



GCAYF SPRING AIR ATTACK 5 ON 5 FLAG

Updated: 02/15/2015

Age groups to consist of:

Age cutoff as of 02/28/15

5U Flag

7U Flag

League Layout: 5 on 5 Flag

Season: Season to run from April 11th, 2015- June 7th, 2015

Season will consist of 6 regular season games and an end of the year tournament. Each team will play 1 game per week (regular season). Easter and Memorial Day weekends we will not play.

Playoff/Tournament will be played on June 6th, 2015 and June 7th, 2015. Playoffs will be a single elimination two day tournament.

TEAMS: Teams consist of 5-10 players together with 1-2 adult coaches.

CERTIFICATION: Certifications will take place at week ones games. Teams will be certified during halftime of the game prior to their scheduled game. Any player without the proper certification requirements will be ineligible to play. Any player or players that are still ineligible after the week two certifications will be removed from the roster for the remainder of the season. There will be NO additions to the roster after week two. The following forms and items are needed for certification:

Waiver and Release of Liability

Medical Clearance Form

Participation Tracking and ID Card

Copy of Birth Certificate

Copy of this years' report card

Current Photo

TIME: All games will be 40 minutes long with two 20 minute halves with a running clock. There will be a 5 minute halftime. There will be a 30-second play clock in effect. In case of injury the clock will stop at the discretion of the Referee, if that occurs the player must leave for at least one play. Teams will have 2 timeouts per half per team.

GAME PLAY:

FIELD: Fields are 45 yards long, plus 10 yard end zone and **30** yards wide. Field dimensions, lines, cones, pylons, and markings may vary based on venue/facility rules.

PLAY: The offensive team takes possession of the ball at the 40-yard line and has four (4) plays to cross the 20 yard line. 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 the 40-yard line. If the offensive team fails to cross midfield, possession of the ball changes and the opposing team starts its drive from the 40-yard line.

Teams may only pick up a first down via crossing midfield **once** during each series, even if a penalty moves the team back behind midfield after initially picking up a first down. The only way to gain more than one first down on a possession is via a defensive penalty. If a team incurs a penalty or loses yardage in the No-Run Zone, and is moved out of the zone, the team remains in a must pass situation. All possession changes start on the 40-yard line. Teams change sides after the first 20 minutes. The opposing team gets possession at the start of the second half according to the coin toss at the beginning of the game. Play again begins at the 40-yard line. The game cannot end on a defensive penalty, unless the offense declines it. Regular substitution rules apply.

Players/Teams:

Teams must have a minimum of five (5) players. Games will be played if only four (4) players show up to play, which will also count towards the standings. A coach or volunteer may be used as an ineligible center. If a team does not have at least 4 players by the scheduled start time they will forfeit the game. A score of 7-0 will result for the team receiving the forfeit victory.

Scoring:

Touchdown scores 6 points

1 extra point by passing from the 5 yard line

2 extra points by running or passing from the 12 yard line

Interception scores 3 points, plus possession at the 40-yard line

Interception returned for Touchdown scores 6 points

Safety scores 2 points when the ball is dropped or a flag is pulled behind the 45 yard line, plus possession at the 40-yard line

No fumble recoveries, the ball is dead if it touches the ground

Rushing:

The quarterback cannot run with the ball beyond the line of scrimmage under any circumstances unless the ball has been previously handed off at least once with a clear change of possession behind the line of scrimmage.

The center may receive handoffs behind the line of scrimmage. Handoffs between the center and quarterback may not be between the legs.

Only direct handoffs and pitches/laterals behind the line of scrimmage are permitted. Offense may use multiple handoffs and/or laterals.

Laterals or pitches ARE allowed only behind the line of scrimmage. If the ball hits the ground, it is ruled a dead ball. A lateral/pitch must be made behind the QB and not forward. If the ball hits the ground it is a dead ball.

The player who takes the handoff or pitch can throw the ball from behind the line of scrimmage.

The QB is an eligible receiver.

Once the ball has been handed off or pitched, all defensive players are eligible to rush.

“No-running zones,” located between the **25 to 20 yard lines** and between the **5 yard line and goal line**, are designed to avoid short-yardage power-running situations. Once in the No-Run Zone the offensive team must pass.

Spinning is allowed but the ball carrier may not dive or jump to avoid a defensive player. Diving or jumping is not allowed unless a player is trying to catch a pass, defend a pass or pull a flag.

The ball is spotted where the ball carrier’s feet are when the flag is pulled not where the ball is. There is no “stretching the ball out” in order to gain a first down or touchdown.

If a pitch or lateral is intercepted by the defense behind the line of scrimmage this is a live ball and can be run back by the defense.

Passing:

The Quarterback has 7 seconds to release the ball or it is blown dead, returning to the line of scrimmage for the next down. Everyone is eligible to receive passes.

Double passing is allowed.

Once the ball is handed off or pitched to another player the 7 second rule is no longer in effect.

There is no stripping or fumbling the ball. While in possession of the ball the ball is considered an extension of the arm and hand until the ball has been completely released. If the ball is hit while the quarterback is in a throwing motion a roughing the passer penalty will be called.

Interceptions are allowed and can be run back except when the intercepting team is winning by 28 or more points. No passing is allowed by teams that are currently winning by 28 or more points.

Receiving:

All players are eligible to receive passes including the quarterback.

To provide spacing, with the exception of the center and quarterback, all offensive players must be at least one arm’s length away from each other when the ball is snapped. This includes players on the line of scrimmage and in the backfield.

Only one player is allowed in motion at a time and the player in motion cannot be moving towards the line of scrimmage when the ball is snapped.

A player must have at least one foot inbounds with full possession of the ball when making a reception. This includes interceptions.

Receivers can leave their feet to catch a pass.

Players may not run out of bounds and then come back in to touch the ball or catch a pass.

Blitzing: A defense may blitz at anytime as long as they start 7 yards from the line of scrimmage.

Dead Balls:

The ball must be snapped between the legs (direct or shotgun), not off to one side, to start play.

Substitutions may be made on any dead ball (the 30 second clock remains in effect).

Play is ruled “dead” when:

- Ball carrier’s flag is pulled
- Ball carrier steps out of bounds.
- Touchdown or safety is scored.
- Any part of the ball carrier’s body (except for feet & hands) touches the ground.
- Ball hits the ground.
- If the ball carrier’s flag falls off and is not caused by an opposing player, the ball carrier must be “one hand touched” to be ruled down.

Overtime:

If the score is tied at the end of 40 minutes, teams move directly into overtime with a coin toss for possession. In overtime, each team will receive one attempt from either the 5 yard (1 pt) or 12 yard line (2 pts). The team that has scored the most points after each team has had at least one try will be declared the winner. If neither team is declared the winner after three possessions, a tie will result.

Penalties:

This is a **non-contact game** and any flagrant contact is cause for immediate ejection. Jamming is allowed for coverage of receivers that are on the line of scrimmage. As always, any unsportsman like conduct is also cause for ejection. The Referees decision is final on all plays, there will be no tolerance for arguing, and only a coach may ask for a rule clarification. Coaches control profanity. Coaches are expected to eliminate profanity on their team.

Offense:

Blocking or Holding:	10 yards from line of scrimmage, loss of down, ejection for contact violation.
Illegal Motion:	5 yards from the line of scrimmage
Pass Interference:	10 yards from line of scrimmage and loss of down
Delay of Game:	5 yards from line of scrimmage

Defense:

Tackling:	15 yards from line of scrimmage and possible ejection.
Holding:	10 yards from line of scrimmage or half distance to goal line if applicable, automatic first down, ejection for contact violation.
Offsides:	5 yards from line of scrimmage
Pass Interference:	15 yards from line of scrimmage, automatic first down
Illegal Rushing:	10 yards from line of scrimmage, automatic first down

Other Rules and Information:

The belts for flag football need to be a 3 flag snap in type or 3 flag sewn in type that the entire belt comes off as pictured below. Velcro flag belts are not acceptable and may not be used. Flags must also be a completely different color than the Jersey or Shorts. Flags can be purchased at www.esportsonline.com or a location of your choice.



If a team is ever winning by 28 or more points in a game, the winning team may no longer rush the opposing quarterback or return interceptions on defense (the ball is spotted dead at the spot of the interception) and may no longer pass the ball on offense. They must run the ball, except when in the no-run zones, where passing is required. Whenever the point spread is less than 28 points, this rule is no longer in effect.

No more than one (1) coach is allowed on the field or in the huddle during play. On-field coaches should not interfere with the course of play in any way once the play begins. Offensive coaches cannot act as a screen, and defensive coaches cannot stand in the middle of the field in order to disrupt offensive plays. Every

attempt should be made by the on-field coach to not disrupt play, both verbally and physically. Coaches should move towards the sideline during play. Any of the above actions may result in a penalty at the discretion of the official.

There is absolutely no offensive blocking allowed. Offensive players that do not have possession of the ball may not act as a moving screen once the ball is handed off or caught by a receiver. Offensive players may not purposely impede or interfere in any way, intentionally or unintentionally, with the defense's ability to pull a flag. As in any sport, there may be incidental contact throughout the course of the game. It is up to the ball carrier to avoid contact with the defender. This is a judgment call by the referee. Offensive players may hold their ground similar to a basketball style pick but may not initiate any contact.