



PHASE 1 HAWAII
5V5 FLAG FOOTBALL RULE BOOK

05/01/23

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General:

- 1) Only players on an officially approved P1 league roster may participate. Roster checks will be conducted prior to each game.
- 2) Teams will be allowed to play with 3 players to avoid a forfeit.
- 3) The opposing team is not required to “adjust down” when a team cannot field the required number of players but may do so to show sportsmanship.
- 4) If a team “borrows” a player(s) from another team to give them the required number of players, the game will be recorded as a forfeit and the game may be played.
- 5) 2 coaches (1 Head Coach, 1 Assist Coach), 1 team mom or dad, 1 camera person will be allowed on the team sideline. Total of 4 IDs will be issued.
- 6) Each Head Coach will have a volunteer to hold the yard marker for 1 half. This person must wear covered shoes. They are not to coach or cheer while volunteering.

Coaches:

- 1) Head Coach will be responsible for the conduct of their sidelines that include assistant coach, players, spectators, guests and their team staff. Spectators are not allowed to enter the field at any time. Spectators entering the field in a threatening manner will result in an immediate game forfeiture and possible ban from further participation in the league. Spectators will not yell negative remarks or question referees or towards the opposing team.
- 2) **6U:** The offense may have one coach on the field and they must be ten yards deeper than their deepest player.
- 8U & up:** One offense coach is allowed on the field to meet with the team, but must be back on the sideline prior to snap.
- 3) **6U & up:** Defensive coaches must be off the field prior to the snap.
- 4) Game officials will strive to allow coaches to clear the field in an expeditious manner but must keep the game moving. Coaches may be called for Delay of Game if they can't clear the field promptly.
- 5) Coaches will not be allowed to coach their team from the opposing team's sideline.
- 6) Coaches will not be allowed on the field without an ID Pass.

7) The Head Coach will be the only one to speak to/question the referees. The Head Coach will address the Referees in a respectable, Non-threatening, professional manner. Failure to do so may result in that coach being banned from further participation in this league.

8) All coaches must wear some type of upper body wear during game.

9) All Coaches and players are not permitted past the 5-yard line on either side of the field.

10) Parents are not to approach a referee for any reason. Failure to comply with this may result in being banned from further participation in this league. Only the Head Coach can approach a referee in a respectable manner.

11) It will be the referee discretion to (1) Give warning (2) penalty will be assessed 10 yard loss & loss of down (2) Forfeit Game if Head Coach can not control his organization.

Uniform & Safety

1) Players must properly wear a protective mouthpiece in their mouths while on the field-of-play for **6U-14U Divisions**. **4u will be optional**.

2) Players must wear pants or shorts that do not have pockets, belt loops, zippers, or exposed draw strings.

3) Players must wear closed-toed shoes. Metal cleats are not allowed.

4) Players will not be allowed to wear jewelry on the playing field. Tape over earrings will be allowed.

5) Flags cannot be the same color as shorts. Two flags on each side with shroomz/plug.

6) Mandatory soft shell helmet for players in the **6u-14U Divisions**. **4u will be optional**.

Balls

Teams must provide their own game ball and they must meet these specifications and are subject to the game official's inspection and discretion.

Football Sizes: 4U-Junior Pee-Wee size 5, 6U-8U-Pee-Wee size 6, 10U/12U -Junior size 7, 14U-Youth size 8, 15/HS Official size 9 football.

Game Time/Clock Management:

Game Time slots will be 60 minutes.

Games are 40 minutes running time (20 minutes each half). Halftime is 3 minutes.

Each time the ball is spotted, a team has 30 seconds to snap the ball.

Last 1 minute of the game will be regulation clock (i.e. stops on out of bounds, & incomplete pass, 1st downs, until ball is ready for play.)

When the official blows the whistle, the clock will start. Officials can stop the clock at their discretion. In the event of an injury, the clock will stop and then restart when the injured player is removed from the field of play. Time-outs - each team will get two (2) 30 sec time-outs per half. Time-outs do NOT carry over.

Coin Toss:

- 1) Coaches or team captains are required to bring their game balls to the coin toss for inspection.
- 2) Officials will conduct a pre-game safety check to ensure players and equipment are safe and ready for competition.
- 3) The game will begin with a coin toss.

Scoring:

Touchdown: 6 points with the chance to go for 1 or 2 points after touchdown attempt (PAT)

Point After Touchdown (PAT):

1 point from the 5-yard line, pass play only 2 points from the 10-yard line, run or pass.

Safety: 2 points will be awarded to the defense and possession of the ball at the 5- yard line (going out)

Forfeits: All forfeits recorded as 7-0

*Interceptions on PATs may be returned by the defense for the value of the extra point attempted.

If the Offense attempts a 2 point conversion and there is a defensive penalty on the play which moves the ball inside the 5yd line, the Offense will be allowed to run or pass for 2 points as originated before the penalty. The no run zone would not be enforced for this conversion.

OFFENSE:

1. General Offense:

- Possessions will begin on the 5-yard line, unless moved by penalty.
- Snaps must be made between the center's legs (girls may snap from the side). **4U only** – if the ball drops on the snap, play goes on, the play will not be called dead.
- The player taking the snap cannot run the ball past scrimmage, even if rushed (unless the ball changes hands).
- A 7-second "sack clock" is administered by an official.
- When a 7-second sack occurs, it is treated as an incomplete pass and the ball is returned to scrimmage.
- Teams will have four downs to gain a first down at mid-field.
- Once across mid-field and awarded a new set of downs, teams will have four downs to score unless awarded an automatic first down by penalty.
- On fourth down coaches must decide if they want to "go for it" or "punt".
- If they "go for it" and fail to achieve the line-to-gain, the opposing team takes the ball from where it became dead.
- If they choose to "punt" a game official will move the ball to the opponent's 5-yard line, change of possession.
- Ball carriers may legally use backward passes and legal pitches behind the line-of-scrimmage.
- Fumbles and muffs (including snaps—except 4U) are dead when they hit the ground.
- Receivers must have one foot inbounds with possession to be a legal catch.
- Ball carriers are allowed to slightly leave their feet and spin as evasive maneuvers to advance the ball as long as they do not put another player's safety at risk.
- Ball carriers may not dive, lunge, and hurdle etc., to advance the ball.
- Only one player is allowed in motion at the snap.

- “Center Sneaks” are not allowed. The ball must completely leave the center’s hands. The center must take at least two steps backward to receive a handoff.
- Ball carriers may use backward passes and legal pitches behind the line-of-scrimmage.
- The ball is spotted where the ball is when the flag is pulled. Any turn over on downs or Interception inside the 5 will be returned to the 5.

2. Fumbles:

The ball becomes dead when it hits the ground.

3. No Run Zones:

- 1) No running plays are allowed from inside the opponent’s 5-yard line, and within 5-yards before the midfield line.
- 2) When the ball is spotted inside a “No Run Zone” the offense must execute a forward pass that breaks the line of scrimmage.
- 3) In the “No Run Zone” there will be no hand offs, pitches, backward passes or shuffle passes. A forward pass across the line of scrimmage will come from the quarterback only.
- 4) If the Offense is in the No Run Zone and gets a penalty, if the QB gets sacked or anything that occurs that Takes the Offense OUT of the No Run Zone, then the Offense is now OUT and will be allowed to run or pass.
- 5) There are only 2 No Run Zones in one direction. Once you obtain a 1st down at Midfield, the next no run Zone will be at the Goalline.

4. Flag Guarding:

- 1) The ball carrier shall not flag guard by flailing of arms, using their hands, arms, elbows, or extremely dipped shoulders to deny the opportunity of an opponent to remove a flag.
- 2) Flag guarding shall not be called if there is no defensive player within reasonable distance to capture the flag.

5. Pass Plays:

- 1) An audible 7-second “sack clock” is administered by an official.
- 2) When a 7-second sack occurs, it is treated as an incomplete pass and the ball is returned to scrimmage. (Asackbyflagpullwillbedownedwheretheballis).
- 3) Only one forward pass per play.
- 4) To be a legal pass both feet of the passer must be behind the line of scrimmage when the ball is released.
- 5) All offensive players are eligible to receive a pass.
- 6) Any offensive player who receives either a forward or backward handoff behind scrimmage can pass the ball from behind the line-of-scrimmage.
- 7) **6U DIVISION PASS ONLY ZONE - Pass can be thrown in any direction behind the line of scrimmage but MUST BE thrown in a “OVERHAND” motion.

**8U and UP PASS ONLY ZONE - Pass must be thrown forward towards the line of scrimmage and received beyond the line of scrimmage.

Once the runner passes the line of scrimmage, there will be no laterals, pitches or screen passes. Shovel passes are allowed but must be received beyond the line of scrimmage.

- 8) Any player, including the passer, may catch and advance a loose ball that has not been grounded.

6. Catches:

- 1) A pass is completed when the receiver simultaneously places at least one foot inbounds and maintains possession.
- 2) If the ball comes out of the receiver’s grasp due to contact with the ground the pass is incomplete.

DEFENSE

General Defense:

- Interceptions during all live ball plays may be returned for points, including during Point-After-Touchdown (PAT). Exception: During overtime intercepted balls are ruled as dead balls.
- Defenders may safely dive to capture an opponent's flag but must avoid excessive contact.
- Diving by the defense to capture a ball carrier's flag is legal. However, game officials may still make judgment calls about contact.
- If a defender trips a ball carrier while pursuing the offensive player and the ball carrier goes to the ground, the defender will be called for illegal contact.
- Stripping or attempting to strip the ball from a player in possession is illegal (including the quarterback's hand.)
- Whether or not a ball was tipped in the air has no bearing as it pertains to fouls (illegal contact, personal foul, roughing, etc.).
- Players may be penalized for unsportsmanlike conduct for throwing, spiking, obscuring, or delaying the ball carrier in recovering his pulled flag.
- 6U division in the no run zone can pass overhand behind the line of scrimmage.

1. Rushing the Passer:

- 1) Before a legal snap a rush line will be set 7 yards from the line-of-scrimmage (6U & Up).
- 2) Legal rushers must be a minimum of 7 yards from the line-of-scrimmage (6U & Up).
- 3) The defensive rusher cannot leave his/her feet or put hands in the air to block a pass (may only go for the QB's flags.)
- 4) Defenders not rushing the passer may defend the line-of-scrimmage but not enter the backfield unless the ball is handed-off, passed, pitched or touches another player. Run-Pass-Options (riding) invite defenders to legally cross the line-of-scrimmage.

2. Impeding the Rusher:

The rusher has a clear and direct path (straight) to the quarterback if he is rushing down the middle. The offensive center must go left or right in his/her route to avoid impeding the rusher. The offensive center cannot remain in the center position. Any interference in the rusher's path by an offensive player will result in Impeding the rusher penalty. If the rusher veers left or right prior to crossing the LOS, then impeding the rusher is OFF. The rusher must maintain a straight/direct path to the quarterback for the rule to be in play.

3. Roughing the Passer:

Defenders cannot touch any part of the passer's arm, hand, shoulder, or ball while the ball is still in the passer's hand.

4. Flag Pulling Mechanics:

1) Defenders may dive to attempt to pull the ball carrier's flag but this must be done in a safe manner in the judgment of the covering official.

2) If a ball carrier's flag inadvertently comes apart or falls off during the play, the defense will need to touch the ball carrier with one hand for him to be ruled down.

3) If a receiver has an incomplete or missing flag belt when he catches the ball the play will be called dead where the receiver caught the ball.

5. Pass Coverage/Interference:

1) This is a "free release" league. Defenders cannot "chuck", "jam", "bump", "press", etc., a receiver.

2) A player may "find" their opponent by reaching out and placing a hand on him as long as touching does not delay or impede him. This is not considered pass interference.

3) Whether a pass is catchable or uncatchable has no bearing on pass interference. All passes are considered catchable.

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

Safeties:

A safety occurs when a player's flag is pulled in the end zone, fumbles, muffed snap, ball carrier out-of-bounds behind his own goal line, backward pass that hits the ground), foul inside their own end zone. A seven-second sack is not considered a safety. Ball comes out to the line of scrimmage.

Mercy Rule:

- 1) The mercy rule will be invoked if the score differential is 35 for regular season games or 28 for playoffs.
- 2) When this occurs, the final score will be recorded as the score at the time the mercy rule was invoked.
- 3) Losing team will decide if the game will continue as a "scrimmage" and a running clock will be used.
- 4) Team trailing will have possession at midfield and be given as many downs as it takes to score. Once the team scores, possession will go back to the other team and play will continue as normal.

Overtime Format:

- 1) If regulation time ends in a tie, teams will play a one-play series until there is a winner (if the game is still tied after three overtime series, the game will end in a tie).
- 2) Teams may elect to go for one point from the 5-yard line (pass play), two points from the 10-yard line (run or pass).
- 3) Coin toss starts the overtime. In each successive overtime period teams will alternate who starts on offense.
- 4) Interceptions during overtime scoring attempts are dead balls and no points will be awarded.

The following rules are added for 4U Division:

1. Coach or player can be the QB
2. "Coach" can only do one fake and then the next movement is a pass or handoff (non-coach players may do as many fakes as they want). If riding the RB and "Coach" pulls ball out then that is considered a Fake.
3. Two coaches can be on the field for offense; one coach on the field for defense, but must stay 10 yards deeper than the defense at the snap.
4. No blitzing
5. No run zones
6. Extra point rule: 3 yard line = 1 point; 5 yard line = 2 points
7. Overtime - same as 6u and up
8. Mercy rule - same as 6u and up
9. Center can snap ball from the side
10. 4U players can only use the single belt 4U Flags. They cannot play with pop/schroomz flags.

PENALTY CHART

Spot Fouls:

Defensive Pass Interference	Automatic 1st down
Holding	+5 yds & Automatic 1st down
Stripping	+5 yds & Automatic 1st down
Defensive Unnecessary Roughness	+5 yds & Automatic 1st down
Screening, Blocking, Running w/Ball Carrier	-5 yds & Loss of down
Illegal lateral Charging	-5 yds & Loss of down
Flag Guarding	-5 yds & Loss of down
Offensive Unnecessary Roughness	-5 yds & Loss of down

Defensive Penalties

Offside	+5 yds repeat down
Illegal Rush	+5 yds & Automatic 1st down
Illegal Flag Pull (before receiver has ball)	+5 yds & Automatic 1st down
Taunting	+5 yds & Automatic 1st down
Roughing the Passer	+5 yds & Automatic 1st down
Defensive Pass Interference	Spot Foul Automatic 1st down
Holding	Spot Foul +5 yds & Automatic 1st down
Stripping	Spot Foul +5 yds & Automatic 1st down
Defensive Unnecessary Roughness	Spot Foul +5 yds & Automatic 1st down

Offensive Penalties:

Offside / False Start	-5 yds & Loss of down
Illegal Forward Pass (past line of scrimmage)	-5 yds & Loss of down
Offensive Pass Interference	-5 yds & Loss of down
Illegal Motion (More than one person moving)	-5 yds & Loss of down
Delay of Game	-5 yds & Loss of down
Screening, Blocking, Running w/ball carrier	-5 yds & Loss of down
Running plays in the "no run zone"	-5 yds & Loss of down
Illegal lateral	Spot Foul -5 yds & Automatic 1st down
Charging	Spot Foul -5 yds & Automatic 1st down
Flag Guarding	Spot Foul -5 yds & Automatic 1st down
Offensive Unnecessary Roughness	Spot Foul -5 yds & Automatic 1st down