



# ***5v5 FOOTBALL TOURNAMENT***

***(RULES & REGULATIONS)***



## **TOURNAMENT RULES & GUIDELINES**

(BELOW you will find ALL of the rules, regulations and details needed to REGISTER & safely PLAY & perform in ANY "QB1nc. 5v5" Tournament. Do you have what it takes to CONQUER THE NORTH ????)

### **OFFICIAL TEAM RULES**

- Players required to participate (5-10)

**MAX ROSTER SIZE = 10**

1. TEAMS are ENCOURAGED to bring BOTH a LIGHT & DARK COLORED UNIFORM to play.
2. Home teams should wear dark colored jerseys. Visiting teams wear light color jerseys.
3. Teams must consist of at least five players with a recommended maximum of 10 players.
4. Teams must start games with a minimum of five players. In the event of an injury, a team with insufficient substitute players may play with four players on the field but no fewer than four!!!

### **POSITIONS**

#### **Offense**

1. The five players on offense consist of a center, a quarterback and three eligible receivers.
  - a. Center. This player is responsible for snapping the ball and is eligible to go out for passes, once they have snapped the ball.
  - b. Quarterback. The quarterback is the offensive player who first gets possession of the ball after the snap. The quarterback cannot directly run with the ball across the line of scrimmage without first handing the ball off to a teammate and then receiving a second handoff back or receiving a pass.
  - c. Receiver/Back. Any player who does not initiate the snap nor receive the snap is considered an eligible receiver/back and can either receive a handoff or catch a pass.

#### **Defense**

1. Only the SOLO RUSHER is eligible to rush the quarterback.

- a. *RUSHER. Any player who rushes the quarterback must be, SELF-IDENTIFIED and a minimum of seven yards behind the line of scrimmage at the snap.*

*( For fields that do not include yard lines, officials will mark this seven-yard zone before every play. )*

- b. *RUSHERS must identify themselves by raising ONE hand above their shoulders TO NOTIFY OFFICIAL. ( can be faked or hidden from opposing team )*

*2. Following a legal handoff, any member of the defense can cross the line of scrimmage.*

## **Equipment**

1. *Players must wear shoes. Some Cleats may not be allowed at **THE JIM ROBINSON FIELDHOUSE**. Cleats with exposed metal are NEVER ALLOWED and must be removed.*

*\*( YOUR SAFEST BET IS SOME SORT of TURF/WEIGHTROOM HYBRID SHOE (TURF SHOE/TRAINER) or a LIGHTWEIGHT SET OF SOCCER CLEATS with LOW PROFILE RUBBER CLEATS or REGULAR FLAT TRAINER TREAD )\* - **FIELDHOUSE TURF IS VERY CLOSE TO A CARPET-LIKE TEXTURE, VERY LOW-CUT & CAN BE SLIPPERY WITH LENGTHY CLEATS !!!***

2. *Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metal are not allowed.*
3. *Players must remove any jewelry on the hands or wrists for player safety.*
4. *Players are NOT REQUIRED to but are HIGHLY ENCOURAGED TO wear a MOUTHGUARD.*
5. *ABSOLUTELY NO aerosols, sprays, pastes, creams or additives of ANY KIND whatsoever tolerated in regards to IMPROVING THE GRIP OF YOUR OWN BALL or GLOVES/HANDS.*
6. *We recommend players wear TIGHT FITTING shorts or pants that do not have lengthy pockets.*
7. *The Ball:*
  - *The ball shall be made of four panels of pebble-grained leather in natural tan or brown color with eight equally spaced lacings and new or nearly new with no alterations. The ball shall be an ellipsoid spheroid of regulation dimensions and inflated to a pressure of what is stated on the appropriate ball for each division.*

*- TYPE OF FOOTBALLS:*

- For men's or co-ed games, ALL **adult** size balls shall be used.  
(example: OFFICIAL WILSON DUKE or WILSON GST or Nike Vapor Elite or SPAULDING J5-V LOL)
- For women's games, use **Youth** Ball dimensions. (example: USA Football Youth or Wilson TDY)
- For junior games aged under-15, **youth** sized balls shall be used. (example: USA Football Youth or Wilson TDY)
- For youth games aged under-13, **junior** size balls shall be used. Balls need not be leather.  
(example: USA Football Junior or Wilson TDJ)

## **OFFICIAL GAME FORMAT & RULES**

1. At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.
  2. The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Possession changes to start the second half to the team that started the game on defense. Teams change sides after the first half.
  3. The offensive team takes possession of the ball at its 5-yard line and has four plays to cross midfield. Once a team crosses midfield, it has four plays to score a touchdown. Crossing midfield is the only opportunity for an offense to gain a first down within a single possession.
  4. If the offense fails to score, the ball changes possession and the new offensive team starts its drive on its own 5-yard line.
  5. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its own 5-yard line.
  6. If the defense intercepts the ball, a defensive player can attempt to return it until down or out of bounds.
  7. All possession changes, except interceptions, start on the offense's 5-yard line.
- **SEEDING GAMES will be approximately 30 minutes total in length.**
    - X2 HALFs (15 MINUTE each) running time for SEEDING & PRELIM games
    - Clock will ONLY be stopped upon use of timeouts or w/ injury stoppages.
    - Approx. 2 minute or less half-time break period depending on team readiness.
    - OFFICIAL LEAGUE CLOCK, will be kept for ONLY the ELIMINATION GAMES.
    - ELIMINATION GAMES: will be approximately 40 minutes total in length.

- **OFFICIAL LEAGUE CLOCK:**

1. Games are played on a 40-minute continuous clock with two 20-minute halves unless one team gains A 30-point advantage at which point, the score is no longer kept. (GAME MAY BE COMPLETED UNTIL TIME ELAPSES)
2. The clock **ONLY** stops for timeouts or injuries only, though officials can stop the clock at their discretion for injury, to stop a team from delaying or other unsportsmanlike conduct.
3. Halftime is two minutes.
4. Each time the ball is spotted, a team has 30 seconds TOTAL to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced **UPON EACH INFRACTION**.
5. Each team has two 30-second timeouts per half.
6. In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play and both teams are lined up ready to restart the play.

\* IF STOPPAGE OF TIME OCCURS b/c of injury, that play **MUST LEAVE FIELD FOR** at least one PLAY!

7. **OFFICIAL CLOCK STOPPAGES under LEAGUE CLOCK RULES are as follows:**

1. To award a first down, also after a change of team possession.
2. To complete a penalty.
3. When the ball or the runner goes out of bounds.
4. When a pass or fumble (forward or backward) strikes the ground.
5. When a score is made and during and after the following try and onside snap.
6. When a charged timeout is granted.

**OFFICIAL RULES for OVERTIME:**

1. A coin flip will determine the team that chooses to be on offense or defense first.
  - a. If a second round of overtime must be played, the team that lost the coin toss will get to choose offense or defense for the start of the second round of overtime. This process continues with teams alternating who gets to choose to be on offense or defense to start out during every round of overtime.
  - b. The official will determine on which end of the field the overtime will take place.
2. Each team will take turns getting one (1) play from the defense's 5-yard line for one point or the defense's 10-yard line for two points. Whether to go for one or two points is up to the offensive team. Whether or not the team that begins on offense converts, the team that started on defense gets a chance on offense to win or tie by converting a one- or two-point play of its own.

- a. Example: Team A starts on offense and chooses to go for one point from the 5-yard line and is successful. Team B is then on offense and can choose to either go for one point from the fiveyard line to tie and force a second round of overtime or to go for two points from the 10-yard line for the win.
  - b. If the second team on offense in an overtime round fails to beat or match the team that went first, the team that went first wins.
3. All regulation period rules and penalties are in effect.
4. There are no timeouts in overtime.

## **Scoring**

- 1. Touchdown: Six 6 points
- 2. PAT (point after touchdown) 1 point (5-yard line) or 2 points (10-yard line).
  - a. Because of the No-run zone, a one point PAT is pass only; two point PAT can be run or pass.
    - i. Defense touchdown on a try - 2 points.
    - ii. Safety - 2 points iii. Safety on a try - 1 point.
  - b. A team that scores a touchdown must declare prior to the snap whether it wishes to attempt a one- or two-point conversion.
  - C. Any change, once a decision is made to try for the extra point, requires a charged timeout.
  - D. A decision cannot be changed after a penalty.
  - E. Interceptions can be returned for a safety (2 points) .
- 3. Safety: 2 points
  - a. A safety occurs when the ball-carrier is declared down in his or her own end zone. Runners can be called down when they are touched with 2 hands by defensive players, or they step out of bounds, a knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the goalline.
  - b. A penalty occurring in the endzone for the offensive team may also be ruled a safety by officials.

## **Coaches**

- At the Youth level, one coach is allowed on the field to call plays and direct players according to need.
- Once the quarterback begins his or her cadence, however, coaches can no longer speak and must be behind the deepest offensive and defensive players and out of the action.
- At the Youth level, Coaches can assist in the alignment of their players to facilitate a fast-paced game, but coaches on the field may not provide extra instruction or make audibles to play calls once the huddle is broken.
- Coaches on the sidelines can provide this information to players on the field.

**TOURNAMENT STYLE CLOCK** *(this is the style of clock & timekeeping format to expect in large SINGLE DAY TOURNAMENTS)*

- Youth (5-10 years old) Two 12-minute halves 2 minutes Running clock
- Junior (11-17 years old) Two 15-minute halves 2 minutes Running clock
- Adult (18+) Two 20-minute halves, - RUNNING time. 2 minute halves.
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- LEAGUE CLOCK FORMAT, will be followed for the CHAMPIONSHIP GAMES ONLY.

**\*Up to tournament organizer's discretion on what type of game clock setting they would like to use.**

**Live Ball / Dead Ball**

1. The ball is live at the snap and remains live until an official's whistle blows the ball dead.
2. The official will indicate the neutral zone and line of scrimmage by spotting the ball before each play and signaling ready for play with a short whistle.
  - a. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regard to the neutral zone, an official may give both teams a "courtesy" neutral zone notification prior to the snap to allow their players to move back behind the line of scrimmage.
3. The defense may not mimic the offensive team's signals by trying to confuse the offensive players while the quarterback is calling signals to start the play. This will result in an unsportsmanlike conduct penalty.
4. A player who gains possession of the ball is considered inbounds as long as one foot comes down in the field of play.
5. Substitutions may be made on any dead ball.
6. Any official can whistle the play dead.
7. Play is ruled "dead" when:
  - a. The ball hits the ground i. If the ball hits the ground as a result of a bad snap, the ball is then placed where the ball hit the ground
  - b. The ball-carrier's flag is pulled
  - c. The ball-carrier steps out of bounds
  - d. A touchdown, PAT or safety is scored

- e. Any part of the body other than feet or hands touches the ground
- f. The ball-carrier's flag falls out
- g. The receiver catches the ball while in possession of one or no flag(s)
- h. An inadvertent whistle

8. In the case of an inadvertent whistle, the offense has two options:

- a. Take the ball where it was when the whistle blew, and the down is consumed.
- b. Replay the down from the original line of scrimmage.

9. A team is allowed to use a timeout to question an official's rule interpretation. If the official's ruling is correct, the team is charged a timeout. If the rule is interpreted incorrectly, the timeout is not charged and the proper ruling will be enforced. Officials should all agree upon any controversial call in order to give each team the full benefit of each call.

10. A team with no timeout remaining cannot challenge a rule interpretation, though officials can come together independently and reverse a call by unanimous decision.

## **Running**

1. The ball will be spotted where the ball is located when the player is contacted with 2-hands. Single hand touches will not down the ball-carrier & they may keep advancing the ball until 2-hands contact them.
2. The quarterback cannot directly run with the ball.
3. Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player but must take place behind the line of scrimmage. The offense may use multiple handoffs.
  - a. The "center sneak" play is NOT allowed as centers are ONLY ALLOWED TO RECEIVE PASSES.
4. No-run zone are located five yards before the end zone in the direction the offense is headed. They are designed to avoid short-yardage, power-running situations. Teams are not allowed to run in this zone.
5. Any player who receives a handoff can throw the ball from behind the line of scrimmage.
6. Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush.
7. Runners may leave their feet to dive for the endzone or a boundary, however no HURDLING allowed.
8. Spinning is allowed, but absolutely no using the move to TRUCK or RUN SOMEBODY OVER.



9. Blocking or “screening” is allowed at ALL times, however players are subject to same calls as lineman.
11. Offensive players without the ball can use motions & advance upfield ONCE the ball has been snapped.
12. TAG OBSTRUCTION – Any player that is seen slapping defenders hands away, will be considered down at the spot of that infraction. Stiff arms are allowed, keep in mind the defender simply has to touch your arm with 2 hands to consider you down.
13. CONTACT guarding is an attempt by the ball-carrier to obstruct the defender’s access to contacting themselves by simply lowering their heads and attempting to bulldoze the opponent out of this universe.

### **Passing**

1. A pass is considered a forward pass if the ball first touches anything beyond the spot where the ball is released. All other passes are backward passes, even if it is lateral (parallel to the scrimmage line).
  - a. The quarterback may throw the ball away to avoid a sack. The pass must go beyond the line of scrimmage and be in the direction of a legitimate targeted receiver.
  - b. Quarterbacks cannot spike the ball dead unless the ball travels beyond the line of scrimmage and is in the vicinity of a teammate that is eligible.
2. There is a total of SEVEN potential SECONDS on the pass clock - it begins upon the snap and consists of:
  - a. The 1st FOUR seconds are for the QB to release the football whether it be handoff or pass.  
\*IF THE QB FAILS TO PASS OR HANDOFF, SACK IS CALLED!
  - b. The clock continues UPON handoff for an additional THREE seconds until the ball is PASSED or the ball carrier has to RUSH the football.
3. Shovel passes are allowed but must be a FORWARD pass received BEHIND the line of scrimmage.  
  
(SHOVELS & HANDOFFS add additional 3 seconds onto PASS CLOCK & does not count as the downfield throw.)
4. Any player who has received a legal shovel pass or handoff can throw the ball forward ONCE as long as they are still behind the line of scrimmage.

(EXAMPLE: Slot Receiver takes shovel pass from QB, then hands ball off to Receiver from other side of field which appears to be a REVERSE - receiver then pitches a lateral to QB still behind LOS - QB may still throw 1 downfield throw to receivers. BE AWARE of 7 SECOND PASSING CLOCK!)

### **Receiving**

1. All players – are eligible to receive passes.
2. A player must have at least one foot inbounds to make a legal reception.

3. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

4. Interceptions are returnable and are the only changes of possession that do not result with starting on the 5-yard line.

### **RUSHING the PASSER**

1. All players who rush the passer must be a minimum of seven yards behind the line of scrimmage when the ball is snapped and must declare themselves by raising their hand.

2. Players not rushing the quarterback can defend on the line of scrimmage.

3. Players CAN raise their hand to demonstrate blitz intent, then choose to fake the blitz & defend the run/pass etc.

4. Once the ball is handed off, the 7-yard rule no longer is in effect, and all defenders may go behind the line of scrimmage.

5. A marker, or the official, will designate a rush line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position and identify themselves before every play.

a. A legal rush is: i. Any rush from a point 7 yards from the defensive line of scrimmage.

ii. If a rusher leaves the rush line early (breaks the 7-yard area), they may return to the rush line, reset and then legally rush the quarterback.

iii. If a rusher leaves the rush line early and the ball is handed off before he/she crosses the line of scrimmage, he/she may legally rush the second receiver.

b. A penalty may be called if:

i. The rusher leaves the rush line before the snap crosses the line of scrimmage before a handoff or pass – illegal rush (5 yards from the line of scrimmage and first down).

ii. Any defensive player crosses the line of scrimmage before the ball is snapped – offsides (5 yards from line of scrimmage and first down).

iii. Any defensive player not lined up at the rush line or declared crosses the line of scrimmage before the ball is passed or handed off – illegal rush (5 yards from the line of scrimmage and first down).

c. Special circumstances:

- i. Teams are not required to rush the quarterback with the seven second clock in effect.
  - ii. Teams are required to identify their rusher before the play.
- 6. Players rushing the quarterback may attempt to block a pass; & they may attempt to simply contact the QB with 2 hands to mark the player down for a SACK.
- 7. The offense can elect to keep the eligible center, in the pocket & impede potential rushers to give the QB extra time & pass protection. *HOLDING WILL BE CALLED.*
- 8. A sack occurs if the quarterback's touched by the defending teams players with a total of 2-hands.
  - a. A safety is awarded if the sack takes place in the offensive team's end zone.

### **Holding, Contact and Aiming**

- 1. Holding is grasping an opponent or their equipment, not releasing immediately and impacting the opponent.
- 2. Contact is touching an opponent with impact. Touching with no impact is not a foul.
- 3. Aiming is to target and initiate contact with an opponent or to run into an opponent on purpose, with the intent of trying to strip the football and cause a "FUMBLE". The moment 2-hands are placed on the ball-carrier they are by rule *DOWN BY CONTACT*, the only true FUMBLE that occurs is when a ball-carrier simply mishandles the football whilst in the natural motion of play.
- 4. Shielding is offensive players running their routes, or attempting to place themselves in the way of the defenders (acting almost as a screen in basketball) - this is allowed and can be used to strategize plays.
- 5. Defenders *MAY USE THEIR HANDS* to help shed offensive players attempting to *SHIELD & BLOCK* them from the ball-carrier. Defenders may not rip, club, swat, or throw offensive players in *ANY MANNER*.

### **Formations**

- 1. Offenses must have a minimum of one player on the line of scrimmage (the center) and any number of players on the line of scrimmage.
  - a. One player at a time may go in motion 1 yard behind and parallel to the line of scrimmage.
 

*EXAMPLE: An offensive player lined up 3 yards deep in the backfield can never go in motion. A player in motion must either start from a set position on the line of scrimmage or 1 yard off to adhere to the rule.*
  - b. No motion is allowed toward the line of scrimmage.
- 2. Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.

3. The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.

### **Unsportsmanlike Conduct**

1. If the field monitor or official witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game.
2. The decision is made at the referee's discretion. No appeals will be considered.

### **FOUL PLAY WILL NOT BE TOLERATED!**

3. Players may not physically or verbally abuse any opponent, coach or official.
4. Ball-carriers **MUST** make an effort to avoid defenders with an established position.
5. Defenders are not allowed to run through the ball-carrier when pulling flags.
6. Fans must also adhere to good sportsmanship as well:
  - a. Yell to cheer on your players, not to harass officials or other teams.
  - b. Keep comments clean and profanity free.
  - c. IF YOU FEEL THE NEED TO SAY SOMETHING, attempt to MAKE IT POSITIVE !!!
7. Fans are required to keep fields safe and kid-friendly:
  - a. Keep younger kids and equipment such as coolers, chairs and tents a minimum of 10 yards off the field in the end zone area.
  - b. Stay in the end zone area, not between fields.

( **The Administrative Zone:** is reserved for league administration, game officials, medical personnel, coaches & players only )

- c. Dispose of ALL trash in designated trash cans.
8. Unsportsmanlike conduct penalties:
  - a. Defense + 10 yards from line of scrimmage and automatic first down
  - b. Offense - 10 yards from line of scrimmage and loss of down

### **Officials**

1. *Jurisdiction of Officials - The officials' jurisdiction begins with the coin toss and ends when the Referee declares the score final.*
2. *The game shall be played under the supervision of 1-3 officials per game depending upon the number of staff available per event.*
3. *Offensive or confrontational language is not allowed. Officials have the right to determine offensive Language.*
  - a. *If offensive or confrontational language occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game*
4. *Contact with Game officials as they determine penalties is fair play & incidental contact may result from normal run of play.*
5. *All penalties will be assessed from the line of scrimmage, except as noted (Spot fouls).*
6. *Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. Players may not question calls.*
7. *Games may not end on a defensive penalty unless the offense declines it.*
8. *Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.*
9. *Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.*

### **Penalties**

#### **ii. Defensive Spot Fouls:**

- *Holding: +10 yards & automatic first down,*
- *Pass interference, +15 yards & automatic first down*

#### **iii. Offensive Spot Fouls:**

- *Charging/Trucking: (-10) yards & loss of down*
  - *False Start: (-5) yards & repeat down*
  - *Delay of Game -5 yards & loss of down*
  - *Pass interference: (-15) yards & loss of down*
  - *Holding: (-10) yards & repeat down*
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Coach **RYAN STROUD** of "QB1nc." & **DOUGLAS KANE** (Director of Fieldhouse): have **the FINAL CALL** when it comes to ANY contested results, scores, time related issues & **ALL calls** made by the staffed officiating crew.