



LMFA 5 vs 5 Flag Football Rules – 2020

The Following rules will be for the fall 2020 Flag Football Season. Where possible we will follow typical Tackle Football Rules however there are some necessary rule changes.

Safety

- 1) Please Obey all signage and city staff at Citywide
- 2) Players and Coaches must answer the Covid Questionnaire before the game
- 3) Mouthguards are mandatory
- 4) Each Player must have their own well labelled Water Bottle – No sharing
- 5) Teams **can not** arrive sooner than 10 minutes before the game.
You must arrive at your designated arrival time and depart promptly after your game.
- 6) All Coaches and Player MUST Sanitize their hands before and after the game
- 7) Players should Sanitize their hands when they come off the field
- 8) There will be no huddles this season for either offence or defence
- 9) Coaches must wear masks (face covering) on the sidelines and on the field
- 10) Teams use their own footballs for Offence and can change balls at any time to clean them
- 11) Each team will have a coach on the field with a whistle to act as a Referee - There should also be student coaches on the field to spot the ball and Rush Line
- 12) There will be no Handshakes, High Fives or Fist Bumps
- 13) Players cannot wear any Football Equipment (Helmets, Pads or football pants)

The Field

- 1) The field will be 60 yards by 25 yards on both the NFL and CFL field.
- 2) The End Zone will be 10 yards deep and there will be a 5 yard “No Run Zone” in front of each End Zone.
- 3) There is a Midfield that teams must get past in 3 Downs. So, 3 downs to pass midfield then 3 downs to score.



Game Play

- 1) Teams will play 2 – 25 minute halves with a 5 minute halftime (running time)
- 2) Team Captains will meet Socially for the coin toss, the winning team will receive the ball
- 3) The Offence will start at their own 5-yard line for every drive unless the defence was able to establish field position with an interception. .
- 4) The Center should snap the ball between his legs but does not have too. The ball must be snapped from the ground – There cannot be a defender closer than 3 yards from the center – He has 30 seconds to snap the ball from the whistle
- 5) The QB has 7 seconds to throw, toss or hand off the football before the play is blown dead, unless his flag is pulled before that. The QB cannot run past the Line of Scrimmage with the ball unless it is returned to him after giving it to another player
- 6) The Center cannot receive a handoff from the QB (No Center Sneaks)
- 7) If a Receiver's flag falls off before he catches the ball, the catch is good, but he cannot advance the ball
- 8) The Receiver must have 1 foot in bounds to be a legal catch
- 9) Ball Carriers can spin but they cannot jump or dive to avoid having their flag pulled. Play is dead at the point where the ball carrier jumped or dived. (no penalty)
- 10) One Defender can rush from 10 yards back of the Line of Scrimmage at the cone marking 10 yards- that distance will be marked before every play. Any player lined up closer cannot rush unless the ball has been transferred to another player. Players reacting to a fake hand off / play action fake can cross the line of scrimmage.
- 11) Once the QB has given the ball to another player anyone on defence can come across the line of scrimmage to attack the ball carrier
- 12) Players may move in any direction prior to the snap
- 13) If the snap is dropped, the play is blown dead and it is a loss of down. The ball will be spotted where it hits the ground
- 14) The Offence has 3 downs to reach Midfield and then another 3 downs to reach the End Zone.



- 15) The player's hip must be in the end zone, not the ball for the touchdown to count
- 16) Defenders must not be closer than 1 yard of the Line of Scrimmage
- 17) The play is blown dead when;
 - A) The ball carrier's flag has been pulled or falls off
 - B) The QB holds the ball longer than 7 seconds
 - C) They step out of bounds
 - D) Any part of the of the body except for Hands or Feet touch the ground
 - E) The ball hits the ground
 - F) There is a penalty
 - G) Points are scored
- 18) The Ball is spotted at the player's hips, not the ball
- 19) After a Team scores a Touchdown, they have the option to go for 1 Point (2-yard line), 2 Points (5-yard line), 3 Points (10-yard line)
- 20) If the offence is unable to score in the allotted downs, the other team will start the next possession on their own 5-yard line
- 21) If a ball is intercepted by the defence, they may advance the ball until their flag is pulled
- 22) Simultaneous Possession is given to the Offence
- 23) If a ball is intercepted in the End Zone and their flag is pulled that team will get possession on their own 5. If they leave the End zone but go back in and their flag gets pulled that will be called a Safety (2 Points) for the other Team and they will get the ball back at their own 5-yard line



Penalties

All penalties are for 5 yards and a repeat of the down unless otherwise stated.
Penalties will not exceed half the distance to the Goal Line

- 1) Offside – Defence crosses LOS before the ball is snapped
- 2) False Start – Offence crosses LOS before the ball is snapped – Cannot be declined
- 3) Pass Interference (Defensive) -Defence physically interferes with Offence trying to catch a pass (5 yards and an Automatic First Down from the spot of the foul)
- 4) Pass Interference (Offensive) – Offence pushes off/ away Defender (5 yards and loss of down)
- 5) Delay of Game - Ball is not snapped within 30 seconds after the whistle
- 6) Illegal Contact – Holding, Blocking...etc.
- 7) Illegal Flag Pull – Defence pulls the flag of a player before he has the ball (5 yards and an Automatic First Down)
- 8) Flag Guarding – Player interferes with a defender trying to grab his flag
- 9) Rushing inside a No Run Zone – 5 yards and loss of down