

UFL 5 on 5 Rules

CO-Ed Version

Revised 11/3/11

Male/Female Ratio on playing field

There is a 2 to 3 ratio. Either two men and three women or three men and two women on the playing field at all times.

Equipment Football

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

Equipment Uniforms

All players on a team must wear jerseys or shirts with matching colors.

Numbers are necessary when statistics are kept. 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. Additional players are \$25.00 per player to add to the roster. The reason for this is Jordan School District now charges us a per player fee to use the fields so having additional players require a fee to cover the extra cost that wouldn't have been figured into the cost of the league.

All participants must be on the roster and have signed a waiver. Failure to complete this will incur a fine and possible suspension.

Length of the Game

Two 20 minute halves, with a 2 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. IF TIME PERMITS, refs may allow the teams to finish the final 2 minutes on a running clock ONLY if there have been ABSOLUTELY NO sportsmanship issues throughout the game. IT IS NOT a legitimate argument to say that you "paid" for the last 2 minutes. All the other teams paid as well, and we have a responsibility to keep the league functioning for all teams. There are legitimate & obvious reasons for having a mercy rule (for the sake of both teams), but more importantly, in the past, the police have told us, in no uncertain terms, that if we did not completely eliminate serious sportsmanship issues, they would not hesitate to shut our league down permanently. When there have been sportsmanship issues during a game, it is usually at the end where the frustration of losing, etc., have resulted in serious incidents. This is why we are NOT going to allow 17+ point margin games to continue beyond the 2 minute mark if there have been ANY sportsmanship issues WHAT-SO-EVER during the game. We will also not hesitate to disqualify players or end games even earlier than the 2 minute mark

if serious sportsmanship issues warrant such an action, at the referee's discretion. Please keep yourselves and your teammates under control so that we don't have to make tough decisions such as this and so that your league can continue to thrive.

Extended Playing Time

A period or half may be extended by an untimed down, only when during the last timed down one of the following occurs:

1. A touchdown was scored and the try for point is attempted as a part of the same half.
2. There was an inadvertent whistle and the down is to be replayed as a part of the half.
3. A penalty was committed by the defense at expiration of a half.
4. There was a fair catch interference and the offended team accepts an awarded fair catch, the half may be extended and the ball put in play by a snap.
5. If there was fair catch interference and the offended team accepts the distance penalty, the half will be extended by a replay of down.

Size of the Field

The playing field is 30 yards wide and 50 yards in length, with two 8 yard end zones. Total field size is 30 x 66 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 25 yard line, Then 4 attempts to make a touchdown. After a safety a team starts at the 15 yard line.

Kicking/Punting

No kickoffs or field goals. Live punt returns are allowed. Muffed (dropped) punt returns are dead at the spot. Receiving team must have three players on the line of scrimmage. Punting team must snap the ball between the centers legs to the punter. Both teams may not move at the line of scrimmage until the ball is kicked. Returning team players may attempt to jump and block the punt without crossing the line of scrimmage.

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.

Touchdown: When any part of the ball, legally in possession of a player inbounds, breaks the plane of the opponent's goal line, provided it is not a touchback. The plane of the goal line extends outside of the field of play. ***One extra point is awarded (touchdown would equal 7 points) if a female throws the touchdown.***

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. A forward pass that is caught behind the line of scrimmage must be an overhand pass. A shovel pass must cross the line of scrimmage or will be penalized as an **illegal forward pass**. Only one forward pass may be thrown per down. You can lateral the ball as often as you like. NOTE: There must be separation between the ball and quarterbacks hand before the receiver catches the ball. Handoffs are **not** considered a legal forward pass, therefore handoffs must be back. Also, to be considered an illegal forward pass by crossing the line of scrimmage the Passer's entire body must cross the line before the ball is thrown. **Exception: if the line of scrimmage is close enough to the goal line that the quarterback can reach the ball into the end zone and still have part of his body behind the line of scrimmage, and does so, then the play will be immediately dead and a loss of down will occur. No penalty yardage will be assessed.**

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 (clip on belt comes apart). 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 end of the play. Receiver can advance the ball if he falls down and is not touched or flags pulled.

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

Most fumbles are dead at the spot the ball hits the ground. Exception: Muffed snaps behind the line of scrimmage are live until the Quarterback or other player has gained possession. Then normal fumble rule applies.

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. Also, there is no pushing a receiver out of bounds while they attempt to make a reception. NFL rule permits this, we are a flag football league and you must play the ball or the flags. A catch will be awarded if the official determines a legal catch would have been made without the push.

Pass Rush

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. But no defensive player, who did not start 5 yards from the line of scrimmage, may cross the line of scrimmage until the lateral is thrown or handoff takes place. 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 or other receiver's route.

Blocking/ Contact/ Face Guarding

Absolutely no blocking or setting picks down field. In the A Division, if and only if both teams agree, Defensive backs are permitted ONE bump within five yards of the line of scrimmage. That contact must be between the waist and shoulders. All other contact will be penalized as illegal bump. A defender must look for the ball if defending the receiver. Defender may not run with the receiver and hold his/her hands up without making an attempt to play/look for the ball before it arrives to the receiver.

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. ***One extra point will be added to either try if a female throws for the score.***

Rule Clarification/Challenge

At any point during the game a designated Team Captain can request clarification of rule application or challenge a ruling on the field by calling a Timeout. Once the Timeout is granted, it is the responsibility of the designated Team Captain to identify to the Referee his/her discrepancy with the ruling and how it was applied in disfavor of them. The Referee will then report the matter to the Field Supervisor or League Director for final ruling. If the decision is reversed the challenging Team will not be charged a timeout. In the event a call is upheld, the challenging team will be charged one of its three timeouts.

If the challenging team has no timeouts remaining it will be assessed a delay of game penalty of 7 ½ yards and a loss of 10 seconds if under two minutes of either half. Teams are permitted one (1) challenge per half. Judgment calls are **NOT** for challenge.

Overtime

A coin toss shall determine which team gets the ball first. Each team will decide to go for 1 point (3 yard line) or 2 points (10 yard line). Each team will have up to 3 attempts to score during regular season play, before ending in a tie. After both teams have had a try, if either team is a head, that will end the game. *Also, teams alternate who goes first at the start of each round. Ex. Team who went first in the first round will go second in the second round and first in the third round.* During the playoffs the overtime process will continue until there is a winner. Interceptions may be returned for a touchdown resulting in victory.

Alternate - 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 regular season the game will end in a tie if both teams are still tied after each team has had one possession. During the playoffs 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 for the game. Fighting with other players or touching, belittling or demoralizing referees will result in ejection from the game. The entire team may also be ejected from the game at the discretion of referees. All ejections will be reviewed by the board and commissioners and further action may be taken (fines or ejection for multiple games or the season). Excessive taunting or "trash talking" could also result in disqualification from a game. If a team is disqualified/ejected from the league 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 + replay down
- Illegal Formation - 2½ yards + replay down
- Illegal Rush - 2½ yards + replay down
- Stripping - 2½ yards at the end of the play
- Running into Rusher/Center - 2½ yards + replay down
- Pulling a player's flag away from the ball - 2½ yards at end of the play
- 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 its 5 yards from original line of scrimmage & replay the down. NOTE: the reason for this is because it is often a questionable call.)
- Jumping or Diving to advance the ball - 2½ yards from spot + down counts
- Defensive Holding - 2½ yards + automatic first down
- Illegal Bump/Contact down field by Defender - 2½ yards + automatic first down
- Illegal forward pass/Second forward pass - 2½ yards + loss of down
- Illegal play (running play/no pass) - 2½ yards + loss of down
- Flag Tying - 5 yards + possible ejection
- Blocking, Illegal Pick - 5 yards from spot of foul
- Tackling - 5 yards from end of play
- Contact with center before they stand up - 5 yards + replay down
- Offensive pass interference - 5 yards from original line of scrimmage
- Roughing the passer - 7½ yards added to the end of the play + automatic first down
- Defensive pass interference/Face Guarding - 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. Mandatory 1 game suspension for throwing a punch (even if it does not connect).
- Touching, belittling, demoralizing referees - Ejection + possible disqualification and police action.
- Begging the Call - "The team captain(s) will be the only player(s) who is/are allowed to address the referees and the captain addressing the referees should be done so in a respectful manner and really should just be in the form of a question, rather than complaining.

If any player, including a captain, disrespectfully addresses a referee the team may be penalized and the player ejected. Referees have the authority to call a "begging the call" penalty that increases in enforcement.

If a player is disrespectful, or 'begs for a call', or excessively complains, a "begging the call" penalty may be called progressively (for the team, not a particular player) starting with a warning on the first infraction, to 5 yards on the 2nd infraction (by the team), to 10 yards for the 3rd infraction (by the team), and then any additional infractions would be 15 yards. These penalties would be dead ball penalties marked off after the end of the play. If a particular player is responsible for repeated infractions of this penalty they may be asked to sit out for a certain number of player, series, a half, or even ejected from the game."

Modified Multiple Team Policy: There are some players who have played on multiple teams and since some of these teams have moved up divisions, some of these players are playing on multiple teams within the same division. As long as they play on both teams all season (minimum of six games on each team), we don't have a problem with that, but we don't want to see players switching teams or playing on multiple teams only at the end of the season. When it comes time for playoffs the policy will be that the players need to pick one team if their multiple teams are in the same division. However, if (before the game) your playoff opponent agrees to let you play on a 2nd team then it's ok, but again, ONLY if you've played on both teams all season. This is the fairest compromise that we could come up with.

Playoff Policy: To participate with a team in the playoffs you need to be listed on the official roster and have played at least three regular season games. Also refer to the Modified Multiple Team Policy above. Changes/additions may be made through UFL Officials, ahead of time.