



Syracuse Sports Association

5 on 5 Flag Football Rules (Men & Women)

Game Time:

- 1) For game times and league details. Start Dates etc. please refer to the Flag Football home page.
- 2) Each game consists of Two 25 min halves with a five min halftime. Each team gets 2 timeouts each half and clock only stops under 2 min of the second half for out of bounds, dead balls, change of possession, some penalties and incomplete passes.
- 3) Time outs DO NOT carry over.
- 4) A Coin toss determines first possession, home team calls heads or tails.
- 5) The scheduled game time is Start time. If a team does not have a full roster at start time they are allotted a 10 min grace period. If grace period has expired and the team still does not have enough players than a forfeit is awarded.

Roster:

- 1) Full roster can consist of 10 players. A starting lineup is 5 players, 1 center (snaps the ball and then is eligible)
- 2) Only players on the online roster are permitted to play. Captains it is your responsibility to have your online roster filled out 24 hours prior to week one. Rosters will lock 24 hours prior to week one and at that time no new players are allowed to be added.
- 3) After week one teams are allowed 2 Injured Reserve (IR) spots. An IR spot allows the captain to replace a player that is either hurt or can no longer play the season with a new player. This must be done by emailing the league directly 24 hours before gametime.

Fields:

- 1) Outdoor games are played at Syracuse Sports Association's Kickball Park on Rt 57 in Liverpool. Indoor Games are played at one of the indoor centers.
- 2) Field size is approximately 40 yards including end zones. End zones are 10 yards

General Game Play/Rules:

- 1) NO RUN ZONES – 5 YARDS BEFORE GOAL LINES
- 2) Once a team enters the no run zone they must pass the ball across the goal line to get out. (The offense cannot back out of the no run zone with a penalty or a loss of yardage)
- 3) The offensive team takes possession at its own 5 yard line and has 4 downs to score.
- 4) If the offensive team fails to score then the opposing team takes possession at their own 5 yard line.
- 5) Offense has 25 seconds to hike the ball and 7 seconds to get past the line of scrimmage once the ball is snapped.
- 6) The snap must be between the legs.
- 7) Snap may be taken under center or long snapped. (shotgun)
- 8) Center sneaks are not allowed.
- 9) If snap is miss handled or dropped on the ground it is a dead ball and loss of down.
- 10) Once the ball touches the ground it is a dead ball where it lands. (no fumbles)
- 11) The quarterback cannot run with the ball unless blitzed.
- 12) A player handed the ball behind the line of scrimmage may still pass the ball forward.
- 13) All players are eligible to receive a pass.
- 14) All passes must be forward.
- 15) Shuffle and underhand passes are allowed as long as they are forward.
- 16) Screen passes are allowed.
- 17) Spin Moves and juking are allowed.
- 18) Jumping or diving to avoid a flag pull is illegal.
- 19) Jumping or diving to score is illegal.
- 20) Interceptions are live and may be returned.
- 21) Fumbles are dead balls and spotted where the ball hits the ground.
- 22) All players where a flag
- 23) Dead balls – A play is over when:
 - A) 7 second clock expires.
 - B) Ball carriers flag is pulled.
 - C) Ball carrier is out of bounds.
 - D) The Ball Carriers Knee or body touches the ground.
 - E) A fumble or incomplete pass.
 - F) A touchdown is scored.
- 24) IF THE BALL CARRIERS FLAG FALLS OFF OR THE DEFENSE PULLS THE FLAG TOO EARLY, PLAY WILL CONTINUE UNTIL THE BALL CARRIER IS TOUCHED BY A DEFENSIVE PLAYER.
- 25) WHEN A FLAG IS PULLED THE BALL IS SPOTTED WHERE THE BALL CARRIERS FEET ARE.
(NOT THE BALL)

Scoring:

TOUCHDOWN - 6 points

EXTRA POINT - 1 – Point (pass only from the 5 yard line)

2 – Points (Run or pass from the 12 yard line)

SAFETY- 2 – Points plus possession

18 Point Rule:

- 1) If a team is behind at halftime by 18 points, that team shall start with the ball regardless of the coin toss.

Offense:

- 1) No set formation is required
- 2) Quarterback cannot run, unless blitzed.
- 3) Only one player at a time is allowed in motion. (No forward motion)
- 4) A player handed the ball behind the line of scrimmage may still pass the ball forward, however once the ball is handed off any defensive player may cross the line of scrimmage (rush)
- 5) Downfield blocking is allowed.
- 6) Downfield screens for the ball carrier are allowed and crossing patterns are allowed.
- 7) Picks are not allowed.
- 8) Runners shall not flag guard by using their hands, arms or the ball to deny the **opportunity for opponents to pull or remove the flag.**

Flag Guarding includes:

- 1) No Stiff Arms
- 2) No lowering the shoulder
- 3) No swinging of hands or arms to cover or deny the defender from grabbing a flag.
- 4) No covering the flag with the ball or an untucked jersey. Flags must be accessible for the defender to grab.

Defense:

- 1) No set formations are required.
- 2) Defense may rush as many players as they wish, however any player who wished to rush the passer must line up 7 yards off the line of scrimmage and signal to the official that they are eligible.
- 3) Once the ball is handed off all defensive players may cross the line of scrimmage regardless of where they lined up.
- 4) Defense may not bump the receivers at/off the line of scrimmage.

Basic/Common Penalties:

- 1) Illegal Motion – 5 yards and replay down
- 2) Illegal Pass – 5 Yards and loss of down
- 3) Illegal Run – 5 yards and loss of down (QB Run or no Run zone infraction)
- 4) Illegal offensive contact – 7 yards from spot and loss of down. (Blocking, Holding, Picks, Screens, Running into the defender)
- 5) Flag Guarding – 7 yards from the spot and loss of down
- 6) Leaving Feet – 7 yards from spot and loss of down
- 7) Offensive Pass Interference – 7 yards from spot and loss of down
- 8) Defensive Pass Interference – Spot foul and automatic first down.
- 9) Offside – 5 yards and replay down
- 10) False Start – 5 yards and replay down
- 11) If Def intercepts the ball and then commits a penalty, the penalty will be a spot foul with no loss of down.
- 12) Illegal Rush – 5 yards and replay the down.
- 13) Illegal defensive contact – 7 yards from the spot and first down. (tackling, Holding, bumping, tripping, running into a player or anything else that in the officials' judgment they deem illegal)

SPORTSMANSHIP:

- 1) Unsportsmanlike Conduct – 15 yards and First down (defense)
-15 yards and loss of down (offense)
- 2) If the officials witness any of the following:
- 3) Cheap Shots, Excessive foul language, Fighting, cheating or any other unsportsmanlike conduct a penalty shall be assessed and if necessary the game will be stopped and the player(s) will be ejected. An ejected player must leave the park and the game will not continue until the player(s) are gone.
- 4) Two unsportsmanlike penalties is an automatic ejection.
- 5) Ejections result can result in Game Suspensions, Fines and/or banishment from the league.
- 6) Two ejections in automatic suspension for the season and possibly longer.

Attire:

- 1) Matching shirts or Jerseys are mandatory and must include
 - a) Same color
 - b) Number on the back
 - c) Last name is optional
- 2) FLAG – A – TAG belts are provided by the league but teams are welcome to get their own. They must be the FLAG – A – TAG brand.
- 3) Cleats are acceptable but no metal cleats.
- 4) Mouth guards or any other protective gear is at the player's discretion.