



CAPITAL DISTRICT MINOR FOOTBALL ASSOCIATION

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

CDMFA FLAG 5 V 5 - ATOM & PEEWEE RULES OVERVIEW

CDMFA Flag Game Rules (5v5) ATOM & PEEWEE

- 1.1. Games will be shoot-out style with the offensive team starting at the 35 yard line. One coach from each team will be on the field to move huddles along and also be the referees for the game.
- 1.2. The offensive team takes possession of the ball at the 35-yard line and has four (4) plays to cross the 20-yard line. Once a team crosses the 20-yard line, 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 35-yard line.
- 1.3. 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. If a ball touches the ground, it will be whistled dead and loss of down.
- 1.4. Defense can rush the quarterback with one rusher who must line up at the rush line 7-yards back from the line of scrimmage. All other defenders must line up minimum 1 yard back from the line of scrimmage.
- 1.5. Defense must switch rusher after each change of possession. (For player development we want different players rushing the quarterback)
- 1.6. An automatic first down by penalty will overrule the other requirements regarding four (4) plays to make either a first down or score. Rules used in international competition, there are four (4) plays to cross mid-field or score a touchdown.
- 1.7. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from the 35-yard line.
- 1.8. All possession changes start on the offensive 35-yard line. An interception returned to the 40 yard line will count as a touchdown and a convert will follow. After the convert the non scoring team will start a new possession on the 35 yard line.
- 1.9. 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 4 plays.
- 1.10. "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)
- 1.11. 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.

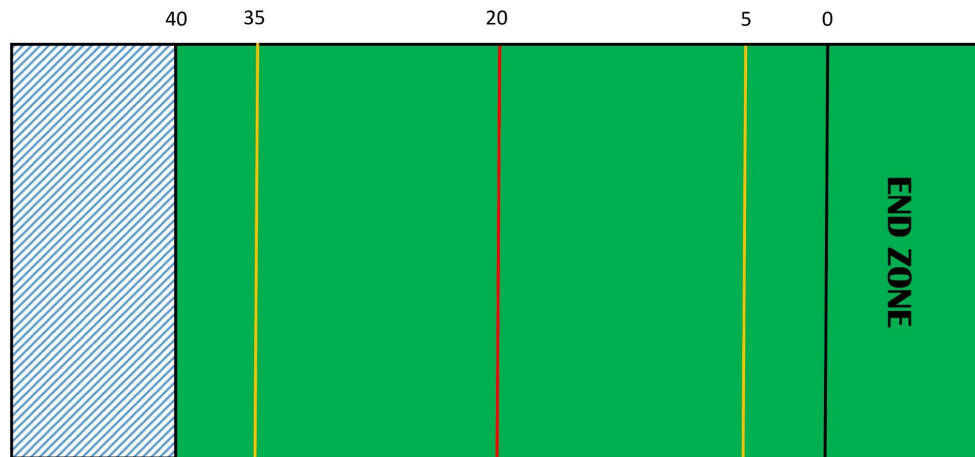


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- 1.12. Once the ball carrier has crossed the line of scrimmage the ball cannot be handed off, tossed, pitched or passed in any way.
- 1.13. An offense may use multiple handoffs behind the line of scrimmage. Only backward and lateral handoffs are allowed during the down.
- 1.14. Forward pass – Ball must be on or beyond the line of scrimmage to be legal.
- 1.15. After any successful touchdown a convert attempt is awarded to the scoring team. A convert is a scrimmage play from either the opponent's 3-yard line (1 point), or 10-yard line (2 points), whichever the offensive team chooses, where they get the designated points if they successfully cross the goal line in one play. The convert series does not count as a play.
- 1.16. There are no kickoffs in the game of 5v5 flag football.

5 vs 5 Field Layout (30x40)



SHOOT OUT STYLE

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