

ZYFL GIRLS SPRING FLAG FOOTBALL 5V5 RULES

BASICS

The Spring Girls Flag Football season follows USA Football's 5v5 Flag Rules with a few modifications.

[USA Football rules can be accessed at this link](#). These rules are very similar to the ones that are to be played in the 2028 Summer Olympics. The commissioner for this league reserves the right to adjust these rules at any time to support development, safety and competitive spirit. Coaches will be notified if changes are made.

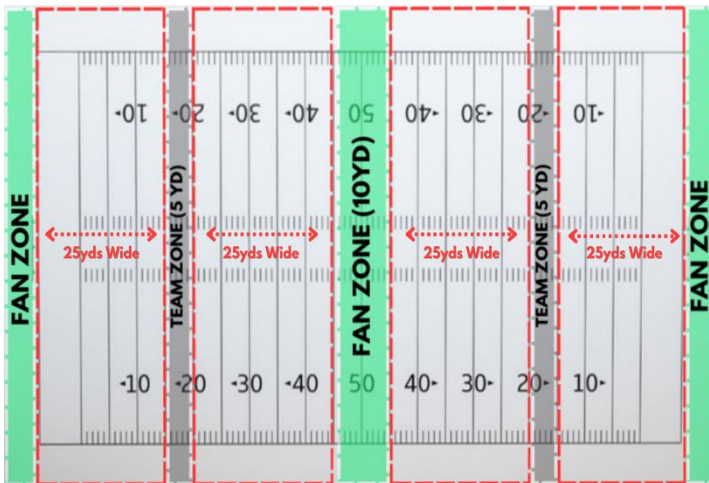
- Touchdowns: 6pts // Extra Points from 5 yds: 1pt // Extra Points from 10 yds: 2pts // Safeties: 2pts // Defensive Score on an Extra Point: 2pts
- Two 20 Minute Halves, 2 Timeouts per half. Injuries stop the clock.
 - Team that Starts with the Ball in the 1st Half Starts the 2nd Half on Defense
- One First Down Line at Midfield: 4 Downs to Midfield First Down, 4 Downs to Score
- No Fumbles, No Blocking, No Shielding
- QB cannot run past the line of scrimmage unless they receive the ball as a handoff or backwards pass first. For example, QB hands off to the running back, who hands it back to the QB, and then the QB may run past the line of scrimmage. QB is defined as first person that receives a snap.
- Every player is eligible to receive a forward pass. All forward passes must cross the line of scrimmage. Backwards passes are considered runs unless legally passed forward beyond the line of scrimmage. Centers are the only players that may not receive a handoff – but they can receive a pass.
- No plays that result in a forward pass are allowed within 5 yards of the Endzone (No Run Zone)
- Non-contact sport, but accidental contact can happen and doesn't always result in a penalty
 - Not all contact is caused by the defense, if they establish their position and direction, the ball-carrier must attempt to avoid contact (no running through a defender that's established a spot)
- Designated Blitzers (with hand above head pre-snap, may have 2 Blitzers) may rush from 7 yards away immediately and cross the line of scrimmage at any time. All other defenders can line up closer (league may set a limit), but cannot cross the line of scrimmage (imaginary line where the ball is snapped) until first handoff or fake handoff (including play action)
 - Defensive coaches may yell a command to tell their non-Blitzers when they can rush
- All drives start from the 5 yard line unless an interception – interceptions may be returned for a score. If no score, the drive starts from where the defender is down.

RULE ADJUSTMENTS FROM MAIN RULEBOOK

- Rock, paper, scissors or a coin flip can determine who starts with the ball.
- We do not have officials, but we do ask for one parent volunteer from each team to help spot the ball in a game and to stand 7 yards from the line of scrimmage to establish the Blitz line. These volunteers are not expected to officiate the game, just spot for the Blitz pre-snap and the ball post-snap.
- Running clock for all levels (clock only stops for a timeout only) regardless of the score of the game
- Play Clock: First non-scored scrimmage: 45 sec, after that 35 sec. Older groups should try to go faster.
- Passing Clock: There is NO passing clock since we do NOT have officials. This will be monitored.

- Coaches are allowed on the field on offense and defense for this first year of play to expedite play. Coaches must move away from the play and ensure they do not interfere with the play. Offensive coaches that interfere results in a loss of down. Defensive coaches create an automatic first down or retry, untimed.
- All forms of snap are allowed, including side snaps and under center snaps.
- Each team is allowed one bad snap per half. Bad snaps are not considered fumbles – but they are a loss of down. If it is a low snap and grazes the grass but the player catches it, we will proceed with the play.
- All defenders may cross the line of scrimmage upon the offense's first handoff attempt, whether successful, faked or play action
- Defensive distances from line of scrimmage may be adjusted at the leagues discretion throughout the year.

FIELD SETUP



The field will generally follow a 25 yard wide, 70 yard long setup. Due to field conditions, safety or space, any game may be modified in the following ways:

- Shortened Endzones on Both Sides
- Half-Field Layout with no Interception Returns
- Width may be adjusted as a last resort

Parents are allowed in the Fan Zones. If space allows, parents may be outside the endzone. Certified coaches, league personnel, and athletes are allowed in the Team Zone. Ball spotting volunteers are allowed on sideline.