

5v5 Rules

League Policies, Guidelines, Registration, Facility Rules, Regulations:

CAPTAINS OF ALL TEAMS HAVE A RESPONSIBILITY TO INFORM ALL PLAYERS OF ALL THE RULES BELOW. PLEASE MAKE THIS EFFORT SO THAT ALL PLAYERS ARE AWARE. THESE RULES ARE POSTED ON THE YELLOW BREECHES SPORTS CENTER WEBSITE. WWW.YELLOWBREECHESSPORTS.COM THERE IS NO EXCUSE FOR A PLAYER TO NOT KNOW THE RULES IF THEY PLAY HERE!

GAME FORMATS AND GUIDELINES:

Refs makes call, Refs may consult other game refs or commissioner, refs may restate call, game restarts immediately after refs calls or consultation. If team fails to restart game, they forfeit game. end of debate. CCH

Duration of games 2 – 24-minute halves running clock. One time out per half per team, if timeout is not used in the first half it will carry over to the second half for a total of two-time outs per game. There will be a 30-sec play clock that starts at the end of a play. After an offensive penalty at any time during the game, penalty is assessed and team will have a 15-second play clock. Only during the last minute of play will the clock stop for any player that goes out of bounds.

Within the last minute of regulation in the second half ONLY of the game. Time will stop on any change of possession. Time will resume and continue to run after the snap of the first down preceding any change of possession. If a penalty occurs in the last min of the second half, the clock will stop, ref will walk off the penalty yard, clock will start on refs command, and team has a 15-second play clock. If score or change of possession is outside of a minute the clock will continue to run. If team calls a time out outside of a minute the clock will start after the time out.

During regulation season, games ending in regulation as a tie will remain as a tie.

Playoffs ONLY: Overtime rules – The team that received the ball at the beginning of the game will start OT with the ball. Each team has two tries starting at the red zone hash line. If on your first try your team scores, your team may try for an extra point conversion (pass 2 points, run 1 point). If your team scores on the second try, no conversion is offered. If still tied after both teams used both tries, each team will have 4 plays from midfield to score (regular scoring in affect).

Number of players on the field for any team is 5 players. Team rosters will allow for up to 15 max. No game will take place with less than 4 players taking the field. In such an event the team short of 4 players will forfeit that game. Teams may both continue to play recreational for their paid game time, for a fun time, but officials will not be provided for forfeited games.

Official rosters will need to be filled out and signed at the start of the first game, roster changes can take place until the start of your team's fourth game of regular season. If your team is adding any players, the office needs to be made aware by Thursday at 5pm before the weekends games. All players must physically come in to the building to sign the roster by the start of your team's fourth game of regular season.

STANDINGS:

1. POINTS 2. HEAD TO HEAD (IN THE EVENT OF A THREE WAY OR GREATER TIE, HEAD TO HEAD IS A WASH AND GOES DIRECTLY TO POINTS AGAINST) 3. POINTS AGAINST 4. POINTS FOR 5. FORFEITS – any team that forfeited in regular season will lose a standing spot/tie if all standing options are a wash. If a playoff team is not available for the scheduled date to play, they will be replaced with the next highest seeded team available. Playoffs are scheduled at the beginning of the season and are at the end of the league schedule.

GAME SCHEDULING, FORFEITED GAMES, NO SHOWS:

All teams may submit certain dates prior to the start of the season before schedules are created in which they cannot attend so that the YBSC management can try to accommodate such requests to the best of their ability with the understanding that it may not be possible, it is not promised, and there is no guarantee that said requests can be fulfilled, but we will try.

When the schedule is completed and posted. It is the responsibility of that team to check and review any conflicts they may have with those dates and times they are scheduled for, and teams have one week to make a request to have a time and date change. All changes must be reviewed to see if it is possible, and no requests are guaranteed by the YBSC. At the end of that first week it will be too late to make that request for review and all scheduling will be locked. If teams agree to reschedule a game and time is available, the team wanting to reschedule will pay half of the other team's refs fees.

If a team is unable to play a scheduled game, a forfeit will ensue and the team in attendance will be credited with a win by forfeit. A forfeit win will be a 20 – 0 score.

All teams will also forfeit their \$50 deposit for such forfeit Plus an extra \$50 for rescheduling issues and inconvenience. if you need any more information, please call the office and we will explain. The effort is to cut down and discourage forfeit games. This team will not be able to continue to play the next game or any further game until the \$50-dollar deposit is replenished in their teams account at the YBSC, and the extra \$50 is paid.

Any team not finishing the season will waive their entire paid league fee and no returns or refunds will be given, for any reason.

UNIFORMS, CLEATS, EQUIPMENT:

Each team member on the field must wear matching color t-shirts or jerseys. Shirts must always be tucked in basketball shorts, football pants, or baseball pants

Athletic shoes and rubber cleats will be permitted. Metal spikes are absolutely forbidden.

Padding and headgear will not be permitted. No loose jewelry will be worn. Players with casts will not be permitted to play. Players with open wounds or cuts will not be permitted under any circumstances to play until they cover the wound or cut with a bandage and no blood is visible. If no bleeding on a brush burn, they will be allowed to continue.

2 Sonic Boom Flag-A-Tag or mushroom top flags on each belt. Sonic Boom flags are available in the office for purchase.

ROSTERS:

Maximum number of players on a roster is 15. (office has right to move teams up or down based on skill level)

You will have up to the start of your 2nd game to add a player to your roster by email the Thursday before you play with the staff approval. After that, rosters lock.

But you may have until your 4th game to get the players signed in if they are already on your roster. If they are not signed in by the start of your 4th game, they will not play the remainder of the season. All players roster is subject to the approval of the YBSC management who reserves the right to refuse anyone play based upon their skill level and or their prior behavior and actions at the YBSC and not limited to other reasonable factors at any time. This is done to keep the league competitive in any division, and to improve the overall atmosphere, safety and enjoyment of the league to all players.

PENALTIES

Any offensive penalty that happens in opposing teams end-zone will result as a safety.

Any penalty (offensive/defensive), in the last minute of play in the second half, clock stops to address and access the penalty, clock starts when officials are in place and blow whistle for play to start.

Offensive

blocking in the back– 5 yards (open hand blocking only)

delay of game– 5 yards

illegal motion– 5 yards

offside offense– 5 yards

line of scrimmage or behind holding– 5 yards from line of scrimmage (down does not count, open hand blocking only)

downfield holding – 5 yards from result of spot of foul (down counts)

flag guard/stiff arm – spot foul, 5 yards loss of down

offensive interference – 5 yards, replay the down from original line of scrimmage

illegal forward pass– 5 yards loss of down

aggressive running– 5 yards

jumping to advance the ball – 5 yards

illegal block – 5 yard (open hand blocking only, in front of ball back to line of scrimmage)

Defensive

holding – 2 types of holding:

- holding receiver – 5 yards
- holding player/clothing to gain advantage for flag pull – 5 yards added to result of play

tackling – 5 yards added to result of play

bull-rushing – 5 yards

defensive interference – spot foul automatic first

no slide tackling – unnecessary roughness/personal foul – 5 yards penalty, automatic ejection if contact is made

push out of bounds – 10 yards automatic first + personal
roughing the passer – 5 yards automatic first + personal

Offensive and Defensive

unnecessary roughness/personal foul– 5 yards automatic first, possible ejection

illegal block – 5 yard (open hand blocking only)

any defensive penalty on a interception, IE: illegal block, holding, 5 yard penalty will go from the spot of interception

Any 2 personal fouls or unsportsmanlike conduct penalty will result in an ejection, with possible suspension. Anyone ejected must leave the facility immediately. Discretion of official if player has intent to injury, if so player can be ejected after first offense.

SCORING

Touchdown – 6 points

Extra Point – throwing is 2 points, running is 1 point

- ALL tries are LIVE! Defense may run extra point back for 2 points

Safety – 2 points

NOTE: Ball carrier/receiver must have the ball across the goal line to be deemed a touchdown. If player extends ball away from body in attempt to gain yards or touchdown, spot of ball goes as a touchdown

PLAYER BEHAVIOR:

WE WILL NOT TOLERATE!! Any lip to the officials. Cursing, name calling or general disruption that is not courteous, this also reflexes after a game also. 1. first offense warning, possible penalty 2. second offense penalty or ejection 3. third time YBSC Office Verdict, don't be that guy. Anyone ejected from a game must leave the facility immediately No players are able to leave the bench during any incident on the field, any players that leave the bench will be ejected and be suspended for 1 game

Any threat physically to an official or any physical abuse of an official will immediately be the end of a player at the YBSC and local authorities will be contacted. The team in turn must control this as they too will face a penalty of a forfeited game and the following game if behavior continues and does not cease.

A personal foul will be called on any player showing unsportsmanlike conduct, such as but not limited to taunting, harassing, or deliberately causing unreasonable trouble. Continuous violations will result in ejection from the game. In some cases and at the referee's discretion based on the severity or threat of the incident a player may be immediately ejected without the unsportsmanlike conduct penalty.

SWEARING 1.first offense 5 yards 2.second offense 5 yards 3. third offense ejection Anyone ejected from a game must leave the facility immediately

Referee decisions are final and may not be protested WE REPEAT all game based decisions, any and all calls made prior to the start, during the game, and immediately following the game are final

Anyone ejected from a game must leave the facility immediately Players who are suspended from any games may not attend that game or any games held that day.

Individual players receiving a second ejection in one season may be suspended for the remainder of the season. Suspensions and or ejections will not result in any form of refund of league fees for players or teams.

Fighting will not be tolerated and will result in your permanent removal from the league and is subject to charges filed to local police. No exceptions to this ruling.

GAME PLAY RULES:

Prior to start of the game. Away team will make the call at the coin flip. DEFER TO THE SECOND HALF, TAKE THE BALL, OR DEFENSE

The ball will be placed on the 5-yard line to start the game, half or after a score. No kicking off or punting or extra points Snaps must go between the offensive centers legs

FIRST DOWNS: One first down can be achieved by passing mid field, just the ball and a flag must cross. Once you pass mid field and have been awarded a first down, you cannot pass that same line again for another during that drive

PASS RUSHING: 1-yard blitz line, only 2 players may blitz from inside the guard box, Once the QB is out of the pocket anyone can blitz Rushers must avoid blockers and contact at all cost If a rusher spins to avoid contact, the blocker must re-position themselves to block the rusher Arms cannot be used at full extension to knock rushers back or down. Only used to keep space between him and the rushing player to Avoid contact or being bull rushed (open hand blocking only)

OTHER NOTES:

A player may only participate in one division. (not multiple divisions)

There are no fumbles. Balls dropped or fumbled are dead at the spot where the ball first makes contact with the ground.

Snap of the ball to the quarterback may not be fielded on the bounce. If the snap hits the QB's hands and then bounces to the ground the ball is dead. Balls snapped over the QB's head will be dead at the point the ball hits the ground Balls snapped over the head of a QB landing outside or rolling outside of the end zone will be a called a safety. If you possess the ball, to avoid a safety you must have ball and at least one flag outside of the end-zone.

A pass that hits any part of the building structure, IE: ceiling, beams, walls, doors etc. is considered a dead ball, incomplete pass.

If team is short of the first down, they have 2 choices they can go for it or they can choose to give the ball to the other team on the (red zone line) No punts allowed

When a player falls to the ground, having control of the ball without being touched or a flag is grabbed, they will be considered down at that point.

If a player of the team which intercepts, catches, or recovers the ball commits a foul in the end zone, it is a safety.

Players may only dive to catch a pass. If he can avoid collision with opponent.

no tackling, slide tackling, or rough play

no jumping to advance the ball at any time, players may jump side to side

The defender cannot hold the offensive player to gain the flag. This includes any grasp of the jersey or pants. Grabbing the players flag belt or if belt extension is exposed is legal.

Flags must always be exposed. Both flags must be visible and correctly attached to the belt. If a player is found with an improperly affixed flag he can be ordered off the field until it is fixed. Any player found

altering or tampering with flags will be ejected from the game. Any player with the ball whose flag falls off the player must be touched. If a player has accessories on their flag belt (i.e gloves or towel), these items are equal to a flag if pulled.

A ball carrier must avoid the tackler. Use of elbows, shoulders, etc. will warrant an unnecessary roughness or aggressive running penalty.

Defenders must go for the flags always. NO lowering shoulders below the chest line of the ball carrier, or pushing out of bounds

Players may not strip the ball away from another player

Teams players on the sidelines not involved in play on the field (substitution players) must stay at the bench area behind the white lines. No roaming up and down the sidelines.

Only one foot is required in bounds by the receiver to count as a catch

There will be no pushing a player out of bounds. Violations of this rule will result in a penalty of 10 yards from the spot of the foul and automatic first down plus a personal foul, and possible ejection on severity.

Your friends and family and fans who come to watch you play are ONLY guests. They do not pay to watch or buy a ticket for such. Subsequently they also must keep their cheering to their team only. Any fan or person watching who disrupts the other team, shouts out names to the other team or taunts them will be TOLD to leave the premises and not to return. The teams should all tell their fans to come and cheer as loud as they want for only their team. But to keep the attitude and their mouths shut towards the other team. They may not yell at officials or even talk to them during or after any game. Same consequences apply. Any behavior beyond what is mentioned above could lead the YBSC to call the police and have them removed and charges pressed on behalf of the YBSC.

NEW RULE:

Proper Equipment Before the play starts/Flags Each team will provide their own flag belts to each player on their team and must be positioned on the belt in proper manner (suction piece facing away from your body) two flags per belt, properly positioned on each HIP. Any player without 2 flags will be penalized, from the initial LOS. This is a live ball foul so the play will go on and the "non offending team" will have the choice of taking of play or penalty.

Penalty: (5) yards illegal participation, same down. Note: the ball carrier will be ruled down when touched/within arm's reach by the opponent. One jam at the line of scrimmage.