

CDMFA 5-A-SIDE House Rules 2022

General Rules

- 1.1 The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross midfield. Once a team crosses midfield, it has three (3) 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.
- 1.2 To begin a play, the ball must be snapped by the offensive center, from the point of scrimmage to the quarterback. There is no minimal distance required by the quarterback who can be either up close to the center or in shot-gun formation.
- 1.3 An automatic first down by penalty will overrule the other requirements regarding three (3) plays to make either a first down or score.
Note: In Canadian Flag Rules there are three (3) plays to cross mid-field or score a touchdown, while in IFAF Flag 5v5 Rules used in international competition, there are four (4) plays to cross mid-field or score a touchdown.
- 1.4 If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- 1.5 All possession changes, except interceptions, start on the offensive 5- yard line.
- 1.6 If an offensive penalty passed midfield occurs, which causes the ball to be placed behind midfield marker, the offensive team must still make a touchdown in 3 plays.
- 1.7 "No-running zones," are located five (5) yards in front of each end zone. When the ball is on or inside the 5-yard line going towards the opponent's end zone, the ball carrier cannot run across the line of scrimmage. (no running plays)
- 1.8 The passer cannot run with the ball past the line of scrimmage, unless the ball has handed, tossed or pitched to another player and it has been returned.
- 1.9 Once the ball carrier has crossed the line of scrimmage the ball cannot be handed off, tossed, pitched or passed in any way.
- 1.10 An offense may use multiple handoffs behind the line of scrimmage. Only backward & lateral handoffs are allowed during the down.
- 1.11 Forward pass – Ball must be on or beyond the line of scrimmage to be legal.
- 1.12 There are no kickoffs in the game of 5v5 flag football.
- 1.13 Teams change ends zones at half time.]

1 Obtaining Points

- 1.1 Touchdown: 6 points
Extra point: 1 point. (Played from midpoint of 5-yard line only)
Extra point: 2 points (Played from midpoint of 12-yard line only)
Safety: 2 points

Note: An interception returned 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.

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Coaches will act as Referees (Coach of the team on Defense will act as the Referee)

- Timing - 10 min warm-up, (2) 20 min halves, 2 min halftime
- Rushing the QB -Players that are rushing the QB must be behind the 7yd Rush Marker and be within 2 yds (Side to Side) of the Marker (The Rusher cannot be interfered with) Only 1 rusher allowed.
- No Blocking or Tackling allowed
- Spinning is allowed, but the ball carrier cannot dive or jump to avoid a defensive player or to gain yardage. One foot, at least, must remain in contact with the ground.
- No Center Sneak play allowed (direct hand-off to the center)
- Teams will have 1- 60 sec timeout per game

Please Contact Darryl with any questions you may have: cdmfaexecdir@gmail.com