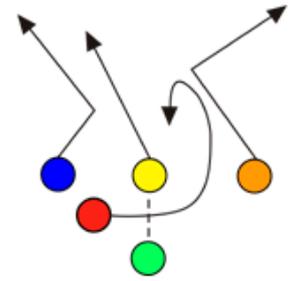




5 v 5 IFAF RULES PACK 2018



Players



Team Squads consist of 10 players (5 on the field with up to 5 substitutes)

All Players must be registered with Flag Football Victoria and provide a valid number on the team sheet.

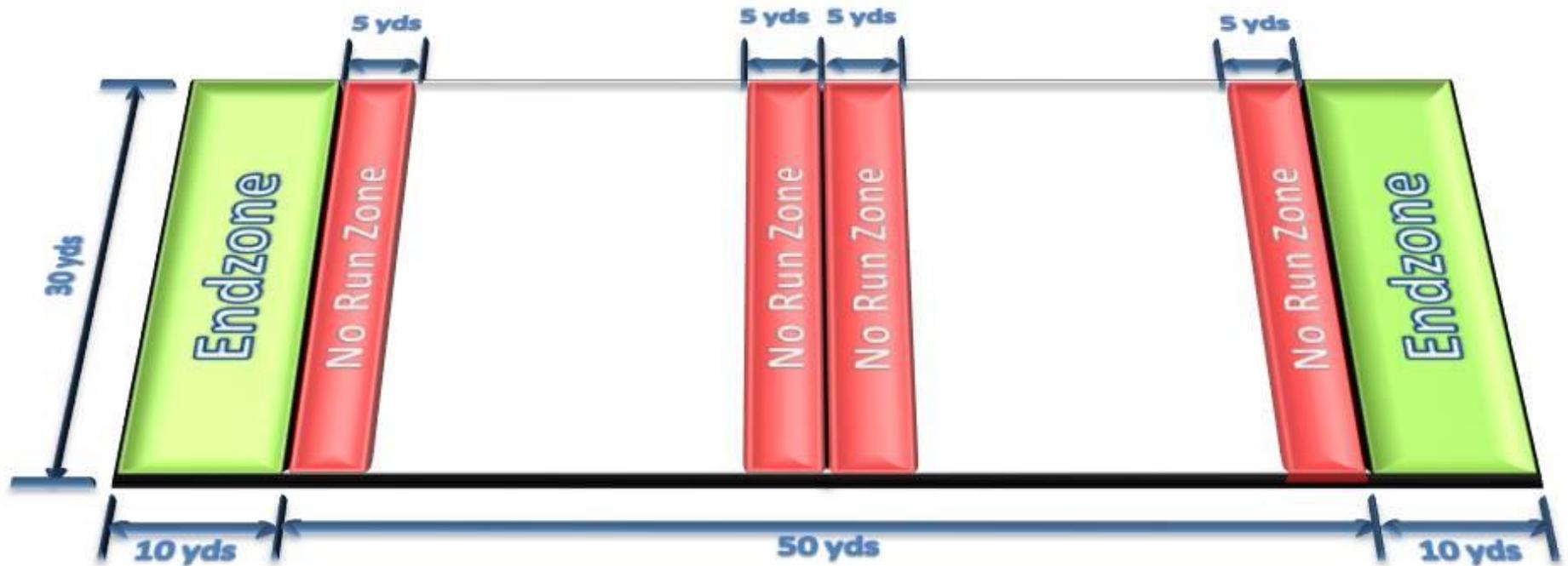
Status of players may be checked prior to each game

Teams may play with a minimum of five (5) players

If less than 5 players are available, the game is forfeited by the side that is unable to field a team.

Players may be added and dropped from the Squad through the season using the appropriate process however a player must play a minimum of 3 games to be eligible for finals

Field



Length: 50 yards

Width: 30 yards

End Zones: 10 yards deep

No Running Zones: These must be marked 5 yards from each mid line and goal line.

Game Time



Game length is 40 minutes. (2 x 20 minute halves)

The time is running time except the last two minutes of each half will be “official timing”. If the ball carrier is out of bounds, the game clock will stop, if a pass is incomplete, the clock will stop – time will NOT stop after every play.

Officials can stop the clock at their discretion.

In the event of a tied game, overtime will be played. The period between the end of the game and the start of the overtime period will be 2 minutes. A coin toss determines first possession of overtime. The team winning the coin toss starts with the ball on its own 5-yard line. Play continues as in regulation until one team scores. There will be no time outs granted during the overtime period.

Each time the ball is spotted the offense has 30 seconds to snap the ball.

A siren will sound to warn teams that there are two minutes left to play in the each half (no time out is given).

Period for half - time will be 5 minutes.

The clock will start at the snap after it has been stopped.



Scoring



Touchdown:

- 6 points

Extra point:

- 1 point (played from midpoint of 5-yard line)
- 2 points (played from midpoint of 12-yard line)

Safety:

- 2 points

Note: An Interception return to opponent's end zone on any extra point play by the defense will result in the defense scoring 2 points plus possession for next series at its 5-yard line.

Running



- To start the play, the ball must be snapped between the legs of the snapper.
- The center is the player who gives the ball to the quarterback via a snap.
- The center cannot take a direct hand off back from the quarterback (no center sneak play).
- The quarterback is the player who receives the ball directly from the snap.
- The quarterback cannot run with the ball past the line of scrimmage, unless he has handed the ball off, tossed or pitched, and it has been returned to him.
- An Offense may use multiple handoffs behind the line of scrimmage. Only backward & lateral handoffs are allowed during the down.
- Tosses or sweeps behind the line of scrimmage are allowed and are running plays.
- Once the ball carrier has crossed the line of scrimmage the ball cannot be handed off, tossed, pitched or passed in any way.
- "No-running zones," are located 5 yards in front of each end zone and before each sideline. When the ball is on or inside the 5-yard line going towards the opponent's end zone, the offense cannot run.
- The player who takes the handoff, toss or pitch can throw the ball from behind the line of scrimmage.
- All defensive players are eligible to rush once the ball has been handed off or tossed, or there is a play action fake or fake handoff.
- Spinning is allowed, but the ball carrier cannot dive forward or jump to avoid a defensive player or gain yardage (no diving).
- The ball is spotted where the ball carrier's feet are placed when the flag is pulled, not where the ball is.



Passing



Only players starting 7 yards from the line of scrimmage can rush the passer.

The quarterback has seven seconds to throw the ball. If a pass is not thrown within seven seconds, the play is dead, with a loss of down and the ball is spotted at the previous line of scrimmage.

Only one forward pass thrown from behind the line of scrimmage is allowed in a down.

Interceptions change the possession of the ball.

Interceptions can be returned by the defense.

On Interceptions that occur and remain in the end zone, the ball will become dead and will result in the ball belonging to the intercepting team at its 5-yard line.

Should an interception occur in the end zone and the ball carrier leave the end zone, the ball will belong to the intercepting team at the spot the ball becomes dead. However should the ball carrier return to the end zone and be de-flagged or the ball become dead the result would be a safety for the other team.



Dead Balls



Substitutions may be made only when ball is dead.

Play is ruled "dead" when:

- * An official blows their whistle.
- * Ball carrier's flag is pulled or becomes illegal.
- * Points are scored.
- * When any part of the ball carrier's body, other than his hand or foot touches the ground.

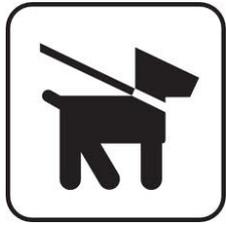
If a ball carrier's flag falls off, the play will be whistled dead and the ball will be spotted at the spot where the flag fell off.

Players are ineligible to catch a pass or receive the ball by hand off toss or pitch, if their flag has fallen off.

Note: There are no fumbles. The ball will be spotted where the ball left the ball carrier's hand(s). If the ball is fumbled during the snap, the ball will be placed at the line of scrimmage



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 tossed, or there is a play action fake or fake handoff, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.

A special marker, or a game official, will designate seven yards from the line of scrimmage.

A player rushing the Quarterback must try to de-flag the thrower and may not leave his feet to block the ball. This is a safety issue.

Remember, blocking (including screen blocks) and tackling are not allowed.



Rules



The offensive team takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, it has four (4) 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. An automatic first down by penalty will overrule the other requirements regarding four (4) plays to make either a first down or score.

If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.

All possession changes, except interceptions, start on the offense's 5-yard line. Teams change end zones half.

An automatic first down by penalty will overrule the other requirements regarding four (4) plays to make either a first down or score.

If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.

All possession changes, except interceptions, start on the offense's 5-yard line.



Offensive Penalties



- Flag guarding — 5 yards.
- Delay of game — 5 yards.
- Substitution fouls — 5 yards.
- Illegal motion — 5 yards. (more than one person moving, etc.)
- False start — 5 yards (cannot be declined).
- Illegal snap — 5 yards.
- Illegal shift or failure to pause for 1 second — 5 yards.
- Offensive holding — 5 yards.
- Diving/Jumping — 5 yards
- Screen blocking – 5 yards
- Player out of bounds — 5 yards. (if player goes out of bounds, player cannot return to the field and catch ball)
- Illegal forward pass — 5 yards and loss of down. (a second forward pass or after ball has crossed the line of scrimmage)
- Offensive pass interference — 5 yards and loss of down. (illegal pick play, pushing off/away defender)
- Running inside a no running zone is a loss of down at the previous spot.



Defensive Penalties



All penalties are 5 yards. The down will be repeated unless otherwise noted, and will be assessed from the line of scrimmage.

All penalties may be declined, except a false start (dead ball foul).

Penalties will not exceed half the distance to the opposing team's goal line from the line of scrimmage.

Game officials determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.

Only the team captain and Head Coach may ask the referee questions about rule clarification and interpretations. Players and Coaches cannot question judgment calls.

Games cannot end on a defensive penalty, unless the offense declines it.

Penalties after an interception shall be assessed after the return is over and/or the play is blown dead.



Highlighted Rules



1. You may not flag guard with your hands or stiff arm to prevent you Flag being pulled.
2. Once the ball carrier has crossed the line of scrimmage the ball cannot be handed off, tossed, pitched or passed in any way. No laterals beyond the line of scrimmage.
3. All defensive players are eligible to rush once the ball has been handed off or tossed, or there is a play action fake or fake handoff.
4. Spinning is allowed, but the ball carrier cannot dive forward or jump to avoid a defensive player or gain yardage (no diving).
5. The ball is spotted where the ball carrier's feet are placed when the flag is pulled, not where the ball is. So there is no need to reach out with the ball or dive to gain extra yards.
6. Interceptions can be returned by the defense all the way!
7. A player rushing the Quarterback must try to de-flag the thrower and may not leave his feet to block the ball. This is a safety issue.

POINT #1

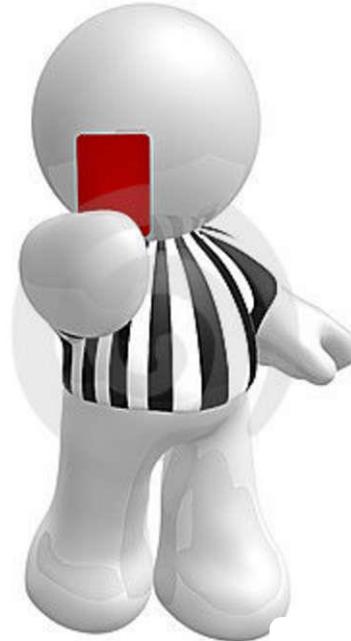


POINT #2



Yellow & Red Card Rules

1. Football can be a passionate game. Should the referee believe you are being too passionate he /she may present a caution for your behaviour with a yellow card or indeed present you with a red card sending you to the sideline for a period of time until you have cooled off.
2. This period is discretionary and in place to preserve the enjoyment of the game for other players. If this happens, cool your heels, and then when you're ready to go ask to be let back into the game. If the ref agrees you may rejoin your team mates.
3. The Officials ruling is final. Please respect our Officials.



Vocabulary



- ▶ **Down**– when the ball becomes dead. Four downs (or tries) are allowed to score a touchdown, or cross the centerline. On the fourth down if the offensive team doesn't score or reach the centerline they should punt the ball or risk turning over the ball at the line of scrimmage.
- ▶ **Dead ball**– the ball becomes dead when:
 - a. the ball carrier's flag becomes detached
 - b. when any part of the ball carrier's body other than the hands and feet touch the ground
 - c. an incomplete pass
 - d. a fumble
 - e. when the ball goes out of bounds
- ▶ **Center**– the offensive lineman who snaps the football to the quarterback
- ▶ **Defense**– the team that does not have possession of the ball
- ▶ **End zone**– the area between the goal line and the end line where touchdowns occur
- ▶ **Fake**– a move made by a player for the purpose of deceiving an opponent
- ▶ **First down**– the first of four attempts to move the football forward into the end zone or to the center line
- ▶ **Fumble**– the ball carrier drops the ball while in their possession. Fumbles become dead balls and can not be advanced by the recovering team
- ▶ **Handoff**– an exchange of the football from the quarterback to a teammate. Only one off during a series of downs
- ▶ **Interception**– when the defense catch a ball that was meant to be caught by the offensive team
- ▶ **Line of Scrimmage**– Imaginary line drawn from the forward tip of the football to the side line
- ▶ **Offense**– the team that has possession of the football
- ▶ **Offside**– Movement across the line of scrimmage before the football is snapped
- ▶ **Safety**– removing the flag of the other team behind their own goal line with the ball
- ▶ **Touchdown**– an offensive player having possession of the football in the opponent's endzone

