

# 5-Man League Rules

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## Team Rosters

- Maximum 12 players; may be added through the 5th game.
- All players must sign the XFF waiver and be on the official roster.

## Equipment

- Same-color jerseys with permanent numbers, tucked in; caps backward; no jewelry.
- Official Sonic pop flag belts; molded or detachable cleats only - no metal cleats.
- Starting Week 2: teams penalized 2 points per player with an illegal jersey.

## Game Clock

- Two 20-minute halves; 3 timeouts per half (no timeouts if leading 28+).
- 25-second play clock.
- Last 2 minutes (if within 14 points): clock stops on incomplete passes, out-of-bounds, extra-point attempts, defensive penalties (except offsides), QB sacks, 5-second violations, turnovers.
- Clock does NOT stop if the losing team commits a penalty.

## Scoring

- Touchdown = 6 | PAT (5 yd) = 1 | PAT (10 yd) = 2 | Safety = 2 | INT on PAT = 2

## Matriculation

- Start at own 10-yard line !' 4 downs to midfield !' 4 downs to 10-yard line !' 3 downs to score.

## Key Differences from Coed Format

- Pass rusher must start at least 5 yards back (not 7 yards).
- Bull rushing is illegal - rusher must choose one side of the blocker.
- Bump-and-run coverage IS allowed: within 1 yard of LOS, extended for up to 5 yards, open hands, waist-to-shoulder contact only, no head or face contact.
  - Defender cannot contact a receiver beyond 5 yards or when the ball is in the air.
  - Face guarding IS pass interference - the defender must turn and look for the ball.
  - PI in the end zone = 1st & goal at the 1-yard line.
  - Center may block the pass rusher.
  - No trips formation.

## Offensive Penalties

Foul	Penalty
Offsides	5 yards, replay down
Delay of game	5 yards, replay down
Holding / Illegal block	5 yards + loss of down
QB crossing LOS before pass	5 yards + loss of down
Forward pass behind LOS	5 yards + loss of down
Illegal procedure (trips)	5 yards, replay down

Foul	Penalty
Offensive pass interference	5 yards + loss of down
Flag guarding	10 yards + loss of down
Unsportsmanlike conduct	15 yards (personal foul)
Impeding the rusher	5 yards + loss of down

## Defensive Penalties

Foul	Penalty
Holding / Illegal flag pull	+5 yards
Stripping the ball	+5 yards
Roughing the passer	10 yards + automatic first down
Illegal rush (not 5 yards back)	5 yards, replay down
Bull rush	10 yards, replay down
Illegal contact	10 yards, replay down
Pass interference	Automatic first down at spot
PI in end zone	1st & goal at 1-yard line
Unsportsmanlike conduct	15 yards + automatic first down
Force out	Spot foul + automatic first down

## Rain Policy

- Games are played unless the field is unplayable. Check the schedule page.
- If no cancellation is posted, games are on.