

MCFFU 5-MAN RULES

Equipment -Football

Each team is responsible for supplying their own flags and football. They must be NCAA or NFL regulation size except in the youth divisions.

Equipment -Uniforms

All players on a team must wear jerseys or shirts with matching colors. Numbers are not necessary, but all players on a team must have the same color. Shirts must be tucked in while playing. If the shirt cannot be tucked in then the flags must be on the outside of the shirt.

Team Captains

The team captain(s) will be the only player(s) who is/are allowed to address the referees. If any player, including a captain, disrespectfully addresses a referee the team may be penalized and the player ejected.

Players

A team consists of 5-10 players with an unlimited number of subs.

Length of the Game

Two 15-minute halves, with a 1-minute intermission. The clock stops in the last two minutes of each half for all dead balls and normal clock stoppages. The clock will not stop for first downs. If a team is ahead by more than 16 after the 2-minute warning in the second half the game is over. If a team is ahead by more than 35 points at any time the game is over.

Size of the Field

The playing field is 30 yards wide and 60 yards in length, with two 10-yard end zones. Total field size is 30 x 80 yards.

Coin Toss

The winner of the coin toss shall have the choice of one of the following options: 1) Receive 2) Designate a goal to defend 3) Defer choice to second half. The loser shall make a choice from the remaining options. Before the start of the second half the choosing of options will be reversed.

Possession:

Starts at the 10-yard line. Team has:

4 attempts to make a first down at the 30-yard line
4 attempts to make a first down at the 10-yard line
and 3 attempts inside the 10-yard line to make a touchdown.

Kicking/Punting

No kickoffs or field goals. Live punt returns are allowed.

Time Outs

Each team will have 3 time outs (30 seconds in length) per half.

Play Clock

The offensive team shall have 25 seconds between plays to snap the ball. After any pre-snap penalty (false start, delay of game, etc.) the play clock is reset to 15 seconds.

Formation

The offensive team must have 3 players on the line of scrimmage at the time of the snap.

Running/ Passing

There will be no running plays. All plays must consist of a legal forward pass. A forward pass does not have to cross the line of scrimmage (in other words, shovel passes are considered forward passes). Only one forward pass may be thrown per down. You can lateral the ball as often as you like.

Legal Catch

One foot inbounds with possession of the ball.

Flag Falls Off

If a player's flag falls off without the aid of a defender, that player must simply be touched.

Ball Spotting/ Flag Pulling

The ball is marked at the spot where the ball is at the time the flag is pulled. If a player bobbles the ball and the flag is pulled after the ball is first touched, but before the player ultimately gains possession, the ball will be marked down at the spot where the flag was first pulled (it would be an unfair advantage to the player with possession if they can bobble it

on purpose to avoid a flag pull). If a player pulls another player's flag before the ball is touched by that player the player will not be considered down until they are touched (as if the flags fell off). If a player intentionally pulls another player's flag away from the ball it is a penalty of 2 1/2 yards from the line of scrimmage and the down is replayed. Receiver can advance ball if he falls down and is not touched or flagged.

Flag Guarding, etc.

Ball carriers shall not protect their flags by guarding them with their hands or arms, cannot straight arm, and cannot lower their head or shoulder while running into a defender. The offensive player must avoid contact. Spinning and jumping is allowed, but the ball carrier cannot intentionally dive to advance the ball.

Illegal Contact

Defensive players may not hold, grasp, push, or tackle the ball carrier. If a defender grabs clothing, they must let go immediately.

Fumbles

All fumbles are dead at the spot the ball hits the ground. Muffed snaps behind the line of scrimmage are live.

Pitching

Only 1 pitch allowed per play.

Motion

One offensive player is allowed to be in motion, horizontally, at the time of the snap. They may not turn up field before the snap. All other offensive players must be set for one second before the snap.

Pushing out of Bounds/ Stripping

There will be NO pushing out of bounds and no stripping the ball while in a player's possession.

Pass Rush

Quarterback has 6 seconds to throw ball. Defensive rushers must start 5 yards beyond the line of scrimmage. If the offensive team throws a lateral (a pass or pitch behind the QB) the 5-yard rule is nullified and anyone can rush regardless of where they

started. . Rushers must line up at least 1 yard to the right or left or the center. If the rusher starts early they can reset and start again 5 yards back without penalty unless they cross the line of scrimmage before the snap. The offense must avoid running into the rusher. Rushers must also avoid interfering with the center's route.

Blocking/ Contact

Offense can block rusher(s) only with extended arms. Absolutely no blocking or setting picks down field.

Extra Point Attempts

You are awarded 1 point from the 5-yard line and 2 points from the 10-yard line. A turnover on an extra point may be returned for two points by the defensive team.

Overtime

A coin toss shall determine which team gets the ball first. Each team will be given a series of 4 downs from the 20-yard line to score. If a team scores they will be given an extra point attempt. During the first three rounds of the tournament the game will end in a tie if both teams are still tied after each team has had one possession. After the third round the overtime process will continue until there is a winner. A turnover ends the series of downs. Interceptions may be returned for a touchdown resulting in victory.

Sportsmanship Policy

If a single player is responsible for two unsportsmanlike penalties in a single game they will automatically be ejected. Fighting with other players or touching, belittling or demoralizing referees will result in ejection from the tournament. The entire team may also be ejected from the tournament at the discretion of referees and league officials. Excessive taunting or "trash talking" could also result in disqualification. If a team is disqualified from the tournament their entrance fee will be forfeited. There will be an additional penalty called an unsportsmanlike minor. Things that constitute this penalty include excessive complaining, belittling or degrading refs, inappropriate language or behavior, etc. The enforcement will be 10 yards and it will be marked off as a dead ball penalty. Multiple unsportsmanlike minor penalties may lead to ejections.

Penalty Enforcement

Delay of Game- 2½ yards

False Start- 2½ yards

Illegal Motion- 2½ yards

Illegal Formation- 2½ yards

Illegal Rush- 2½ yards

Stripping- 2½ yards

Running into rusher- 2½ yards

Pulling a player's flag away from the ball- 2½ yards

Holding on to ball carrier's clothes- 2½ yards at end of run

Illegal Participation (player runs out of bounds and is 1st to touch ball)-
Loss of Down

Flag Guarding, Stiff Arming- 2½ yards from spot + down counts (on 4th
down it's 5 yards from original line of scrimmage & replay the down.
NOTE: the reason for this is because it is often a questionable call.)

Diving to advance the ball- 2½ yards + down counts

Defensive Holding- 2½ yards + automatic first down

Illegal Bump- 2½ yards + automatic first down

Illegal forward pass- 2½ yards + loss of down

Illegal multiple pitch - 2½ yards + loss of down

Flag Tying- 5 yards + possible ejection

Blocking, Illegal Pick- 5 yards

Tackling- 5 yards

Contact with center before they stand up- 5 yards

Offensive pass interference- 5 yards

Roughing the passer- 7 ½ yards added to the end of the play +
automatic first down

Defensive pass interference- Spot of the infraction

Unsportsmanlike Minor- 10 yards [Dead Ball Penalty]

Unsportsmanlike Conduct- 14 yards

Personal Foul (unnecessary roughness, etc.)- 14 yards

Taunting, "Trash Talking"- 14 yards + possible ejection

Fighting – Ejection + possible disqualification, police action

Touching, belittling, demoralizing referees- Ejection + possible disqualification and police action.

TOURNAMENT FORMAT:

All teams will be randomly placed in groups of four teams. The first three rounds will consist of a round robin format where teams will play the other 3 teams within their group. After the first three rounds the top teams (TBA) will be seeded for a single elimination format Tie-breakers will be as follows: 1) Head to Head Record 2) Net point allowed 3) Points scored. 4) Coin Flip