

5V5 NON-CONTACT RULES

The following 5v5 non-contact flag football rules for men and women are Field House Approved.

Read through the General Rules first, as they apply to every style we offer, then also make sure and check out the style-specific rules below that are unique to this format.

RULE 1. OVERVIEW

SECTION 1. THE FIELD

Article 1. Standard dimensions of the field are 60 yards long by 20 yards wide with 5-yard end zones.

SECTION 2. THE GAME

Article 1. Game Time is FORFEIT TIME

Guaranteed schedule blocks in scenarios where fields may be behind are the only exception, where teams will be given reasonable time to get to their next games at the discretion of the Field House.

Article 2. Minimum 3 players to start a game. May only have up to 5 players on the field at any one time.

Article 3. A coin toss determines 1st possession. The winner can elect to have offense/defense, defer, or direction. The loser can select the next option, followed by the winner selecting the final option. 1st choice in the 2nd half will be awarded to the team who deferred or the loser of the coin flip if no defer.

Article 4. The offensive team takes possession of the ball at their 5-yard line and has four plays to cross mid-field. Once a team crosses mid-field they have four plays to score. If the offensive team fails to cross mid-field, the ball changes possession. If the offense does not score, the ball changes possession. All drives start from the 5-yard line except for an interception.

Article 5. No blocking is allowed. No intentional contact is allowed.

SECTION 3. ATTIRE

Article 1. Teams also must have the same color shirts and have an alternative color (one dark color/one light color). They do not have to be official uniforms. If both teams are wearing the same color, there will be a coin toss, and the losing team will need to change into a different color. Failure to provide a secondary uniform or unwillingness to change will result in a forfeit.

SECTION 4. GAME CLOCK FORMAT

Article 1. Two 20-minute halves and 2-minute halftime.

Article 2. Each team has two 30-second timeouts PER GAME. If a time-out is called after a TD the clock will not run until the change of possession and the offense snaps their ball.

Article 3. The play clock is 25 seconds from the end of the previous play.

SECTION 5. FIRST HALF CLOCK

Article 1. The clock will run continuously during the 20 minutes of the first half unless a team timeout is used or play is stopped by an official (e.g. deal with an injury, challenge, referee conference, game management purposes, etc.)

Article 2. The head official will give a verbal two-minute warning (for rule-specific changes within 2 minutes)

Article 3. The clock will run during point-after-touchdown attempts (PATs) in the first half unless either team opts to use a team timeout.

SECTION 6. SECOND HALF CLOCK

Article 1. In the second half, the clock will run continuously for the first 18 minutes unless a team timeout or an official's time-out is used.

Article 2. The two-minute warning will stop the clock in the second half if the score difference is 8 points or less.

Article 3. The head official will give a verbal two-minute (for rule-specific changes) and one-minute warning as close as possible to the actual marks but will not interrupt a live play.

Article 4. At the one-minute warning, officials will use a 'stop' clock mechanic for the remainder of the contest.

RULE 2. OFFENSE

SECTION 1. RUNNING

Article 1. The quarterback may not run unless the ball has been thrown back, handed, or pitched to him or her in the backfield.

Article 2. Teams may handoff (unlimited), pitch, or throwback in the backfield. UNLIMITED laterals or throwbacks behind the LOS are allowed for the player to remain eligible to pass.

Article 3. Pitching (backward/laterally) is allowed downfield (unlimited). Handoffs are allowed forward or backward when behind the line of scrimmage, and only backward beyond the line of scrimmage. A handoff DOES NOT count as a lateral/throwback.

Article 4. A forward pass DOES NOT have to cross the LOS to be a legal play.

Article 5. If the ball is placed on the "Back" of ANY player, the player MUST run the ball (no give and go to the QB on the back)

Article 6. No run zones are located 5-yards before the end zone. You may not run the ball in the no-run zone (5 yards before the end zone), only forward passes are allowed to advance the ball past the line of scrimmage. Laterals and handoffs are still allowed.

Article 7. The ball is spotted where the ball is at the time of the flag pull. The ball must break the plane of the midfield or goal line to be considered a first down or touchdown.

Article 8. Players may NOT block downfield in any form.

SECTION 2. PASSING

Article 1. The quarterback has 5 seconds to pass the ball if there is no blitz. If the ball is not thrown, then the play is dead. After the ball is ruled dead it is returned to the line of scrimmage.

Article 2. Once the ball is handed off or pitched backward the 5-second count stops. If the defensive team blitzes, then there is no 5-second count. (Updated for the Summer 2024+ seasons)

Article 3. There is no arm in motion, if the ball is in hand when the quarterback's flag is pulled then it will be ruled a sack.

Article 4. Interceptions may be returned.

Article 5. The blitzer may not have any contact with the QB (no hitting the QB's arm or knocking the ball out of the QB's hand).

Article 6. If ANY part of the player's body is behind the LOS it is a legal pass

SECTION 3. RECEIVING

Article 1. All players are eligible to receive a pass, including the quarterback if the ball has been pitched or handed off in the backfield.

Article 2. Players must have at least one foot in bounds when making a catch.

RULE 3. DEFENSE

SECTION 1. RUSHING THE QUARTERBACK

Article 1. Players that blitz the quarterback must be a minimum of 7 yards from the line of scrimmage when the ball is snapped.

Article 2. The 7 yards will be measured off by a referee.

Article 3. Players who are not 7 yards from the line of scrimmage when the ball is snapped may not enter into the backfield until there is a change of possession.

Article 4. The Blitzer is allowed a direct line to the line of scrimmage as long as he or she rushes from either side of the center or outside the bunch formation. The offense must avoid interfering with the rusher if he or she has established a lane. Officials will announce LANE or NO LANE for rushers/blitzers before the snap. This is a judgment call/decision-based on the spacing between the players in the offensive formation. A space of 12" or greater in length between two players constitutes a lane at the officials' discretion.

Article 5. The rush of a blitzer has to be immediately after the snap, quick and straight towards the point where the quarterback receives the snap to retain the right of way. If a blitzer is rushing late, slowly, aiming at another spot, changing direction during the rush, or

just does not rush the quarterback, the player loses the right of way but still can participate as any other defensive player.

SECTION 2. PASS COVERAGE

Article 1. Contacting receivers is not allowed

Article 2. Pass interference normally occurs above the waist; entangled feet are not considered pass interference. Incidental contact is not considered pass interference.

Article 3. A player may “find” their opponent by reaching out and placing a hand on them as long as touching does not delay, impede, twist, or turn their opponent. This is not considered pass interference.

Article 4. A player may use their arms or hands to intentionally obstruct the receiver’s view (face guarding) of the ball without turning their head to play the ball as long as noteworthy contact is not made with the receiver.

Article 5. If defensive pass interference occurs in the end zone the ball will be placed on the one-yard line, automatic first down.

Article 6. Interceptions may be returned. Interceptions in the end zone that are not returned to the field of play will result in a touchback and the ball will be spotted on the 5-yard line.

Article 7. Contact away from the direction of the pass is not considered pass interference but may be considered illegal contact.

Article 8. Whether a pass is catchable or uncatchable has no bearing on pass interference. The benefit of the doubt is given to the receiver. Examples of pass interference include:

- Shoving or pushing off to create separation.
- Playing through the back.
- Hook and turn: grabbing the torso and turning an opponent before the pass arrives.
- Arm bars, hooking, restricting, grabbing wrists, or turning a receiver.
- Blocking downfield before the ball has been touched, is commonly seen through “pick plays”.

RULE 4. SCORING

SECTION 1. POINTS

- Touchdown: 6 points
- Point After Touchdown:
 - (PAT) 1 point from the 5-yard line (no-run zone in effect)
 - 2 points from the 12-yard line, run, pass (outside of no-run zone)
 - Interceptions returned on PATs are worth 2 points
- Safety: 2 points

SECTION 2. POINT AFTER TOUCHDOWN (PAT)

Article 1. Following a touchdown, once the scoring team has informed an official of which point conversion choice they want to attempt, the decision cannot be changed unless the scoring team uses a team timeout.

Article 2. If a penalty occurs during an extra point attempt, the penalty will be assessed but the extra point value remains the same.

Article 3. Decisions cannot be changed after a penalty. For example, if the offense attempts a 1-point PAT and is penalized five yards for a false start, they cannot change their mind and go for a 2-point PAT. They will still be attempting a 1-point try even if they call a timeout.

Article 4. Defensive unsportsmanlike conduct, personal fouls, or roughing penalties during a successful touchdown attempt will be assessed at half the distance to the goal during the PAT attempt (e.g., 2-point PAT attempts will be spotted at the 6-yard line, 1-point PAT attempts will be spotted at the 2.5-yard line). All other defensive penalties may be declined by the offense and the score will stand.

Article 5. Dead ball fouls committed by the offense that does not carry a loss-of-down penalty (false start) may result in penalty yardage assessed and the down replayed.

Article 6. Fouls by the offense during a successful PAT attempt that carry a loss-of-down penalty (flag guarding, illegal advancement, illegal forward pass, etc.) will result in the PAT being no good.

Article 7. Fouls committed by the offense in unsuccessful PAT attempts will be declined by the defense and the PAT will be “no good” and will not be replayed.

Article 8. Fouls by the defense during an unsuccessful PAT attempt will result in a retry after the options are administered.

Article 9. If the PAT-attempting team throws an interception and then commits a flagrant foul after the interception during the attempted return (physically contains the ball carrier; bear hugs, aggressively holds, tackles, etc. without making a clear, legal attempt to pull the ball carrier's flag, the ball carrier will be awarded two points.

SECTION 3. OVERTIME EXTRA POINT SHOOT-OUT

Article 1. A coin flip determines first possession, 1 timeout per OT period

Article 2. Teams will go in reverse order if more than 1 OT is required

Article 3. Teams can elect to go for 1 or 2 points

Article 4. The winner will be determined once the value of the extra point exceeds the other team's attempt.

SECTION 4. MERCY RULE

Article 1. If a team is up by 28 points or more during league play at any time, the game will be over.

SECTION 5. PENALTIES INSIDE 2 MINUTES

Article 1. All penalties inside of 2 minutes of BOTH halves remain the same except:

- Defensive delay of game (+ 15 yards Unsportsmanlike & 1st Down)
- Leading Team – Offensive delay of game (LOD + clock stops)
- Offensive Pre-snap penalties – yardage + LOD

RULE 5. PENALTY CHART

Penalty	Yardage	Penalty Assessment	Result
Flag Guarding	5	Spot of foul	Loss of down
Illegal Advancement	5	Spot of foul	Loss of down
Illegal Forward Pass	5	Previous spot	Loss of down
Offensive Pass Interference	5	Previous spot	Loss of down
Defensive Pass Interference	10 or spot-foul	10 from Previous spot or spot foul (whichever the offense chooses)	Automatic 1st down
Personal Foul/Unnecessary Roughness	15	End of the play or previous spot	By the Offense: Loss of down By the Defense: Automatic 1st down
Unsportsmanlike Conduct	15	End of the play or previous spot	By the Offense: Loss of down By the Defense: Automatic 1st down
Roughing the Passer	10	Previous spot	Automatic 1st down
Delay of Game	5	Dead ball – Previous spot	Replay down**
False Start	5	Dead ball – Previous spot	Replay down**
Offsides	5	Previous spot	Replay down**

Illegal Rush	5	Live ball – Previous Spot	Automatic 1st down
Encroachment	5	Dead ball – Previous spot	Automatic 1st down
Cool Down Period	0	No foul	A player must sit out 5 plays
Illegal Shift or Illegal Motion	5	Previous spot	Loss of Down
Stripping or Attempted Stripping	5	Spot of the foul	Automatic 1st down
Illegal Contact	5	Previous spot or spot of the foul	By the Offense: Loss of down By the Defense: Automatic 1st down
Early Flag Pull	5	Previous spot	Automatic 1st down
Illegal Participation	5	Previous spot	By the Offense: Loss of down By the Defense: Automatic 1st down
Illegal Blocking	5	Spot foul or from previous spot if behind LOS	Loss of down
Holding	5	Spot of the foul	Automatic 1st down
Impeding the rusher	5	Previous spot	Loss of down
Charging	5	Spot of the foul	Loss of down
Last Man Rule	15 or TD	Spot of the foul	Automatic 1st down or TD if inside the 5 yard line

**** LOD, if 2 min or less in either half**