



CAPITAL DISTRICT MINOR FOOTBALL ASSOCIATION

CDMFA 5-A-SIDE (U8 & U10) HOUSE RULES 2026

GENERAL RULES

- GAMES WILL BE SHOOT-OUT STYLE WITH THE OFFENSIVE TEAM STARTING AT THE 35YD 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 ONLY**
 - 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
 - THE SIX PLAYS WILL CONSIST OF 2 RUN PLAYS, TWO PASS PLAYS AND TWO COACH PASSES
 - 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)
 - COACHES WILL WORK TOGETHER TO OFFICIATE THEIR OWN GAMES AT THIS LEVEL PROMOTING GOOD SPORTSMANSHIP WHILE FOCUSING ON ATHLETE DEVELOPMENT
- **FOR U10 ONLY**
 - THE OFFENSIVE TEAM TAKES POSSESSION OF THE BALL AT THE 35-YARD LINE AND HAS THREE (3) PLAYS TO CROSS THE 20-YARD LINE. ONCE A TEAM CROSSES THE 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
- TO BEGIN A PLAY, THE BALL MUST BE SNAPPED BY THE OFFENSIVE CENTER THROUGH THEIR LEGS, 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 WILL RESULT IN A LOSS OF DOWN.



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- 1 DEFENSIVE PLAYER CAN RUSH THE QUARTERBACK FROM THE RUSH LINE 10-YARDS BACK FROM THE LINE OF SCRIMMAGE.
 - RUSHER MUST IDENTIFY THEMSELVES TO OPPOSITION AND OFFICIAL PRIOR TO EACH PLAY AND MUST LINE UP WITHIN 1 YARD OF EITHER SIDE OF THE RUSH LINE MARKED BY THE BEAN BAG
- DEFENSE MUST SWITCH RUSHER AFTER EACH CHANGE OF POSSESSION. (FOR PLAYER DEVELOPMENT WE WANT DIFFERENT PLAYERS RUSHING THE QUARTERBACK)
- AN AUTOMATIC FIRST DOWN BY PENALTY WILL OVERRULE THE OTHER REQUIREMENTS REGARDING THREE (3) PLAYS TO MAKE EITHER A FIRST DOWN OR SCORE. RULES USED WITHIN FOOTBALL CANADA SANCTIONED EVENTS, THERE ARE THREE (3) PLAYS TO CROSS MID-FIELD OR SCORE A TOUCHDOWN.
- IF THE OFFENSIVE TEAM FAILS TO CROSS MIDFIELD, POSSESSION OF THE BALL CHANGES AND THE OPPOSITION STARTS ITS DRIVE FROM THE 35-YARD LINE.
- ALL POSSESSION CHANGES START ON THE 35-YARD LINE.
- 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 3 PLAYS.
- “NO-RUNNING ZONES,” ARE LOCATED FIVE (5) YARDS IN FRONT OF THE 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)
- THE PASSER CANNOT RUN WITH THE BALL PAST THE LINE OF SCRIMMAGE, UNLESS THE BALL HAS BEEN HANDED, TOSSED OR PITCHED TO ANOTHER PLAYER AND IT HAS BEEN RETURNED.
- ONCE THE BALL CARRIER HAS CROSSED THE LINE OF SCRIMMAGE THE BALL CANNOT BE HANDED OFF, TOSSED, PITCHED OR PASSED IN ANY WAY.
- AN OFFENSE MAY USE MULTIPLE HANDOFFS BEHIND THE LINE OF SCRIMMAGE. ONLY BACKWARD & LATERAL HANDOFFS ARE ALLOWED DURING THE DOWN.
- 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(SHOVEL PASS) AS CDMFA’S IS TO PROMOTE QB 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.
- AFTER ANY SUCCESSFUL TOUCHDOWN A CONVERT ATTEMPT IS AWARDED TO THE SCORING TEAM. A CONVERT IS A SCRIMMAGE PLAY FROM EITHER THE OPPONENT’S 5-YARD LINE (1 POINT), OR 10-YARD



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LINE (2 POINTS), WHICHEVER THE OFFENSIVE TEAM CHOOSES, WHERE THEY GET THE DESIGNATED POINTS IF THEY SUCCESSFULLY CROSS THE GOAL LINE IN ONE PLAY.

- THERE ARE NO KICKOFFS IN THE GAME OF 5V5 FLAG FOOTBALL.

REQUIRED TEAM EQUIPMENT:

- 2 GAME BALLS (WILSON K2, NIKE JR PEEWEE FOR U8/U10 IN GOOD CONDITION)
- 2 BEAN BAGS.
- 30 SMALL CONES TO MAKE HALF OF THE FIELD.
- FIRST AID BAG/TRAINER BAG.
- EMERGENCY INFORMATION BINDER.
- ONE VOLUNTEER TO HELP SPOT OF BALL FOR OFFICIALS.

PLAYER EQUIPMENT:

- ALL PLAYERS MUST WEAR A PROTECTIVE MOUTHPIECE; THERE ARE NO EXCEPTIONS.
- 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.
- NO PLAYER SHALL WEAR METAL CLEATS.
- FLAGS MUST BE LOCATED ON PLAYERS HIPS (A PLAYER WITH IMPROPER FLAG LOCATIONS WILL BE CONSIDERED "TOUCH")
- 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")
- ALL SHORTS MUST HAVE NO POCKETS FOR THE SAFETY OF ALL ATHLETES
- 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 OF ANY KIND ARE PERMITTED
- SUNGLASSES ARE PERMITTED.