

5-on-5 Flag Football Tournament

Rules and Regulations

All teams are will be scheduled randomly and all intramural flag football rules will apply with the following exceptions:

1. All players must wear appropriate clothing. No jewelry. Mouth piece optional.
2. All players must appear on the registration form.
3. Games are played to 30 points or 30 minutes.
4. Teams consist of 5 players, minimum of 4 players on the field. (Roster limit of 7)
5. TD = 6 points, extra point = 1 point (5 yards out) or 2 points (12 yards out).
6. Running (by handoff) is allowed, except in no-run zones.
7. Quarterbacks cannot run. Direct handoffs or laterals are permitted.
8. All players are eligible to receive a pass. One foot in bounds required.
9. Only players starting 7 yards behind line of scrimmage can rush the passer.
10. Quarterback has 5 seconds to attempt a pass or the play is ruled dead if no one rushes.
11. All drives and changes of possession (except interceptions) start at the 5-yard line. Possessions starting as a result of an interception begin at the point of the interception. Interceptions may be returned by the defense. Ball will be spotted when defender is ruled down (flag pulled). Safety results in two (2) points and possession.
12. Offense has 3 plays to cross the midfield line or score a touchdown.
13. All offensive penalties = loss of down and yardage. (5 or 10yds).
14. All defensive penalties = first down and yardage (5 or 10yds).
15. Any ball that hits the ground will be ruled dead. No fumbles.
16. Ball must be snapped between legs. Direct snap is permissible.
17. **Laterals are allowed** anywhere on the field.
18. Cleats are allowed. No metal baseball spikes allowed. Must wear shoes to play, inspections will be made.
19. Flagrant contact or fouls will not be tolerated. Offending player(s) will be immediately ejected from that game. Ejections result in tournament expulsion.
20. Five (5) second rule does not apply if ball is handed off.
21. Continuous clock until last minute of each half. Two timeouts per half.
22. Kansas City tie-breaker in effect for overtime games.
23. Field dimensions are shown below:



