

UNITED SPORTS LEAGUE



Men's Flag Football 5 on 5 Rules *(Updated as of 3/19/16)*

Rules: Part 1

1. The Game Overview
2. Field
3. Players
4. Equipment

Section 1 - The Game Overview

- No Contact allowed
- NO BLOCKING anytime or anywhere on the field. Offensive players not involved with a play down field must attempt to get out of the way or stand still with their arm's to side.
- A coin toss determines first possession. Home team will call coin toss.
- The offensive team takes possession of the ball at their 5-yard line and has three (3) plays to cross mid-field. Once team crosses mid-field, they will have three (3) plays to score a touchdown or attempt the U-point. The U-point can only be attempted inside mid field and during 3rd down. Ex. 3rd down the ball is on the opponent 15 yrd line. The team decides to go for the U-point instead of TD.
- If the offensive team fails to cross mid-field or score, possession of the ball changes and the opposite team starts their drive from their 5-yard line.
- All possession changes start on the offenses 5-yard line (exception: Interceptions may be returned and the ball will be marked where the play ends).
- Each time the ball is spotted a team has 25 second to snap the ball. Teams will receive one warning before a Delay of Game penalty is enforced. A warning in the last minute of the game will stop the clock.
- Games consist of 2-18 minute halves. Teams will flip sides at beginning of 2nd half. Half time will be 2 minutes. Team that started the first half on offensive will begin 2nd half on defense.
- Coin Toss: There are NO Deferments. The winner of the coin toss will start with the ball on the 5 yard line. The team that did not win the toss will choose side. Both teams will switch role on the 2nd halves
- Running clock: except injuries & time-outs(if injuries player take more then 1min to be remove then time out will be charge). In the last minute of the game, if the difference in score is less than 10 points, a pro clock is used (stoppage on out of bound, incomplete passes, defensive penalties, offensive penalties, offensive warnings, and scores)

- **Mercy Rule:** If a team is ahead by 30 points or more at anytime during the 2nd half of 8 minutes left in a game, the game will be called.
- Regular season games that end in a tie will be ruled as a tie, playoff or single elimination games will go to an extra point shootout.

Section 2 - Fields

- The Field dimensions will be 30X70 yards (two – 10 yard end zones).

Section 3 - Attire

- Cleats are allowed, except for metal spikes. Inspections can and will be made.
- Shirts must be tucked in shorts, pants, etc. (Referee have the right to call one-hand touch if player have a shirt over his flag).
- USL will no longer provide flags. We will offer a special deal for purchase. Sonic Flags.
- No headgear with an extended bill may be worn (ex: caps, visors, etc). Exceptions will be made if the bill is backwards
- Standard Uniforms included (2med,5L, 3XL)

Section 4 - Roster

- Official Rosters must be approved by a USL representative and turned into the League Commissioner 45 minutes prior to a team's first game. After the League has started, and a roster has been declared, rosters cannot be changed.
- Teams must have five players on the field, and can have rosters of up to 10 players. Substitutions are unlimited, and can be made between plays.
- Players can play on multiple teams in different divisions, but cannot play on multiple teams in the same division. However, scheduled games cannot be delayed to accommodate players or teams participating in multiple divisions.
- All players must be 18 years of age or older, or have a minor consent form signed by their parent or guardian.
- All players must be sign into the system no later then week 3 or opponent team will receive the ball both first and second half.

Rules: Part 2

1. Players/Game Schedules
2. Scoring
3. Timeouts

Section 1 - Players/Game Schedules

- Teams must field a minimum of four (4) players at all times.
- If a team or teams are more than 7 minutes late for their scheduled games then the clock will start and team that is there will receive 1pt per minute. At ten minutes teams still does not have the minimum amount of players to play on the field then game will be forfeited. Score will be 10-0.)

- We reserve the right to reduce, shorten, or reschedule games due to inclement weather or unforeseen circumstances.
- All players must carry I.D. for proof of age and identity if needed.

Section 2 - Scoring

- TD=6points
- U-Points = 3points interception U-Point 2points
- Extra Point=1 (5 yards, out) 2(10 yard out)
- Safety=2points

Section 3 - Timeouts

- Each team has two (2): 60-second time outs per game, in which the clock stops.
- Officials can stop the clock at their own discretion.

RULES: Part 3

1. Rushing the QB
2. Center Snap
3. Running
4. Passing
5. Receiving
6. U-Points

Section 1 - Rushing the QB

- Before each play the referee will mark off 10 yard from the line of scrimmage. All players that rush the passer must be a minimum of 10 yards. Any number of players can rush the qb. The rusher does not have to line up with a clear path to the quarterback., but if he rush from other area then center of the field, the offensive player is not required to move out of the rusher's lane to the qb. Any number of players can rush the QB.
- Players not rushing the QB may defend on the line of scrimmage.
- If the ball is handed off, the 10-yard rule is no longer in effect and all defenders are eligible to rush.

Section 2 - Center Snap

- All center snaps must be made between the center's legs. A false movement of the football by the center after he is set shall constitute a false start.
- At all times the ball shall be snapped from the spot marked by the official ball marker.
- The Center CANNOT take a direct hand off.

Section 3 - Running

- The Quarterback CANNOT run the ball.

- Only direct hand-offs behind the line of scrimmage are legal.
- NO laterals or pitches of any kind.
- Offense may use multiple hand-offs.
- The person receiving the hand-off must run the ball past the line of scrimmage before the 7 sec count out.
- The player who takes the hand-off can throw the ball as long as he does not pass the line of scrimmage.
- "No Running Zones" are located 5 yards before the end zone and 5 yards before mid-field in each offensive direction. These are designed to avoid short yardage power running situations. (Also the 7 second count for the qb will be reduce to 5 second during no running zone)
- Spinning is allowed but players cannot leave both feet (above 4 inches high to avoid a defensive player). (They can juke with one leg at time).
- The ball will be spotted at the point where the players hips were when his flag was pulled, unless the player is running backwards, in which case it will be spotted at the point of the ball.
- Ball & flags must break the plane for a 1st down and touchdown.

Section 4 - Passing

- All passes must be forward and received beyond the line of scrimmage.
- Shovel passes are allowed, but must be received beyond the LOS.
- Backward Laterals, screen passes behind the line of scrimmage, or downfield pitchers are not allowed.
- A Forward Pass/Lateral is defined as a live ball thrown towards the opponent's goal line.
- QB has a 7-second "pass clock". If a pass is not thrown within the 7 seconds, play is dead, (Remember if the qb hand-off the ball to runner; the runner must run the ball over the line of scrimmage before 7-seconds or loss of down, ball returns to line of scrimmage. The pass clock will be 5 second during no run blitz zone. Once the ball is handed off the 7-second rule is no longer in effect.
- Interceptions may be returned. Interceptions during Extra Point may be run back for 2 points. If an interception occurs in the end zone, and the player's flag is pulled before he leaves the end zone, the ball will be spotted on the 5-yard line. Interceptions may be returned from the end zone.

Section 5 - Receiving

- All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage).
- Only one player is allowed in motion at a time.
- Player must have at least one foot in bounds when making a catch.
- Pass may not be intentionally tipped in any direction to another teammate.

Rules: Part 4

- 1. Dead Ball**
- 2. Overtime & Sportsmanship/Roughing**

Section 1 - Dead Ball

Play is ruled "DEAD" when:

- **Offensive player's flag is pulled.**
- **Ball carrier steps out of bounds.**
- **Touchdown is scored.**
- **Ball carrier's hand, knee or the ball hits the ground.**
- **If an Offensive Players flag falls out during the course of a play, a defensive player must touch him for the ball to become dead.**
- **Equipment Violation: The play will be called dead at the snap if any offensive player begins the play without both flags attached to the belt. If the referee misses the illegal equipment violation the play will continue and the defensive player must touch the offensive player for the play to be dead. Five yards (L.O.S), loss of down**
- **There are no fumbles. Ball is spotted where it hits the ground. Anytime the ball touches the ground it is dead. Exceptions: Any ball dropped in a forward motion will be brought back to last point of contact. (Also inside the 1minute the ball is fumble then clock continues)**
- **A Safety (offensive player downed in own end zone, or penalized in own end zone) will result in two points for the defense, and a change of possession**

Section 2 - Overtime

- **If the score is tied at the end of 36 minutes during single-elimination play, teams move directly into overtime. There will be no overtime for regular season play.**
- **Overtime winners will be determined by an extra-point shoot-out in which points are awarded to teams for successful conversions.**
- **Coin toss determines possession for the first round.**
- **Each team will have the option to go for a one-point conversion (5 yards) or a two-point conversion (10-yards). The team who has the most points at the end of the overtime round will be declared the winner.**
- **Interceptions may be returned for two-points.**
- **If each team has attempted a conversion and the score is still tied, the team which went on offense 1st in the previous round will start out on defense in the next round, and vice-versa. This will continue until a winner is declared.**

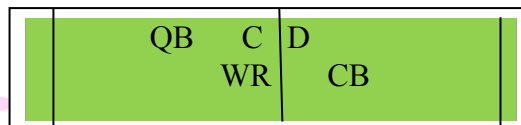
U-POINT 2.0 (united sports replica of field goal points).

***No Field goal attempts at all. USYL has the U-point system which is a substitute for a field goal. It's a two- on-two scenario with a receiver and center vs DL and cornerback Ex:**

(Quarterback throwing the ball to his receivers and crossing the end zone team will receiver 3points. The Qb has 5 seconds to throw the ball or the play is dead. One player on defense will be lineup on the line of scrimmage facing the center. The Wide receiver and cornerback will be facing each other as well. The center must snap the ball between his leg and qb must be at least 3 yards Shotgun position from the center.

If the defensive team commits a penalty during the U-point that penalty will result in a 1st down. If the offense team commits a penalty then the result will be a loss of down. The defensive can get 2points if he intercepts the ball.

You can only attempt the u-point if your team is inside midfield. (25 yards or less)



Section 3 –Sportsmanship /Roughing

G -5- No Run -25- No Run - 5- G

- **FOUL LANGUAGE WILL NOT BE TOLERATED!** USL events offer many activities that attract young children. Inappropriate language will not be allowed. Referees will be instructed to penalize teams and players for using excessive foul language. Repeated offenses will result in players being ejected from individual games, and, at the League Commissioner's discretion, from the League.
- If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player can be ejected from the game. Tournament director may decide to eject players from the tournament/league. **FOUL PLAY WILL NOT BE TOLERATED.** Team Fine \$20 which will be donated to United Sports Youth League.
- Trash talking is illegal. Official has the right to determine language that is offensive. (Trash talk is that which may be offensive to official, opposing team, or spectators). Referee can eject players from the game for trash talking.
- **Fighting:** Immediate ejection and a 15-yard penalty. (Team Fine of \$100 which will be donated to United Sports Youth League)

Taunting: 15yard penalty and expulsion for multiple repeat offenders.

Unsportsmanlike conduct/ referee abuse: 15 yard penalty. One warning followed by expulsion from the game.

Rules: Part 5

1. Offensive Penalties
2. Defensive Penalties

Section 1 - Offensive Penalties

- **Illegal Snap:** Five yards, loss of down
- **Illegal Motion:** Five yards, loss of down
- **False Start:** Five yards, loss of down
- **Impeding Rusher:** Five yards, loss of down
- **Blocking/Screening Downfield:** Five yards (L.O.S.), loss of down

- **Illegal Pick:** Five yards (L.O.S.), loss of down
- **Flag Guarding:** Five yards from the spot of infraction, loss of down; A flag guarding infraction in the team's own end-zone will be ruled a safety.
- **Lowering Head/Shoulder:** Five yards (L.O.S.), loss of down
- **Pass Interference:** Five yards (L.O.S.), loss of down
- **Illegal Forward Pass:** Five yards (L.O.S.), loss of down
- **Illegal Hand-off/Pitch:** Five yards (L.O.S.), loss of down
- **Illegal Run:** Five yards (L.O.S.), loss of down
- **Delay of Game:** Five yards (L.O.S), loss of down
- **Intentional Grounding:** Five yards (L.O.S), loss of down

Section 2 – Defensive Penalties

- **Off-sides:** Five Yards, automatic first down
- **Illegal Rush:** Five Yards, automatic first down
- **Illegal Contact:** Five Yards, automatic first down
- **Holding:** Five Yards from end of play, automatic first down
- **Illegal Flag Pull:** Five yards from L.O.S., automatic first down
- **Pass Interference, Minor:** Five yards from L.O.S., automatic first down
- **Pass Interference, Major:** Spot Foul, automatic first down
- **Roughing the QB, Minor:** Five yards, automatic first down
- **Roughing the QB, Major:** Fifteen yards, automatic first down
- **Delay of Game:** Five yards (L.O.S.), automatic first down
- **Illegal Push:** Five yards (L.O.S.), automatic first down

If you have any question or concern please send an email to info@unitedsportsleague.com or call 212-256-1145