

Speed Camp USA

Rules for 5 on 5 Flag Football, adapted for SCFL

Basics:

1. Field- 45 yards long, marked at 15 yard intervals with cones.
2. Ball size is K2. **Mouthpieces are required.**
3. 20 minute halves, continuous clock for each half, with a 10 minute half-time.
4. No time outs. (Exception: Injuries. Both games on the field will halt until the player can be removed as soon as safety dictates).
5. The offense must gain at least 15 yards in the first 3 or less plays or the defense takes over. (There is no kicking). Four down territory occurs only after the offense proceeds to or inside the 15 yard line cone.
6. Two delay of game penalties on the same possession results in a turnover.
7. Scoring: 6 points for each TD, 1 Point for PAT from 3 yard line, 2 point PAT from 10 yard line (2 points if a team returns a PAT back across the 45). Official score is kept by the referee.

Offense:

1. No punting.
2. Possession always begins at the 45 yard line at the right hash.
3. Offense always moves in the same direction.
4. The QB must hand the ball off for a running play.
5. Passing plays allowed on any down.
6. Each team will have 25 seconds to snap the ball once it has been marked ready for play; delay of game penalty will be loss of down plus 5 yards.
7. Offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot. Clock does not stop and any delay by offense in retrieving and returning the ball to the referee will result in a delay of game and will be a 5 yard penalty from the succeeding spot.
8. The offensive center is an eligible receiver (teams must have a center).
9. The center will be responsible for setting or re-positioning the Referee's bean bag at the line of scrimmage.
10. On fourth down inside of the 15 yd line, a pass must be thrown.

Defense:

1. No blocking.
2. Receiver/Ball carrier is legally down when and where flag is pulled. (Excessive force by shoving, pushing or striking a blow will be penalized by automatic first down and 5 yards. Expulsion of a player(s) if ruled unsportsmanlike & flagrant.
3. Fumbles are dead balls at the spot with the last team retaining possession.
4. Defensive can have one rusher, 10 yards from the line of scrimmage.
5. Defensive players, excluding the rusher, **MUST** wait until the ball is handed off or thrown before crossing the line of scrimmage.
6. Interceptions may be returned ("no blocking" rule applies). If an interception is returned beyond the 45 yard line (the offensive origination point) it is a touchdown and point after attempt should ensue.