



# CAPITAL DISTRICT MINOR FOOTBALL ASSOCIATION

## THE 2026 CDMFA RULE BOOK FOR 5vs5 FLAG FOOTBALL

### *Sourcing Football Canada 2024/2025/2026 Flag Rulebook*

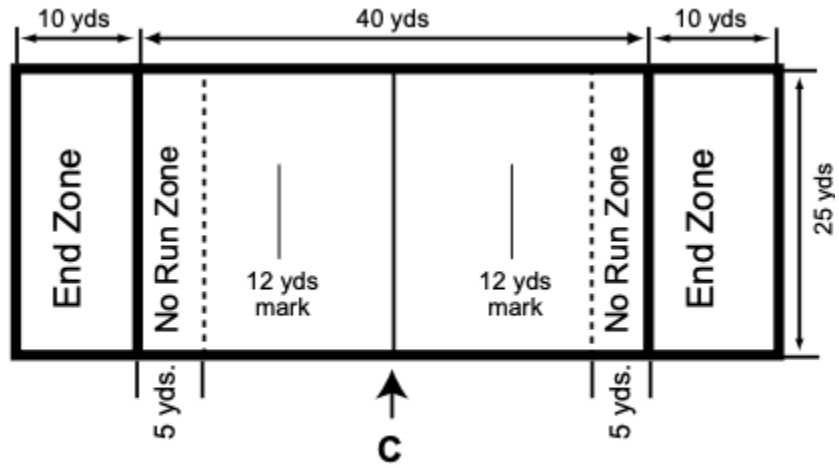
#### THE FIELD

- 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 ALL AGE GROUPS A MAXIMUM OF ONE COACH WILL BE ALLOWED IN THE HUDDLE TO CALL PLAYS
  - COACH CANNOT SLOW PLAY DOWN & MUST LEAVE THE PLAYING FIELD AFTER EACH PLAY CALL TO ENSURE PLAYER SAFETY & NOT DISTURB GAME PLAY
- FOR U8 & U10:
  - GAMES WILL BE SHOOT-OUT STYLE WITH THE OFFENSIVE TEAM STARTING AT THE 35 YARD LINE.
  - THE OFFENSIVE TEAM TAKES POSSESSION OF THE BALL AT THE 35-YARD LINE AND HAS THREE (3) PLAYS TO CROSS 20-YARD LINE. ONCE A TEAM CROSSES 20-YARD LINE, IT HAS THREE (3) MORE 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.
    - DURING EACH 3 PLAY SERIES ONLY 1 PLAY CAN BE A RUN PLAY (HANDOFF, TOSS, ETC). THE OTHER TWO MUST BE LEGAL FORWARD PASSES



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FOR U12, U14 & U16

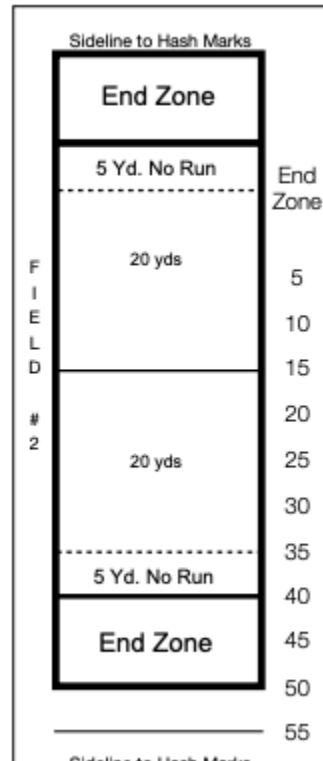


1st Down



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FOR U18



FIELD OF PLAY IS 50 YARDS LONG AND TWO 10 YARD ENDZONES

## 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).
  - U8 - WILSON K2, NIKE JR PEEWEE
  - U10 - WILSON K2, NIKE JR PEEWEE
  - 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
  - U18 - WILSON TDS, NIKE VAPOR ONE OFFICIAL SIZE + NIKE VAPOR ONE YOUTH SIZE



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## UNIFORMS

- CDMFA STANDARD INDIVIDUAL CLUB 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.
  - ALL PLAYERS MUST WEAR LEAGUE ISSUED UNIFORMS. (SHIRT, SHORT AND FLAG)
  - ALL LEGGINGS, LONG SLEEVE SHIRTS OR OTHER UNDERGARMENTS MUST BE WORN UNDER THE UNIFORMS.
  - FLAGS MUST BE LOCATED ON PLAYERS HIPS (A PLAYER WITH IMPROPER FLAG LOCATIONS WILL BE CONSIDERED "TOUCH")
  - IF CLUBS UNIFORMS ARE NOT THE COLOUR OF THE ASSIGNED COLOUR OF THE LEAGUE THAT CLUB WILL BE RESPONSIBLE FOR PINNIES IN GAMES THAT THERE IS A CONFLICT IN JERSEY COLOURS

## 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.
- NO PLAYER SHALL WEAR METAL CLEATS.
- ALL JERSEYS MUST BE TUCKED INTO PLAYERS SHORTS AND CANNOT COVER THE PLAYERS FLAGS AT ANY POINT (A PLAYER WITH FLAGS COVERED WILL BE CONSIDERED "TOUCH")
- 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.
  - NO HARD BRIMMED HATS ARE PERMITTED UNDER ANY CIRCUMSTANCES NO MATTER WHAT DIRECTION THE BRIM IS FACING
- 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



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## GAME PROCEDURES

### GENERAL PLAY

- FOR THE U8 & U10 AGE GROUPS CDMFA GAMES WILL BE SHOOTOUT STYLE SO PLEASE REFER TO THE 'U8 & U10 5 vs 5 HOUSE RULES 2026' FOR THE FULL DESCRIPTION.

### GENERAL PLAY - U12, U14 & U16 DIVISIONS

- 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.
  - DURING EACH 3 PLAY SERIES ONLY 1 PLAY CAN BE A RUN PLAY (HANDOFF, TOSS, ETC). THE OTHER TWO MUST BE LEGAL FORWARD PASSES
    - FORWARD PASS - FOR THE CDMFA LEAGUES A LEGAL FORWARD PASS IS A PASS THAT MOVES TOWARD THE OPPOSITIONS END ZONE WHETHER IN FRONT OR BEHIND THE LINE OF SCRIMMAGE
      - ONLY ONE FORWARD PASS PER SERIES CAN BE COMPLETED BEHIND THE LINE OF SCRIMMAGE (IE, SHOVEL PASS) AS CDMFA'S FOCUS IS TO PROMOTE QB, RECEIVER AND DB DEVELOPMENT
    - 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.
      - LEGAL FORWARD PASS – THE FIRST FORWARD PASS THROWN THAT ORIGINATED FROM BEHIND THE LINE OF SCRIMMAGE. SEE PASS DEFINITIONS IN FOOTBALL CANADA FLAG RULE BOOK.
- TO BEGIN A PLAY, THE BALL MUST BE SNAPPED BY THE OFFENSIVE CENTER BETWEEN THEIR LEGS, 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.
- FOR 5v5, ALL PLAYERS WHO RUSH THE PASSER MUST BE 10-YARDS FROM THE LINE OF SCRIMMAGE AT ANY POINT UNTIL AFTER THE BALL HAS BEEN SNAPPED. BOTH THE LINE OF SCRIMMAGE AND THE RUSHER LINE WILL BE MARKED WITH A BEAN BAG. ANY NUMBER OF PLAYERS CAN RUSH THE QUARTERBACK (AT U12 AND ABOVE LEVELS ONLY). PLAYERS NOT RUSHING THE QUARTERBACK MAY DEFEND ON THE LINE OF SCRIMMAGE AFTER THE SNAP. THE RUSHER MUST RUSH CONTINUOUSLY, IN A DIRECT PATH TOWARDS THE QUARTERBACK IF THEY ARE IN



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THE POCKET OR ARE ROLLING OUT. ONCE THE BALL IS HANDED OFF, TOSSED, PITCHED OR LATERALLED **OR A** FAKE HANDOFF, TOSS, PITCH OR LATERAL OCCURS, THE 10 YARD RULE NO LONGER IS IN EFFECT AND ALL DEFENDERS MAY GO ACROSS THE LINE OF SCRIMMAGE FROM ANYWHERE ON THE FIELD.

- THE ONE RUSHER WHO IDENTIFIES THEMSELVES TO THE OFFICIAL PRIOR TO THE SNAP OF EACH PLAY WILL HAVE THE PROTECTION. THE RUSHER MUST LINE UP FULLY BEHIND THE RUSH LINE MARKED BY THE BEAN BAG AND MUST BE 1 YARD LEFT OR RIGHT OUTSIDE OF THE BEAN BAG
- 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 LATERALLED 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.
- AN AUTOMATIC FIRST DOWN BY PENALTY WILL OVERRULE THE OTHER REQUIREMENTS REGARDING 3 PLAYS TO MAKE EITHER A FIRST DOWN OR SCORE.
- IF THE OFFENSIVE TEAM FAILS TO CROSS MIDFIELD, POSSESSION OF THE BALL CHANGES AND THE OPPOSITION STARTS ITS DRIVE FROM ITS OWN 5-YARD LINE.
- ALL POSSESSION CHANGES, EXCEPT INTERCEPTIONS FROM SCRIMMAGE PLAY, START ON THE OFFENSIVE 5-YARD LINE. DEFENSIVE INTERCEPTIONS THAT GIVE THE DEFENSE POSSESSION BETWEEN THEIR OWN 1- AND 4-YARD LINE WILL BE BROUGHT TO THE 5-YARD LINE FOR THE START OF THEIR NEXT POSSESSION.
- 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.
  - 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.
    - 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.
- KICKOFFS DO NOT OCCUR IN 5v5.
- 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.
- THE GAME TIME CAN BE ALTERED BASED ON THE SKILL LEVEL OF THE ATHLETES, NUMBER OF PARTICIPANTS AND SIZE OF THE PLAYING SURFACE.



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## TOUCH DOWNS

- A TOUCHDOWN IS SCORED WHEN A PLAYER HAS LEGAL POSSESSION OF THE BALL IN THE OPPONENT'S END ZONE.
- 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.
- THE TEAM SCORING THE MOST POINTS DURING REGULATION TIME IS DECLARED THE WINNER. IF THE TEAMS ARE TIED AFTER REGULATION TIME AND A WINNER MUST BE DECLARED, THE TEAM SCORING THE MOST POINTS DURING OVERTIME IS DECLARED THE WINNER.

## 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
  - TEAM COACHES WILL TRACK THE SCORES OF THEIR GAMES, CONFIRM SCORES POST GAME WITH OPPONENT AND HEAD OFFICIAL AND TURN IN SCORE SHEETS TO CDMFA REGISTRATION TABLE POST GAME
- CONVERT
  - A CONVERT IS SCORED WHEN A PLAYER HAS LEGAL POSSESSION OF THE BALL IN THE OPPONENT'S END ZONE DURING A CONVERT ATTEMPT.
  - WHEN A PENALTY AFFECTS THE NORMAL POINT OF SCRIMMAGE OF A CONVERT ATTEMPT, THE AWARDING OF 1 OR 2-POINTS WILL BE BASED ON WHERE THE ORIGINAL CONVERT ATTEMPT WAS SCRIMMAGED PRIOR TO ANY PENALTY APPLICATION OR REPEATED CONVERT ATTEMPT.
  - IF THE TEAM CHOOSES THE EXTRA POINT CONVERT FROM 5-YARDS, THIS IS WITHIN THE "NO RUN ZONE".
  - AFTER THE INTERCEPTION, IF THERE IS A PENALTY AGAINST THE ORIGINAL OFFENSE, THE YARDAGE WILL BE APPLIED TO THE INTERCEPTING TEAMS NEXT POSSESSION.



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- ON A CONVERT, IF THE DEFENSE COMMITS A PASS INTERFERENCE OR ILLEGAL CONTACT PENALTY ON 2 CONSECUTIVE PLAYS, THE OFFENSE WILL BE AWARDED THE POINTS FOR THE CONVERT.
- 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 RULED DEAD AND THE INTERCEPTING TEAM SHALL BE AWARDED A FIRST DOWN AT THEIR OWN 5 YARD LINE.
  - AFTER A SAFETY TOUCH OCCURS THE TEAM THAT WAS AWARDED THE TWO POINTS FOR THE SAFETY WILL TAKE POSSESSION ON THEIR OWN 5 YARD LINE

## 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.
- EACH TEAM WILL BE ENTITLED TO ONE TIME OUT/HALF
- THERE IS NO PRO CLOCK IN THE CDMFA SPRING SEASON
  - OFFICIALS WILL GIVE A TWO MINUTE WARNING AT THE END OF EACH HALF