



# CAPITAL DISTRICT MINOR FOOTBALL ASSOCIATION

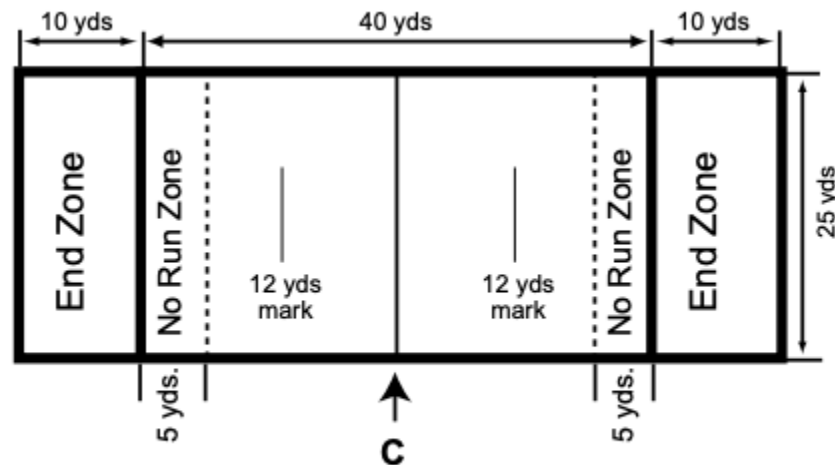
## THE CDMFA HOUSE RULES FOR 5vs5 FLAG FOOTBALL

### *U12, U14 & U16 Divisions*

#### THE FIELD

- FIELD DIAGRAM – RECOMMENDED FIELD MARKINGS
- FIELD DIMENSIONS: LENGTH: 40-YARDS – U16 AND YOUNGER (50-YARDS – U18 AND OLDER) (GOAL LINE TO GOAL LINE) WIDTH: 25-YARDS END ZONES: MAXIMUM 10-YARDS DEEP NO RUN ZONES: WITHIN 5-YARDS OF EACH GOAL LINE.

#### FOR U12, U14 & U16



#### 1st Down

#### THE BALL

- TEAMS MAY USE THEIR OWN BALL OR MUTUALLY AGREE TO USE 1 GAME BALL.
- FOR YOUTH LEAGUES / RECREATIONAL PLAY IT IS RECOMMENDED THAT APPROPRIATELY SIZED FOOTBALLS ARE USED FOR BOTH MALE AND FEMALE PLAYERS TO ACCOMMODATE THE PLAYERS ABILITIES (SEE EXAMPLES BELOW).
  - U12 - WILSON TDJ, NIKE JR PEEWEE, NIKE VAPOR ONE JUNIOR SIZE
  - U14 - WILSON TDY, NIKE VAPOR ONE YOUTH SIZE +NIKE VAPOR ONE JUNIOR SIZE
  - U16 - WILSON TDY, NIKE VAPOR ONE YOUTH SIZE +NIKE VAPOR ONE JUNIOR SIZE



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## UNIFORMS

- CDMFA CLUB ISSUED JERSEYS MUST BE WORN DURING PLAY AND PROPERLY TUCKED INTO SHORTS. SHORTS MUST HAVE NO POCKETS. IF 2 TEAMS ARE USING SIMILAR JERSEYS, THE WINNER OF THE COIN TOSS HAS THE OPTION TO CHANGE SWEATERS UNLESS 1 TEAM AGREES TO CHANGE ITS COLORS VOLUNTARILY.

## PLAYER EQUIPMENT

- ALL PLAYERS MUST WEAR A PROTECTIVE MOUTHPIECE; THERE ARE NO EXCEPTIONS.
- A PLAYER IS PERMITTED TO WEAR ATHLETIC SUPPORT/PROTECTOR, COMPLETELY COVERED BY CLOTHING. TAPE OR BANDAGES ARE PERMITTED IF THEY ARE NON- ABRASIVE OR ARE OF A NON-HARDENING MATERIAL IN A WET OR DRY STATE.
- JEWELRY MUST BE REMOVED PRIOR TO THE START OF THE GAME. IF IT IS NOT POSSIBLE TO REMOVE THE JEWELRY IT MUST BE COVERED UP COMPLETELY, PADDED AND SECURED. MEDICAL BRACELETS MAY BE WORN BUT THEY MUST BE FASTENED SECURELY SO AS NOT TO CAUSE INJURY.
- SOFT HEADGEAR, INCLUDING RELIGIOUS HEADDRESSES THAT ARE SECURELY FASTENED AND DO NOT INCLUDE METAL OR HARD PLASTIC THAT COULD BE HARMFUL TO PARTICIPANTS, IS PERMITTED.
- SUNGLASSES ARE PERMITTED.
- PLAY CARDS, PLAY BOOKS, AND PLAY SHEETS MAY BE USED IF THEY ARE NOT ATTACHED TO THE BELT, AND ARE SAFELY SECURED DURING THE PLAY. PLAY SHEETS MAY NOT BE PLACED ON THE GROUND WHERE A RUNNER COULD STEP ON THEM

## GAME PROCEDURES

### GENERAL PLAY

- THE OFFENSIVE TEAM TAKES POSSESSION OF THE BALL AT ITS 5-YARD LINE AND HAS 3 PLAYS TO CROSS MIDFIELD. WHEN A TEAM CROSSES MIDFIELD, IT HAS 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.
- TO BEGIN A PLAY, THE BALL MUST BE SNAPPED BY THE OFFENSIVE CENTER, FROM THE POINT OF SCRIMMAGE TO THE QUARTERBACK, WHICH IS THE FIRST PERSON ON THE OFFENSE TO OBTAIN POSSESSION OF THE BALL BEHIND THE LINE OF SCRIMMAGE. THERE IS NO MINIMAL DISTANCE REQUIRED BY THE QUARTERBACK WHO CAN BE EITHER UP CLOSE TO THE CENTER OR IN SHOT-GUN FORMATION.
- THERE IS A 1-YARD NEUTRAL ZONE EXTENDING 1-YARD FORWARD FROM THE LINE OF SCRIMMAGE THAT THE DEFENSIVE PLAYERS CANNOT LINE UP IN OR ENTER BEFORE THE SNAP OF THE BALL.
- ALL PLAYERS WHO RUSH THE PASSER MUST BE 7-YARDS FROM THE LINE OF SCRIMMAGE AT ANY POINT AFTER THE BALL HAS BEEN SNAPPED. BOTH THE LINE OF SCRIMMAGE AND THE RUSHER LINE WILL BE MARKED WITH A BEAN BAG. MAXIMUM OF 2 PLAYERS CAN RUSH THE QUARTERBACK. PLAYERS NOT RUSHING THE QUARTERBACK MAY DEFEND ON THE LINE OF SCRIMMAGE AFTER THE SNAP. THE RUSHER MUST RUSH CONTINUOUSLY, IN A DIRECT



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PATH TOWARDS THE QUARTERBACK IF THEY ARE IN THE POCKET OR ARE ROLLING OUT. ONCE THE BALL IS HANDED OFF, TOSSED, PITCHED OR LATERALED OR A FAKE HANDOFF, TOSS, PITCH OR LATERAL OCCURS, THE 7-YARD RULE NO LONGER IS IN EFFECT AND ALL DEFENDERS MAY GO ACROSS THE LINE OF SCRIMMAGE FROM ANYWHERE ON THE FIELD.

- A RUSHER LINED-UP WITHIN 2-YARDS (ON EITHER SIDE) OF THE 7 YARD MARKER IS ENTITLED TO A FREE DIRECT PATH TO THE QUARTERBACK – THE RUSHER MAY NOT BE INTERFERED WITH BY ANY OFFENSIVE PLAYER. IF THE RUSHER IS LINED UP OUTSIDE THE 2-YARDS (ON EITHER SIDE) OF THE 7 YARD MARKER, OR THEY SWITCH THE SIDE THAT THEY ARE ON ONCE THE CENTER IS READY TO SNAP THE BALL, THEY ARE NOT ENTITLED TO A FREE PATH TO THE QUARTERBACK.
  
- IF THE OFFENSIVE TEAM FAILS TO CROSS MIDFIELD, POSSESSION OF THE BALL CHANGES AND THE OPPOSITION STARTS ITS DRIVE FROM ITS 5-YARD LINE.
- ALL POSSESSION CHANGES START ON THE OFFENSIVE 5-YARD LINE.
- WHEN THE OFFENSE GAINS A FIRST DOWN BY CROSSING MIDFIELD, ANOTHER FIRST DOWN WILL NOT BE AWARDED EXCEPT THROUGH A PENALTY.
- “NO RUN ZONES” ARE LOCATED 5-YARDS IN FRONT OF EACH END ZONE. WHEN THE OFFENSE STARTS A PLAY WITHIN THIS ZONE, THE PLAY MUST RESULT IN A LEGAL FORWARD PASS.
- THE QUARTERBACK, DEFINED AS THE PLAYER THAT GAINS POSSESSION OF THE BALL FROM THE CENTER, CANNOT RUN WITH THE BALL PAST THE LINE OF SCRIMMAGE, UNLESS THE BALL HAS BEEN HANDED OFF, TOSSED, PITCHED OR LATERALED TO ANOTHER PLAYER AND THEN RETURNED.
- ONCE THE BALL CARRIER HAS CROSSED THE LINE OF SCRIMMAGE THE BALL CANNOT BE HANDED OFF, TOSSED, PITCHED OR PASSED FORWARD IN ANY WAY.
- FORWARD PASSES AND HANDOFFS ARE ALLOWED BEHIND THE LINE OF SCRIMMAGE. THE OFFENSE MAY ELECT TO THROW A LEGAL FORWARD PASS AFTER A HANDOFF HAS TAKEN PLACE. SEE LEGAL FORWARD PASS.
- TO START THE SECOND HALF, EITHER THE TEAM THAT LOST THE OPENING COIN TOSS OR THE TEAM THAT DEFERRED THEIR CHOICE TO THE SECOND HALF WILL HAVE THE OPTION TO START WITH THE BALL OR CHOOSE A SIDE TO BEGIN PLAY.
- PRIOR TO A FORWARD PASS, THE OFFENSE MAY USE MULTIPLE HANDOFFS OR LATERAL PASSES BEHIND THE LINE OF SCRIMMAGE.
- IF AN OFFENSIVE PENALTY IN THE “NO RUN ZONE” OCCURS THAT TAKES THE TEAM OUTSIDE THE “NO RUN ZONE”, THEN THE TEAM STILL CANNOT RUN.
- ONCE AN OFFENSIVE PLAY STARTS IN THE NO RUN ZONE, THE NO RUN ZONE RULES APPLY FOR THE REMAINDER OF THE POSSESSION OR UNTIL A TOUCHDOWN IS SCORED.

## TOUCH DOWNS



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- THE BALL IS CONSIDERED TO BE IN THE END ZONE WHEN ANY PART OF THE BALL TOUCHES THE PLANE OF THE GOAL LINE.
- WHEN THE BALL IS IN THE END ZONE, IT IS CONSIDERED TO BE STILL IN THE END ZONE UNTIL THE ENTIRETY OF THE BALL HAS PASSED THE PLANE OF THE GOAL LINE.

## SCORING

- OBTAINING POINTS
  - TOUCHDOWN: 6 POINTS
  - EXTRA POINT: 1-POINT (PLAYED FROM MIDPOINT OF 5-YARD LINE ONLY)
  - EXTRA POINT: 2-POINTS (PLAYED FROM MIDPOINT OF 10-YARD LINE ONLY)
  - SAFETY: 2-POINTS
  - INTERCEPTION RETURN ON EXTRA POINT CONVERT TO THE OPPONENT'S END ZONE: 2-POINTS + BALL POSSESSION
- SAFETY TOUCH
  - A TEAM SCORING A SAFETY TOUCH IS AWARDED 2-POINTS.
  - A TEAM WILL SCORE A SAFETY WHEN THEIR OPPONENT IS FLAGGED, LOSES POSSESSION OF THE BALL, OR GOES OUT OF BOUNDS WHILE THEY ARE IN THE END ZONE.
  - A SAFETY IS NOT AWARDED WHEN A PLAYER'S MOMENTUM, WHILE INTERCEPTING A PASS IN THE FIELD OF PLAY, IN THE JUDGMENT OF THE OFFICIALS CAUSES THE BALL TO BE BROUGHT INTO THE END ZONE, WHERE IT IS EVENTUALLY IS RULED DEAD AND THE INTERCEPTING TEAM SHALL BE AWARDED A FIRST DOWN AT THE POINT OF THE INTERCEPTION.

## TIMING

- THE OFFICIAL GAME IS 50 MINUTES (2x25 MINUTE STRAIGHT TIME HALVES) IN 5v5.
- IF THERE IS STILL TIME ON THE GAME CLOCK WHEN THE PREVIOUS PLAY EXPIRED, THE GAME WILL ALLOW FOR ANOTHER PLAY BARRING A PENALTY OR A SCORE.