



CAPITAL DISTRICT MINOR FOOTBALL ASSOCIATION

Reference: CDMFA Policy
"Standards & Rules: Flag
Football"

CDMFA FLAG 5 V 5 - NOVICE RULES OVERVIEW

1. CDMFA Flag Game Rules (5v5) NOVICE

1.1. Player Positioning: Offense

- 1.1.1. 5 players max
- 1.1.2. Offense must have at least a center lineman and one receiver on the line of scrimmage
- 1.1.3. All players are considered eligible receivers
- 1.1.4. Will scrimmage from the 35 yard line and will have 6 consecutive plays no matter the result and then a change of possession will occur
- 1.1.5. The six plays will consist of 2 run plays, two pass plays and two coach passes
- 1.1.6. Play 3 & Play 6 on every series will be played with the coach at QB
 - this will guarantee two pass plays per possession to promote development of REC's and DB's
 - during these plays there will be no rusher since there is a coach at QB(still 5 players on defence but do not rush QB)

1.2. Player Positioning: Defence

- 1.2.1. 5 players max
- 1.2.2. All defense must be 5 yards off the line of scrimmage
- 1.2.3. Defense can rush up to one player but they must be lined up 7 yards off the line of scrimmage before the snap of the ball

1.3. Penalties

- 1.3.1. Where it directly affects the play, will result in: replay the down
- 1.3.2. Coaches are asked to talk to the player guilty of the infraction, this is a learning opportunity for everyone

1.4. Timing

- 1.4.1. Field time will be scheduled for 90 minutes per scheduled game
- 1.4.2. 15 minutes is allocated for on-field warm-up
- 1.4.3. 60 minutes is allocated to the game and to ensure they do not overrun and impact the next game, they will end 70 minutes after they start, with no exception
- 1.4.4. No more than 1 minute will be allowed between each play, to keep the game moving
 - One coach from each team will be on the field to move huddles along and also be the referees for the game. Players requiring additional coaching, should be sent to the sidelines to speak with another coach

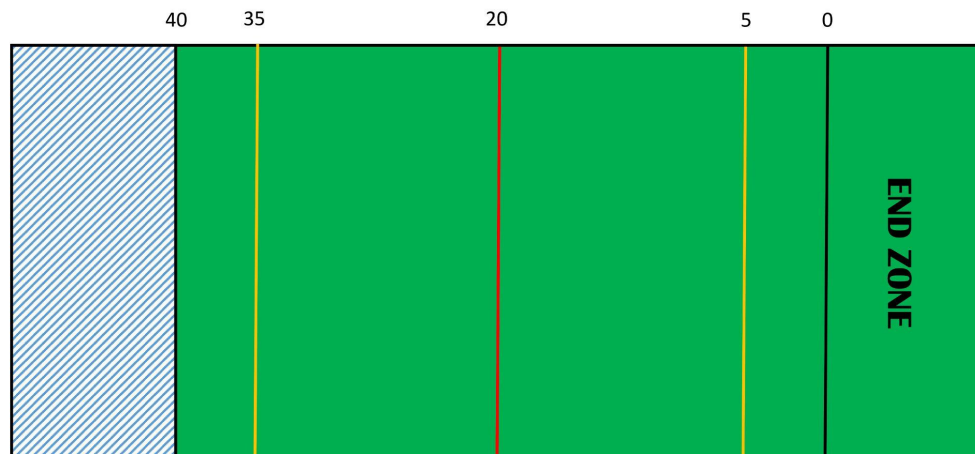


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- 1.4.5. No more than 3 minutes will be allowed to change possession
- 1.5. Fair Play
 - 1.5.1. Reference the CDMFA Fair Play Policy
 - 1.5.2. Fair play rules will be in effect and openly communicated to parents as a Novice league standard
 - 1.5.3. All players will be given the opportunity for 10 plays during the game
 - 1.5.4. This is done on an honour system as there are many factors that may prevent kids from getting 10 plays that are out of the coach's control
 - 1.5.5. Teams are encouraged to assign a parent volunteer to count and control the rotation
 - 1.5.6. As Novice Flag is focussed on learning and development, it is encouraged that all players play all positions at some point in the season. Encouraged, but not required. For example: putting a very small player as the center may not be "fun" for them.

5 vs 5 Field Layout (30x40)



SHOOT OUT STYLE

Complete details for CDMFA Rules & Guidelines can be found in the Policy Resources.