

T3 5X5 Passing League Rules (3/4th Grade Division)

The 5x5 Passing League is fun, competitive, non-contact way to play football. The league is all passing and allows scoring both on offense and defense. Passing is now the feature offense, and thus defense. Passing, catching, and route running takes a great deal of practice to master. Participating in a 5-on-5 league offers young athletes an exceptional, competitive way to work on these skills.

GAME RULES

OVERVIEW

1. At the start of each game, captains from both teams shall meet at midfield for the coin toss to determine who shall start with the ball.
2. The winner of the coin toss has the choice of offense or defense.
3. The offensive team takes possession of the ball at its 3-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, they have four (4) plays to score a touchdown.
4. If the offense fails to score, the ball changes possession and the new offensive team starts its drive on its own 3-yard line.
5. All possession changes, except interceptions, start on the offense's 3-yard line.
6. NO HAND-OFFS OR RUNNING ARE ALLOWED!

PASSING

1. All passes must be from behind the line of scrimmage, thrown 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, the down is consumed and the ball is returned to the line of scrimmage. If the QB is standing in the end zone at the end of the 7-second clock, the ball is returned to the line of scrimmage (LOS).

RECIEVING

1. All players are eligible to receive passes
2. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted towards the line of scrimmage.
3. A player must have a least one foot inbounds when making a reception.
4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
5. 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 3-yard line.
6. Interceptions are returnable but not on conversions after touchdowns.

TIMING

1. All teams will have the field for a one hour time slot.
2. The first 15 Minutes will be used for a quick warm-up/Practice
3. The coin toss by captains will be done promptly 15 minute past the hour. The clock will begin to run immediately after the coin toss.
4. Games will be played on a 40 minute running clock.
5. Each team has one 30 second timeout per game. This will stop the clock.
6. Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before the delay- of- game penalty is enforced. We want these games to move at quicker pace to maximize reps/plays for the kids.

FORMATIONS

1. The center will be on the LOS. The rest of the players can line up anywhere they want. Be Creative!

2. Ball can be snapped through the legs or a side snap. Either way the ball must be on the ground to start. A snap that hits the ground, is a loss of down, but the ball will be returned to the original LOS.
3. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted towards the LOS
4. Formation shifts are allowed but all players must be set for one full second.

BLOCKING

1. Blocking is not allowed! Once the ball is completed, players without the ball cannot make any contact with the defense. Players without the ball should just stay in place.

DEFENSE

1. Only one rusher (designated with a wrist band) that starts 7 yards behind the line of scrimmage. This rush line will be designated by the ref with a marker
2. All other team members may play man defense, zone defense, or a combination of both.
3. Interceptions may be returned. The ball is spotted where the defenders flag is pulled.

SCORING

Touchdown 6 Points

Extra Point 1 Point (played from the 3 yard line)

 2 Points (played from the 6 yard line)

No Safeties

PENALTIES (The ball will NEVER be moved back beyond the 3 yard line)

Offense (Defense can decline any penalty if they wish)

1. *Delay of Game*

-5 yards and loss of down (remember you will have one warning per game)

2. *Illegal Motion (more than one person goes in motion)*

-5 yards and loss of down

3. *False Start (Player or players start before the ball is snapped)*

-5 yards and loss of down (Minor movement will be accepted)

4. *Offensive Pass Interference (Pushing off/away on defender)*

-5 yards from LOS and Loss of Down

5. *Blocking/Holding/Screening*

-5 yards from LOS and loss of down

6. *Illegal Forward Pass (Any forward pass that does not go past the LOS)*

-5 yards from LOS and loss of down

7. *Flag Guarding-(Holding onto to belt, stiff arms, shirt over flags)*

Play will be blown dead at spot of foul and ball be placed at the spot of the foul (No yards will be lost)

8. *Impeding the Rusher (making purposeful contact with Rusher in any way)*

-5 yards from LOS and loss of down

DEFENSE(OFFENSE CAN DECLINE ANY PENALTY IF THEY WISH)

1. *Defensive Pass Interference*

Spot Fall and Automatic First Down

2. *Illegal Rushing (Starting Rush from Inside 7 Yard Marker or rushing without a wristband)*

-5 Yards and replay the down

3. *Holding (Grabbing an offensive player jersey or shorts while running a route)*

-5 yards and replay the down

4. *QB interference/Roughing the Passer (A defender hits the arm while the Quarterback is throwing)*

-5 yards and replay the down

5. *Offsides (Defensive Player lines or moves the LOS of the offense)*

-5 yards and replay the down

6. *Defensive Coaches on Field During Offensive Play*

-5 yards and Replay the Down

DEADBALLS SCENARIOS

Play is ruled “dead” when:

1. The ball hits the ground.
2. The ball carrier’s flag is pulled.
3. The ball carrier steps out of bounds.
4. A touchdown or extra point is scored.
5. The ball carrier’s knee hits the ground
6. The ball carrier’s flag falls off
7. The receiver catches the ball while in possession of one or no flags
8. The 7 second pass clock expires
9. Inadvertent whistle.

MISCELLANEOUS RULES AND SITUATIONS

1. If flags fall off without being pulled, runner is down where the flag came off
2. Ball Carrier should stay on his feet at all times (No Diving or Jumping)
3. No Fumbles! Once the ball hits the ground it is dead
4. Offensive and Defensive Subs MUST be on the sidelines at all times
5. Games cannot end on a defensive penalty, unless the offense declines

COACHES

1. A maximum of Three Coaches are allowed on the field to direct players according to need and division between plays.
2. Offensive coaches can be the only coaches on the field behind the huddle during a play(Must be minimum of five yards behind the Quarterback at all times!)
- 3 Defensive Coaches can be on the sideline or back of the end-zone during the play (Failure to do this will result in -5 yard penalty and replaying the down)

*****WE RESERVE THE RIGHT TO CHANGE ANY OF THESE RULES AT ANY TIME FOR THE BETTERMENT OF THE LEAGUE

HAVE FUN! (KIDS WILL REMEMBER THIS EXPERIENCE FOREVER!)

