5V5 Football Rules

**All Players Must Wear Soft Helmets and PowerPlus Mouthguards**

* Games are 30 minutes long with two 15-minute halves with a 5-minute break in between. The clock runs continuous and there is no overtime play.
* 5 defenders and 5 offensive players (snapper does not count)
* Each possession starts on the 30-yard line
* First down is made by crossing the 15-yard line-only one chance for making a first down
* Three downs to make a first down or to score a touchdown
* PAT snaps are at the 10 Yard Line, Offensive chooses hash- PAT worth 2 Points
* 4.0 Seconds to get pass off. It will be a loss of down and treated as a sack if not thrown in time (4.01 or greater). Clock starts on snap. Passes may be thrown behind the line of scrimmage, but receiver must advance beyond line of scrimmage or it is treated as a sack.
* Possession changes after PAT attempt, failure to score, failure to get a first down or turnover
* One 1-minute time-out per team per game
* Game clock stops on an injury at the discretion of the officials
* Players cannot be in motion at the snap of the ball
* QB cannot run the ball
* All offensive formations must be legal sets
* There will be one official per game
* Twenty-five second clock to get play off
* No pass rushes
* One-hand touch anywhere
* No kicking, punting, or running plays allowed
* No double passes or shuffle passes
* No coaches on the field, coach from sidelines

**Scoring**

Touchdown- 6 points

Interception- 3 points (no points for interception on a PAT)

Turnover on downs – 2 points

PAT- 2 points

**Penalties**

Defense pass interference = automatic first down and 5 yards from original line of scrimmage

Offense pass interference = previous spot and loss of down

Defense holding = Automatic first down and 5 yards from original line of scrimmage.

Illegal procedure (offense) = Loss of down

Defensive off-sides = 5-yard penalty

Delay of game = Loss of down

Fighting/unsportsmanlike conduct- 1st offense ejection from game 2nd offense objection from program. Team fighting game will be terminated

**Personal Foul Penalties**

Offense = loss of down and 5 yards from original line of scrimmage

Defense = 1st down and 5 yards from original line of scrimmage