5-Man League Rules

Team Rosters

Teams may carry up to 14 players on their roster. Players must play 4 games to be eligible for playoffs & Counties. All players must sign both the XFF waiver and roster before they are eligible to play. It is the team captain's responsibility to verify that each player has signed the roster and waiver before any game is played. It will be up to the discretion of the league whether or not a player will be allowed to play on multiple teams in one league. As a general rule, a "B" player may play on an "A" team, but an "A" player will not be allowed to play on a "B" (or "C") team. Players may only play on one team per division in any XFF tournament.

The XFF Grid

The playing field is 80 yards x 30 yards and consists of a 60-yard field of play and two 10-yard end zones. Yard markers will denote mid-field (the 30-yard line) and both 10-yard lines. End zone pylons will mark the goal line.

Scheduling

X Flag Football reserves the right to modify the schedule and will notify affected team captains as soon as possible. Schedule changes will also be posted on the XFF website. Captains and players are encouraged to check the online schedule for changes. Team captains are responsible for notifying their teammates of schedule changes.

Equipment

1. All players must wear the same color shirts/jerseys with permanent numbers on the back. All shirts must be tucked in. Baseball caps may be worn backward. Jewelry is not allowed. Starting week 2 of the season, teams will be penalized 2 points for each player wearing an illegal jersey.
2. All players should wear cleats (both molded and detachable are allowed). Tennis shoes are acceptable but are not recommended. Metal cleats are strictly prohibited. Anyone found wearing baseball "spikes" will be ejected from the game.
3. All players will use official Sonic pop flag belts (provided at the field). Belts are to be worn around the waist with flags on the hips.

XFF Code of Conduct

1. All players shall respect the calls of the XFF officials.
2. Any player involved in fighting will be immediately ejected from the game and subject to further suspension at the discretion of the league. Games may be "double-forfeited" due to fights. Teams instigating fights will be expelled from the league. League fees will not be refunded for team expulsion due to fighting.
3. Unsportsmanlike conduct, including trash talking and rough play, will not be tolerated. This is a FLAG football league. Anyone not abiding by the XFF Code of Conduct may be ejected from games and potentially suspended from league play.
4. No littering! This includes sunflower seeds. Teams must clean up their sideline immediately after their game.
5. Any player who threatens or abuses (either physically or verbally) an XFF official before, during or after a game will be suspended from at least 1 week of games. Reinstatement will be determined based on the severity of the incident.
6. Regardless of whether it is intentional or not, players receiving a second personal foul in the same game will be automatically ejected.
7. Counting down the five-second play clock out loud is illegal. Officials will give one warning. The second offense is a 15-yard unsportsmanlike conduct penalty.
8. Captains are responsible for distributing the XFF rules and Code of Conduct to their team members. Only offensive or defensive captains are allowed to discuss calls and/or decisions with officials during the game.

9. XFF Referees have the discretion to penalize players/teams for violations not clearly outlined in the rules (for example, having players sit out a series for a near scuffle, trash-talking, etc). The ref's decision is final and binding. Players are expected to respect the ref's calls and act as responsible adults would. Players in violation of this, place their future playing time in the hands of XFF Management.

10. XFF reserves the right to suspend any particular player(s)/team(s) from any location(s) for an indefinite amount of time. XFF's goal is to promote a safe, non-violent league for players, their friends and family.

Game Clock

1. Games will consist of two 20-minute halves.
2. Each team may use 3-time outs per half. If a team is leading by more than 28 points in the second half, they may not use their remaining time outs.
3. The offense has 25 seconds between plays (officials count downtime from setting the markers). Delay of the game is a penalty (5 yards, replay the down).
4. The game clock will be kept by an XFF official and may be stopped at their discretion.
5. The clock will stop during the last two minutes of the second half if the score is within 14 points (14 points or less) ("Regulation Clock") in the following situations: incomplete passes; receiver steps out of bounds; extra point attempts; defensive penalties (excluding offsides); quarterback sacks; "five-second" penalties; turnovers / changes of possession.
6. During Regulation Clock play, the clock will stop until the ball and markers are set in the following situations: first downs; defensive offsides; offensive penalties (excluding quarterback sack and "five-second" penalty).

Scoring

1. Touchdown: 6 points
2. 5-yard PAT: 1 point
3. 10-yard PAT: 2 points
4. Safety: 2 points
5. Interception return for a touchdown on PAT attempt: 2 points

Forfeits

1. A game will be forfeited if a team is unable to start (or complete) a game with at least 4 players. In the event of a forfeit, the forfeiting team will surrender their $70 forfeit bond to cover both the team's game fees. In order to continue playing for the season, the $70 forfeit bond must be replaced.

Overtime

1. If a game is tied at the end of regulation play, a tiebreaker will be played to determine the winner. Captains will meet with the official for a coin toss to determine possession of the ball.
2. Both teams are given 2 plays, with no time outs, from the opponent's 10-yard line (similar to the college football overtime).
3. If the first team is unsuccessful in scoring, the opposing team takes possession at the 10-yard line and has 2 plays to score. If they score, they win.
4. If the first team is successful in scoring, they have the option of going for 1 or 2 points. The opposing team then tries their 2 plays to score and, if successful, attempts a conversion to either tie or win the game. If the opposing team does not score a touchdown or does not match the first team's extra points, the game is over and the first team wins.
5. If an interception occurs during overtime, the defense will take over at the 10-yard line unless the INT is returned for a TD. In this event, the defense will be awarded 6 points and the game will be over.
6. If the game goes to a 3rd overtime, both teams must attempt 2-point conversions.

Coin Toss

Officials will call each team captain for the coin toss prior to the game. Winner of the coin toss chooses to be on either offense or defense. The loser of the coin toss decides the direction of the ball. After halftime, the teams switch sides. The team that started the game on defense gets the ball.

Matriculation

Teams start possession at the 10-yard line (there are no kickoffs). The offense has 4 downs to reach the first down at mid-field (the 30-yard line), then 4 downs for another first down at the 10-yard line. Once inside the 10, the offense only has 3 downs to score a touchdown. If the defense stops the offense from scoring on 4th and goal, the ball will be placed on the 10-yard line regardless of where the stop was made.

Game Play

1. There must be at least one player on each side of the center and quarterback. The ball may not be snapped with a "trips" formation. Teams may line up with three receivers on one side but must move out of that form before the snap of the ball.
2. The receiver must have control of the ball with at least one foot in bounds.
3. The receiver must not leave their feet (jumping/diving) to avoid a defender. Will result in a 5-yard penalty.
4. Taking a knee does not stop the clock. The play clock will run until the ball carrier is touched by a defender.
5. The quarterback may intentionally ground the football. It is a legal play and there is no penalty.
6. In the event of an inadvertent whistle, the offense has the option to either replay the down or to take the play at the point the whistle was blown (unless the inadvertent whistle occurs during an interception return, in which case the ball will be spotted where it was when the whistle was blown).
7. All players are eligible to catch a forward pass so long as they are beyond the line of scrimmage.
8. The quarterback has 5 seconds to release the ball. The count starts on the snap of the ball. If the ball is not thrown within 5 seconds, it is a 5-yard penalty and loss of down. The 5-second rule is in effect during a muffed snap, which is a live ball and may be recovered by the offense and thrown, or recovered by the defense and returned.
9. It is illegal for the defensive team to count the five seconds out loud (even from the sidelines). Officials will issue one warning. Teams will be assessed a 15-yard penalty for unsportsmanlike conduct on the second offense.
10. In the event of a deflected/batted ball by the defender that is caught by the quarterback, he may run with the ball (even though it may be caught behind the line of scrimmage). The quarterback may NOT throw the ball again.
11. The quarterback can receive the snap from the center either from between the center's legs or from a "turn and throw" method where the center may throw the ball to the quarterback from a standing position.
12. Double passes ("throwbacks") are allowed, so long as the first pass is thrown laterally or backward and the second pass is released prior to the expiration of the five-second play clock. Dropped double passes are down at the spot.
13. Hand-offs, pitches, and laterals are all legal, but may not be advanced beyond the line of scrimmage. The receiver of the hand-off must throw the ball to a receiver beyond the line of scrimmage (or pitch it again). The 5-second rule is in effect and a forward pass must be thrown before the play clock expires.
14. Hook and ladder plays are legal. A receiver may pitch the ball to another player, so long as the second player is even with, or behind the initial receiver. If the defense intercepts the pitch, it is a live ball and may be returned. If the ball hits the ground, it is dead at the spot.
15. Flag guarding is illegal. It will result in a 10-yard penalty and loss of down. Flag guarding by the quarterback in the end zone is a safety.
16. The center may block the pass rusher. There is no blocking in the back and all blocks must be thrown with arms extended. Absolutely no cross-blocking, pull the defender down, holding, or blocks in the back. Other players may block the pass rusher, but there is no down-field blocking on receptions or interceptions. The play will be blown dead and the offending player may be called for an unsportsmanlike conduct penalty at the discretion of the official.
17. Pass rusher must start at least five yards from the line of scrimmage. If the rusher jumps the snap count, he must go back behind the rush mark before continuing to rush the quarterback (but he can still rush). The rusher

must go for the quarterback's flags. There is absolutely no stripping or attempting to knock the ball out of the QB's hands. Any player may rush so long as they start beyond 5 yards from the line of scrimmage. In the event of a double pass ("throw-back"), anyone may rush the ball carrier (no 5-yard rule).

18. Roughing the passer (hit any part of the QB hand) is a 10-yard penalty and an automatic 1st down.

19. Bull rushing is illegal. The pass rusher must pick a side of the blocker. He may not try to run through the center. The rusher may make contact with his arms fully extended. The rusher may not lower his shoulder into the blocker.

20. Receivers may not interfere with the pass rusher's path to the quarterback. This is only in effect beyond the line of scrimmage. Receivers may stay back and block the pass rusher so long as they engage the rusher behind the line of scrimmage.

21. "Canning" (blocking, bumping, checking, etc.) the center is not allowed unless the center crosses the line of scrimmage.

22. "Bump & run" coverage is allowed by the defense as long as the initial bump occurs within one yard of the line of scrimmage. This bump may continue for 5 yards. The receiver may use release moves to escape the bump. All checking/bumping must be done with extended arms and open hands, between the waist and shoulders. Contact to the receiver's head or face is strictly prohibited. Defensive holding is a penalty. If the receiver is bumped out of bounds, he may reenter the field of play, but may not be the first player to touch the ball or it is an incomplete pass.

23. The defender cannot contact the receiver beyond 5 yards, or when the ball is in the air. Face guarding is a pass interference penalty. The defender must turn and look for the ball. Pass Interference in the end zone will result in 1st and goal at the one-yard line.

24. There is absolutely no stripping of the ball allowed. Players must attempt to pull the ball carrier's flags. The defender may knock the ball away as a receiver is trying to establish possession, but once the ball is secured, it may not be stripped.

25. Interceptions are live and may be returned. One pitch or lateral is allowed on an interception return. An interception in the end zone – or inside the 10-yard line – and not advanced beyond the 10-yard line will be spotted at the 10.

26. Fumbles are blown dead at the spot of the fumble. There is no change of possession (no piling on).

27. Offensive offsides is a dead ball penalty. Five yards, replay the down.

28. Defensive offsides is a "free play" for the offense. Five yards, replay the down (or take the result of the play).

29. If a ball carrier falls to the ground without being contacted by a defensive player, he may get up and run, unless touched while down.

30. All offensive players must be set for one second before the snap. Only one player may be in motion at the snap. The motion must be lateral (no forward motion). If two or more players shift, they must be set for one second before the snap.

31. If the last defender available to make a play on a ball carrier holds, pushes, tackles, or in any way impedes the offensive player's progress without pulling the flags, the result of the play is a touchdown, unless declined by the offense. It is a judgment call by the official.

32. There is no kicking in X Flag Football. If the offense declares a "punt" on the 4th (or any) down, the ball will automatically be placed on the opponent's 10-yard line. If the offense elects to punt, then decides not to, a time out will be charged to that team. If the team has no time-outs left, they must punt.

Outlawed Plays

1. A QB cannot throw a forward pass to himself. It has to be at least touched by a player on the offense or defense (with some intent of doing so).

2. The QB cannot bounce the pass off the centers back and run with it as a completed pass. Both of these calls will result in an incomplete pass and are at the discretion of the officials.

3. The referee must blow the whistle in on every change of possession.

4. The defense may only call for offsides if the play results in a first down.

Offensive Penalties

Foul	Penalty
Offsides	5 yards & replay the down.
Delay of Game	5 yards & replay the down.
Offensive Holding / Illegal Block	5 yards & loss of down.
Quarterback crossing the line of scrimmage prior to pass	5 yards & loss of down.
Forward pass caught behind the line of scrimmage	5 yards & loss of down.
Illegal procedure ("trips")	5 yards & replay the down.
Offensive pass interference	5 yards & loss of down.
Flag guarding	10-yard penalty from the spot of infraction & loss of down. 1st down yardage prior to penalty results in
Unsportsmanlike conduct	15-yard personal foul from the end of the play (the down counts). 1st offense: player sits out a series
Impeding the rusher	The offensive player must avoid the rusher beyond the line of scrimmage. Contact or not, getting in the pass rusher's way is impeding the rusher. — 5 yards and loss of down.

game. Loss of down penalties on a PAT attempt result in a failed conversion (successful or not).

Defensive Penalties

Foul	Penalty
Holding ball carrier / Illegal flag pull	5 yards added to the end of the run.
Stripping	5 yards from the spot of the foul.
Roughing the passer	10 yards & automatic 1st down.
Illegal rush (not 5 yards back)	5 yards & replay the down or result of the play (offense may decline)
Bull rush	10 yards & replay the down.
Illegal contact (the ball has not left the QB's hand)	10 yards & replay the down.
Pass interference	Automatic 1st down at the spot of the foul.
Pass interference in the end zone	1st & goal at the one-yard line.
Unsportsmanlike conduct	15-yard personal foul (automatic 1st down).
Force out by defender	Spot foul and automatic first down.

General

1. First personal foul: Player will be suspended for 1 series (offense or defense). Second personal foul: Player is ejected from the game.

2. Fighting: Player is ejected from the game, potentially suspended, expelled from XFF and the team loses their forfeit bond.

3. Official clock: The clock will not stop if the losing team commits a penalty.

4. Zero tolerance for any verbal or physical abuse by any player or fan towards any XFF official (referee, Field Manager, owner, etc). Violation of this rule could result in an automatic ejection for the game and will be subject to further discipline by XFF management.

RAIN – We will play in the rain unless the field is not playable. This is usually determined by the school district, city, or field manager. The schedule page will be updated to reflect the game status. If you DO NOT get a call or see the games canceled on the schedule page, then the GAMES ARE ON.