

12U GYFA 5-ON-5 FLAG FOOTBALL ADDENDUM

Supplement to the GYFA Flag Football Rules & Regulations

Purpose and Applicability

This Addendum establishes the rules applicable specifically to **GYFA 5-on-5 Flag Football**.

Except as expressly modified by this Addendum, **all existing GYFA Flag Football Rules & Regulations shall remain in full force and effect**, including rules concerning player eligibility, equipment, game timing, scoring, overtime, minimum play requirements, sportsmanship, coaching requirements, disciplinary procedures, safety, league operations, and other organizational policies.

In the event of a conflict between this Addendum and the general GYFA Flag Football Rules & Regulations regarding 5-on-5 gameplay, **this Addendum shall control**.

RULE 1 — NUMBER OF PLAYERS

1. GYFA 5-on-5 Flag Football shall be played with **five (5) offensive players and five (5) defensive players** on the field.
2. All other GYFA roster, player eligibility, substitution, minimum-play, and participation requirements remain applicable unless specifically modified by this Addendum.

RULE 2 — BLOCKING AND SCREENING

1. **Blocking and screening are prohibited at all times.**
2. Offensive players may not intentionally impede, obstruct, or initiate contact with a defensive player for the purpose of creating space for the ball carrier or another offensive player.
3. Once the ball carrier crosses the line of scrimmage, offensive players may not run alongside or otherwise position themselves to screen defenders from the ball carrier.
4. Any GYFA rule permitting traditional football-style blocking shall **not apply to 5-on-5 play**.

RULE 3 — OFFENSIVE LINE AND FORMATIONS

1. The offense must have a **minimum of one (1) player on the line of scrimmage**, who shall be the center.
2. The offense may have a **maximum of four (4) players on the line of scrimmage**.
3. The quarterback must be positioned off the line of scrimmage.

4. The center shall snap the football to a player positioned in the backfield.
5. All other GYFA formation and motion rules remain applicable unless they conflict with this Addendum.

RULE 4 — ELIGIBLE RECEIVERS

1. **All five offensive players are eligible receivers.**
2. The center is an eligible receiver.
3. No offensive player shall be considered ineligible solely because of their position on the line of scrimmage.
4. The quarterback is eligible to receive a pass after the ball has first been legally handed off, pitched, or lateraled to another offensive player behind the line of scrimmage.

RULE 5 — DOWNS AND FIRST DOWNS

1. The offensive team shall have **four (4) downs to cross midfield.**
2. Once the offense legally crosses midfield, the team shall receive a new series of **three (3) downs to score a touchdown.**
3. If the offense fails to cross midfield within four downs, possession shall change to the opposing team.
4. If the offense crosses midfield but fails to score within its three downs, possession shall change to the opposing team.
5. The general GYFA 40-yard, 25-yard and 10-yard zone-based first-down system shall **not apply to 5-on-5 games.**

RULE 6 — NO-RUN ZONES

Two **No-Run Zones** shall apply during each offensive possession:

1. The **five (5) yards immediately preceding midfield;** and
2. The **five (5) yards immediately preceding the goal line.**

When the line of scrimmage is located within a No-Run Zone, the offense must execute a legal forward pass that crosses the line of scrimmage.

The purpose of the No-Run Zones is to prevent short-yardage power-running situations.

RULE 7 — QUARTERBACK RUNNING

1. The quarterback who directly receives the snap **may not run the football across the line of scrimmage.**
2. For purposes of this rule, the quarterback is the offensive player who receives the initial snap from the center.

3. The quarterback may move behind the line of scrimmage while attempting to pass or execute another legal play but may not directly advance the football across the LOS.

RULE 8 — RUSHING THE QUARTERBACK

1. A defensive player intending to rush the quarterback must begin the play at least **seven (7) yards behind the line of scrimmage**.
2. A maximum of **two (2) defensive players** may be designated as rushers on any play.
3. Each designated rusher must **identify themselves before the snap**, such as by raising a hand and communicating their intent to the official.
4. A designated rusher must begin the rush immediately following the snap. A delayed designated rush is not permitted.
5. Defensive players who are not designated rushers may defend the line of scrimmage but may not cross the line of scrimmage to rush the quarterback before a legal handoff, pitch, lateral, or other action making them eligible to cross under the applicable rules.
6. Once a legal handoff, pitch, or backward lateral occurs behind the LOS, all defensive players become eligible to cross the line of scrimmage.

RULE 9 — SEVEN-SECOND PASS CLOCK

1. The quarterback shall have **seven (7) seconds from the snap to release a legal forward pass**.
2. If the quarterback fails to release the football within seven seconds:
 - The play shall immediately be declared dead;
 - The down shall count; and
 - The football shall be returned to the previous line of scrimmage.
3. Once the football has been legally handed off, pitched, or lateraled behind the line of scrimmage, the seven-second passing requirement shall no longer apply for that play.

RULE 10 — JUMPING, LEAPING AND HURDLING

1. A ball carrier **may not jump, leap, or hurdle while advancing the football**.
2. If a ball carrier illegally jumps, leaps, or hurdles, the play shall be declared dead and the football spotted at the location where the prohibited action occurred.
3. A player may leave their feet when making a legitimate attempt to catch a pass.
4. A defender may leave their feet when attempting to pull a flag, provided the defender does not illegally tackle, hold, or otherwise make prohibited contact with the ball carrier.

RULE 11 — APPLICATION OF EXISTING GYFA RULES

Except for the specific modifications contained in this Addendum, **all GYFA Flag Football Rules & Regulations shall continue to apply to 5-on-5 competition.**

This includes, but is not limited to, GYFA rules concerning:

- Game timing and timeouts;
- Scoring and extra points;
- Overtime;
- Equipment and uniforms;
- Minimum-play requirements;
- Player eligibility and age divisions;
- Sportsmanship and unsportsmanlike conduct;
- Player, coach, and spectator conduct;
- Ejections, suspensions, and appeals;
- Coaching requirements;
- Safety requirements;
- Organized team activities;
- League operations; and
- Authority of the GYFA Board.

Order of Precedence

For **GYFA 5-on-5 Flag Football**, rules shall be applied in the following order:

- 1. GYFA 5-on-5 Flag Football Addendum**
- 2. GYFA Flag Football Rules & Regulations**

If a rule in the general GYFA rulebook directly conflicts with a rule contained in this Addendum, **the 5-on-5 Addendum shall supersede the conflicting rule for 5-on-5 competition only.**

All matters not specifically addressed by this Addendum shall be governed by the existing GYFA Flag Football Rules & Regulations