

Cooper City optimist

Flag Football 5v5

Game Plan

SS/SG

5-18-2017

COOPER CITY OPTIMIST

5v5 Flag Football Rules

Game Plan

Cooper City Optimist Flag Football (CCOFF) plans to extend the Flag Football options for the players by offering a 5v5 season from after the Soccer Season to the Saturday of the new Cooper City Founders Day. The CCOFF board has reviewed the options and believes the players would like a less structured game, that is played more like a pickup football game. Below is the detail for our Game Plan.

- Will continue to have 4 divisions, like the regular season as modified below.
 - Rookie (No League 5v5 Play for Rookies)
 - Freshman Blue
 - Junior Varsity Red
 - Varsity Grey
 - Seniors Black
- Coaches will submit players to be on a team like 5v5 soccer, each team will practice and come to the game together.
- Season **February** __ to **March** __.
- We will use one of two options for Team Selections and Play:
 - Option 1: We will have set teams of 7 to 8 players.
 - Each team will bring 5 players and the league will add the additional players to makeup the teams.
 - These teams will play as a team through the season.
 - Option 2: The set teams will show up to the game, elect two captains and choose teams.
 - This option would eliminate one team dominating the league.
 - Each division will have the same color shirt.
 - Each player will also have a penny for designating teams they are selected.
 - This will allow players to play with their friends, but sometimes against their friends.
 - At the game, kids (or coaches for Freshman) will choose two captains and those captains will choose players for that night's game.
 - Strings, seams and no seams or coin toss.
 - Each game will be different for the players.
 - Players would still get to play with their friends, just their friends might be on the other team.
 - We will see how this goes for the younger players
- No Rainouts will be made up.
- Equipment will be provided from regular season.

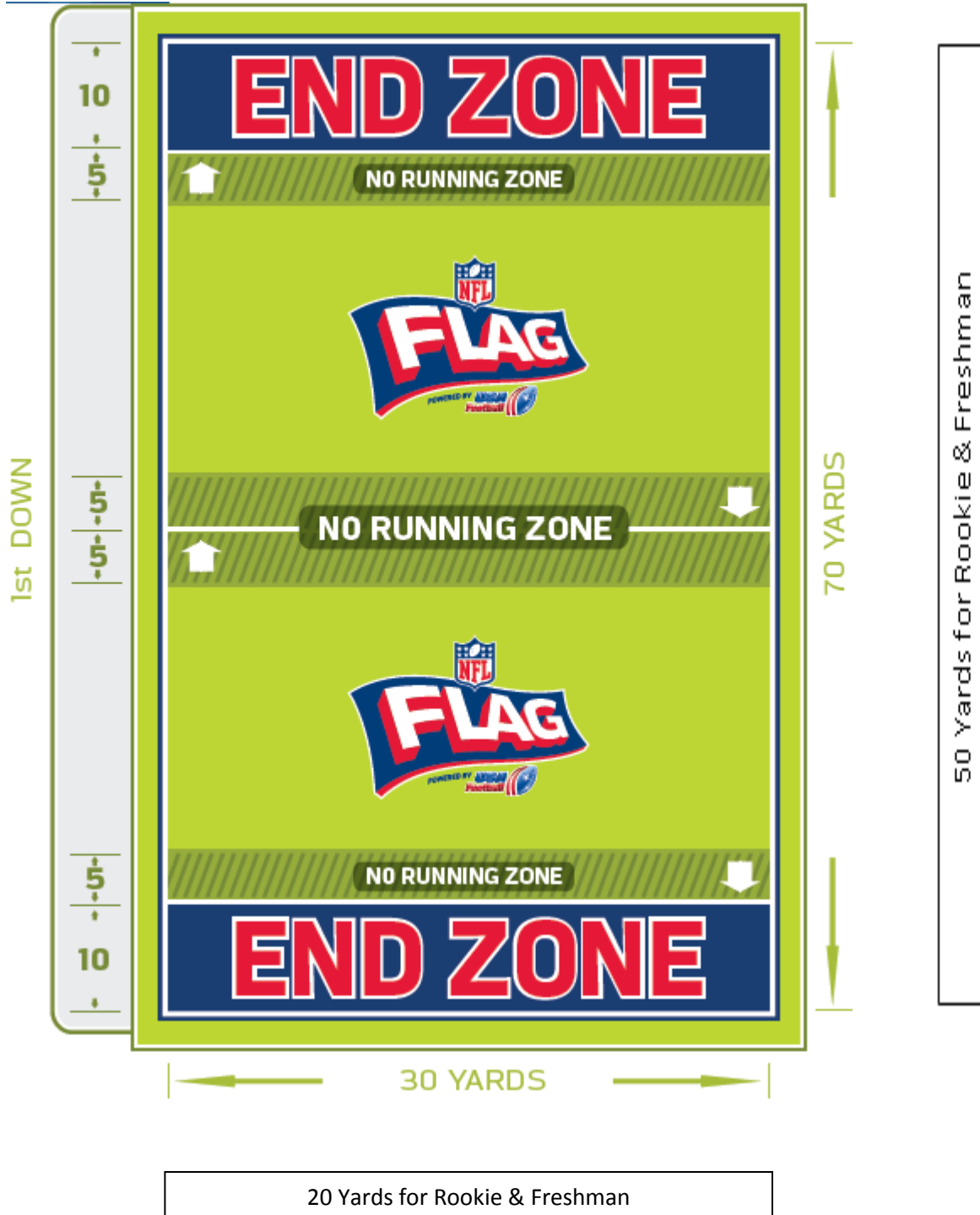
COOPER CITY OPTIMIST

5v5 Flag Football Rules

Field layouts

1. The regulation field dimensions are 30 yards by 70 yards with two 10-yard end zones, and a midfield line-to-gain. No-Run Zones precede each line-to-gain by 5 yards. However, field size may vary based on field availability for each league.
 - a. Varsity & Junior Varsity 30 yards by 70 yards
 - i. Field 2 (small Field)
 - ii. JV will play at 6:30
 - iii. V will play at 7:30
 - b. Rookie & Freshman 20 yards by 50 yards with two 10 yard end zones.
 - i. Field 1 will be broken into two fields running North and South.
 - ii. Total field length will be 30 yards of play
 - iii. All games played at 6:30
2. No-Run Zones are in place to prevent teams from conducting power run plays. While in the No-Run Zones (a 5-yard imaginary zone before midfield and before the end zone), teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff.
3. Stepping on the boundary line is considered out of bounds.
4. Each offensive squad approaches only TWO No-Run Zones in each drive (one zone 5 yards from midfield to gain the first down, and one zone 5 yards from the goal line to score a TD).

COOPER CITY OPTIMIST
5v5 Flag Football Rules



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5v5 Flag Football Rules

General

- 1) Teams consist of 8 players (5 on the field with 3 substitutes).
- 2) Timing/Overtime
 - a) Games are played to 40 minutes running time, unless otherwise determined.
 - b) Teams change sides after the first 20 minutes, but possession does not change and the clock does not stop.
 - c) Each time is entitled to 2 timeouts, 30 seconds each, clock does not stop.
 - d) Halftime is 1 minute
- 3) Players/Game Schedules
 - a) Teams must field a minimum of five (5) players at all times.
 - b) Defense will increase to 6 players when a team is down by 21 points or more.
 - i) Team will reduced back when "Tied Up or down by less than 3 point".
- 4) Scoring
 - a) Touchdown: 6 points
 - b) Extra point:
 - i) 1 point (played from 5-yard line) or
 - ii) 2 points (played from 12-yard line)
 - c) Safety: 2 points

Starting Play

- 1) A coin toss determines first possession.
- 2) The ball must be snapped between the legs, not off to one side, to start play.
- 3) The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross midfield.
 - a) Once a team crosses midfield, it has three (3) plays to score a touchdown.
 - b) If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line.
- 4) If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yard line.
- 5) All possession changes, except interceptions, start on the offense's 5-yard line.

Dead Balls

- 1) Substitutions may be made on any dead ball.
- 2) Play is ruled "dead" when:
 - a) Ball carrier's flag is pulled.
 - b) Ball carrier steps out of bounds.
 - c) Touchdown or safety is scored.
 - d) At the point of an interception (interception returns are not allowed).
 - e) Ball carrier's knee hits the ground.
 - f) Ball carrier's flag falls out.
- 3) There are no fumbles. The ball is spotted where the ball hits the ground.

COOPER CITY OPTIMIST

5v5 Flag Football Rules

Running

- 1) The quarterback cannot run with the ball.
- 2) Only direct handoffs behind the line of scrimmage are permitted. Offense may use multiple handoffs.
 - a) Absolutely NO laterals or pitches of any kind.
 - b) The player who takes the handoff can throw the ball from behind the line of scrimmage.
 - c) Once the ball has been handed off, all defensive players are eligible to rush.
- 3) "No-running zones," located 5 yards from each end zone and 5 yards on either side of midfield, are designed to avoid short-yardage, power-running situations.
- 4) Spinning is allowed, but players cannot leave their feet to avoid a defensive player.
- 5) No diving.
- 6) The ball is spotted where the ball carrier's feet are when the flag is pulled, not where the ball is.

Passing

- 1) All passes must be forward and received beyond the line of scrimmage.
- 2) Shovel passes are allowed but must be received beyond the line of scrimmage.
- 3) The quarterback has a seven-second "pass clock." If a pass is not thrown within the seven seconds, play is dead, loss of down.
 - a) Once the ball is handed off, the seven-second rule no longer is in effect and defense may rush.
- 4) Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5-yard line.

Receiving

- 1) All players are eligible to receive passes
 - a) (Including the quarterback if the ball has been handed off behind the line of scrimmage).
- 2) As in the NFL, only one player is allowed in motion at a time.
- 3) A player must have at least one foot inbounds when making a reception.

Rushing the Quarterback

- 1) All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped.
- 2) Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage.
- 3) Once the ball is handed off, the seven-yard rule no longer is in effect, and all defenders may go behind the line of scrimmage.
 - a) A special marker, or the referee, will designate seven yards from the line of scrimmage.

Blocking

- 1) Offense Blocking shall take place without contact.
- 2) Screen Blocking - After assuming his/her legal screening position, player cannot move to maintain it, unless he/she moves in the same direction and path as his/her opponent. (ie backwards)
- 3) Defensive players must attempt to go around the offensive blocker. Defensive players must not use any part of his/her arms, hands, elbows, or any part of the body to contact the offensive player.

COOPER CITY OPTIMIST
5v5 Flag Football Rules

Penalties: All penalties will be called by the Referee.

Defense

Offsides	5 yards and automatic first down
Interference	10 yards and automatic first down
Illegal contact (holding, blocking, etc.)	10 yards and automatic first down
Illegal flag pull (before receiver has ball)	10 yards and automatic first down
Illegal rushing (starting rush from inside 7-yard marker)	10 yards and automatic first down

Offense

Illegal motion (more than one person moving, false start, etc.)	5 yards and loss of down
Illegal forward pass (pass received behind line of scrimmage)	5 yards and loss of down
Offensive pass interference (illegal pick play, pushing off/away defender)	10 yards and loss of down
Flag guarding	10 yards (from line of scrimmage) and loss of down
Delay of game	Clock stops, 10 yards and loss of down

Referee

- 1) Referees determine incidental contact that may result from normal run of play. All penalties will be assessed from the line of scrimmage.
- 2) Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
- 3) Games cannot end on a defensive penalty, unless the offense declines it.
- 4) Unsportsmanlike conduct, including verbal, will not be tolerated. Player, Coach, or Fan may be ejected at the discretion of the referee, CCO League member or Field Monitor.