensions will be 25 x 62 yards (two – 6 yard end zones). Section 3 – Attire
- Cleats are allowed, except for metal spikes. Inspections will take place before every game by the officials.
- Shirts must be tucked in shorts, pants, etc.
- All shorts, pants, etc. should not have any pockets of any kind. If a defensive player fingers get caught in pockets of shorts, it will be counted as a flag pull.

- Any accessories that act as flags and get pulled will be counted as a flag pull. (ex, hand towels, extra belt that is not secured, shirt untucked, etc.)
- No headgear with an extended bill may be worn (ex: caps, visors, etc).
- Flags – The “Sonic” belts will be the only flags allowed. Flags must be a minimum of 12 inches in length and 1.5 inches in width and must be in a different color than the player’s shorts, pants, etc.
- Teams must wear matching uniforms. If the team does not match, the entire team will wear pennies provided by the Parks Department. If two teams have the same color shirts, the away team will wear pennies.

Section 4 – Rosters

- Official Rosters must be approved by a T.A.A.F. representative and turned into the tournament director 48 hours prior to a team’s first game.
- Team rosters are not to exceed 10 players in a single game, 14 players during the season. Deadline for rosters will be the night of the te 4th game.
- A player must play in 3 games to be eligible for the playoffs.

RULE 2: PLAYERS/GAME SCHEDULES, SCORING & TIME OUTS

Section 1 – Players/Game Schedules

- Teams must field a minimum of 4 players at all times.
- If a team or teams are not “ready for play” at the scheduled game time, the team that is not ready will be penalized 1 point per minute for 10 minutes. Once the late team is ready to play, the points will be awarded accordingly. The coin toss is automatically awarded to the on-time team.
- T.A.A.F. reserves the right to reduce, shorten, or reschedule games due to inclement weather or unforeseen circumstances.
- All players must carry I.D. for proof of age and identity.

Section 2 – Scoring

- Any touchdown scored is worth 6 points.
- Any safety scored by a defensive team is worth 2 points.
- Any extra point scored from the 5-yard line is worth 1 point.
- Any extra point scored from the 12-yard line is worth 2 points.

Section 3 – Time Outs

- Each team has 1 timeout per half. This time-out will last 5 seconds once the clock is stopped.
- Officials can stop the clock at their own discretion at any time.

RULE 3: PLAYERS/GAME SCHEDULES, SCORING & TIME OUTS

Section 1 – Rushing the Quarterback

- All players that rush the passer must be a minimum of 7 yards and 1 yard over from the center position (either side) from the line of scrimmage when the ball is snapped. Any number of players can rush the QB.
- Players that are not 7 yards from the line of scrimmage when the ball is snapped may not enter the backfield until there has been a change of possession.
- The rusher is allowed a direct line to the quarterback as long as they rush from either side of the center or a bunch formation. The offense must avoid interfering with the rusher if they have established a lane.
- A special marker, or the referee, will designate 7 yards from the line of scrimmage.

Section 2 – Center Snap

- A center snap may touch the ground before it gets to the quarterback and remain playable if the quarterback fields it cleanly off the bounce (one or more) from the ground. However, if the quarterback muffs the ball to the ground or the ball goes past the quarterback it is dead where the ball touches the ground.
- All center snaps must be made between the center's legs. A false movement of the football by the center after they are set shall constitute an illegal snap. At all times the ball shall be snapped from the spot marked by the official ball marker.

Section 3 – Running

- The quarterback may not run unless the ball has been handed to the quarterback in the backfield.
- Teams may handoff the football in the backfield.
- The player who receives the handoff may throw the ball as long as they are not beyond the line of scrimmage.
- Multiple handoffs are allowed behind the line of scrimmage before a forward pass.
- "No running zones" are located 5 yards before mid-field and 5 yards before the end zone in each offensive direction. You may not run the ball in these no run zones, only forward passes. "No running zones" are designated to avoid short yardage power running situations.
- Spinning is allowed but players cannot leave their feet to avoid a defensive player.
- The ball is spotted where the ball carrier's belt is when the flag is pulled, not where the ball is. Ball and flags must break the plane for a 1st down and touchdown.

Section 4 – Passing

- All passes must be forward and received beyond the line of scrimmage. A forward pass/lateral is defined as a live ball thrown towards the opponent's goal line.
- Shovel passes are allowed, but must be received beyond the line of scrimmage.

- The quarterback has 5 seconds to pass the ball if there is no rush (“pass clock”). If the pass is not thrown within the 5 seconds, the play is dead, it will be a loss of down, and the ball returns to the line of scrimmage. Once the ball is handed off or pitched the “pass clock” rule is no longer in effect.
- Interceptions may be returned. Interceptions during extra point attempts may be returned for 2 points. Interceptions that occur in the end zone will be brought out to the 5-yard line.
- The rusher may not hit the quarterback’s arm or knock the ball out of the quarterback’s hand. The rusher must play the flags.

Section 5 – Passing

- All players are eligible to receive a pass, including the quarterback, if the ball has been handed off behind the line of scrimmage.
- Only one player is allowed to be in motion at the same time.
- Players must have at least one foot inbounds when making a catch.
- Players that run out of bounds during a play cannot be the first player to touch a ball when attempting to make a catch.
- A pass may not be intentionally tipped in any direction to another teammate.

RULE 4: DEAD BALLS, OVERTIME, & SPORTSMANSHIP/ROUGHING

Section 1 – Dead Balls

- Play is ruled “DEAD” when:
 - Offensive player’s flag is pulled.
 - Ball carrier steps out of bounds.
 - Touchdown is scored.
 - Ball carrier’s knee or ball hits the ground.
 - Incomplete Pass.
 - If an offensive player loses a flag unintentionally, the defense only has to touch the ball carrier to be deemed a dead ball.
 - Players may not start a play without a flag.
 - There are no fumbles. Ball is spotted where it hits the ground. Anytime the ball touches the ground it is deemed dead. Exceptions:
 - Any ball dropped in a forward motion will be brought back to last point of contact.
 - Quarterback may field the ball off of a bounce cleanly.

Section 2 – Overtime

- If the score is tied at the end of regulation, teams move directly into overtime.
- Teams will follow the same coin toss procedure as they did at the beginning of the game to determine possession.

- Each team receives the ball at midfield with one possession. If a team scores they can choose to go for a 1-point or 2-point extra point attempt. If the game is still tied, each team will run 1 play from their own 5-yard line. This will continue until a winner is declared.
- Each team receives the ball at midfield
- Interceptions will end the series

Section 3 – Sportsmanship/Roughing

- If the field monitor or officials witness any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player can be ejected from the game. The director may decide to eject players for the remainder of the season. **FOUL PLAY WILL NOT BE TOLERATED.**
- Trash talking is illegal. The officials have the right to determine language that is offensive (Trash talk is that which may be offensive to an official, opposing team, or spectators). The officials can eject players from the game for trash talking.

RULE 5: DEAD BALLS, OVERTIME, & SPORTSMANSHIP/ROUGHING

Section 1 – Offensive Penalties Pre-Snap Penalties: ○ Illegal Snap: 5 yards, repeat the down ○ Illegal Motion: 5 yards, repeat the down ○ False Start: 5 yards, repeat the down ○ Delay of Game: 5 yards, repeat the down ○ Illegal Equipment Violation: 5 yards, repeat the down (players not starting with a flag)

- Impeding the Rusher: 5 yards, loss of down (player must avoid the rusher)
- Flag Guarding: 5 yards from the spot, loss of down (players must keep hands above their waist)
- Charging: 5 yards from the spot, loss of down (the offensive player must avoid the defender who is set)
- Blocking/Screening Downfield: 5 yards from the spot, loss of down
- Pass Interference: 5 yards (LOS), loss of down (illegal pick, pushing off defender)
- Illegal Forward Pass: 5 yards (LOS), loss of down

Section 2 – Defensive Penalties

- Off-sides: 5 yards, repeat the down.
- Delay of Game: 5 yards, repeat the down.
- Illegal Flag Pull: 5 yards, automatic first down.
- Illegal Contact: 5 yards, automatic first down.
- Holding: 5 yards from the end of the play, automatic first down.
- Pass Interference: Spot foul, automatic first down.
- Roughing the Quarterback (Minor): 5 yards, automatic first down.

- Roughing the Quarterback (Major): 15 yards, automatic first down.

Section 3 – Protests

All protests will be resolved immediately. Only managers may protest. Judgement calls by officials may not be protested. Upon protest, a manager shall remit a \$50 protest fee. If the protest is upheld, the \$50 shall be immediately refunded. If the protest is denied, the deposit shall be forfeited. The tournament director and their designees, in consultation with the officials of that game shall resolve the protest.

- Roughing the Quarterback (Minor): 5 yards, automatic first down.
- Roughing the Quarterback (Major): 15 yards, automatic first down.

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