

# Regulation 5vs5

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### Rule 01 - GENERAL PRINCIPLES

The 5 vs 5 football is played according to the rules of the official NCAA regulations in force for the leagues to 11 players, adapted with the variations that are defined in the following chapters.

Everything not expressly mentioned in this document should therefore be referred to the regulation at 11 NCAA players in use.

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### Rule 02 - THE GAME

A. The game is played by two teams of 5 (five) players on the field. The team that deploy only 4 (four) players on the field for a maximum of 3 consecutive drives in the absence of substitutes, will announce the end of the game, which will be declared lost on the table (0 - 14), or with the Result on the field at that instant more favorable than (0 - 14) for the team which has maintained the Requirement of 5 (five) players on the field.

B. The maximum and minimum number of players on the bench is determined by the committee that organizes the championship.

### Rule 03 - REFEREES

The match is played with referees defined by the organization

### Rule 04 - THE FIELD

The field shall be a rectangular area of the following dimensions:

a. Length = 70 yards (end zones included)

b. Width = 25 yards

c. End zones: 7 to 10 yards

The field must be marked with the following lines

a. The goal lines

b. The end lines

c. The 10-yard lines

d. The side lines

e. two central marks in correspondence of the 3 and 8 yds where the Try from 1 and 2 points are carried out

### Rule 05 - LINE TO GAIN

Mandatory the 10 yds chain to indicate the starting point of the drive and the line to gain, mandatory use the box for the down count.

### Rule 06 - THE BALL

Teams can play with regular balls

### Rule 07 - NUMBERING AND FORMATION

A. No player must wear the same number as another player.

B. All players of the offensive team (team A) are eligible regardless of their jersey number or position on the field.

Team A must have at least 1 player (the snapper) legally positioned on their line of scrimmage at the time of the snap and one player positioned so as to receive the snap (by hand or with long snap).

C. There are no restrictions for the positions of other players, so they can place themselves either on the line of scrimmage that in the backfield.

**Penalty:** 5 yards from the previous point.

D. Only one player can go in motion but must not be in the direction of the LOS at moment of the snap.

**Penalty:** 5 yards from the previous point.

### Rule 08 - SUBSTITUTIONS

Replacements can only be made by dead ball. There is no maximum number of replacements.

### Rule 09 - NO RUN ZONES

The NO RUN ZONE is not applied.

### Rule 10 – TIME WATCH

The game clock is operated by one of the referees or an authorized operator in case there is a clock visible in the field.

### Rule 11 - THIRTY-SECOND CLOCK

A referee controls the 30-second timer, which indicates the time between the Ready to play when the ball is snapped.

### Rule 12 - START OF EACH TIME

- A. Each time starts with a snap from the 10-yard line of the offensive team.
- B. Before the match, the referee makes a draw (coin toss) in the middle of the field with two captains for each team and another referee. The captain of the visiting team makes the choice (head or cross).
- C. The winner of the draw has the possibility to decline the choice in the second half. The team that does not have possession of the ball chooses the field to defend.

### Rule 13 - GAME TIME

A. The total time of the game is 60 minutes, divided into two times of 30 minutes each, with both times of 30' with management of the time to run.

**EXCEPTION: In case of a tournament where the teams play more than one match, the game time will be 40 minutes, divided into two parts of 20 minutes each**

- a. Outside of the last 2 minutes time stops only:
  - i. on the occasion of an injury timeout or by one of the two teams;
  - ii. The Referee can load a timeout in case there is a strong delay in putting back into play the ball or for any other eventuality not covered by the Regulation;
- b. Within the last two minutes time is effective and managed as per regulation NCAA in use.
- B. The interval between the two times is 10 minutes.
- C. The time starts at the first snap of the game.
- D. When the ball dies and there are two minutes or less left to the end of the time, the referee stops the time for Alert the coaches and captains of each team. Time starts again at snap.

### Rule 14 - TIMEOUT

- A. Each team has the possibility to call two time-outs for each time.
- B. Team timeouts cannot last longer than 60 seconds.

### Rule 15 - PLAYING THE BALL

The ball must be put into play within 30 seconds of being declared ready to play unless time is not interrupted during this interval. If the game is interrupted, the 30-second timer is reset. Snapping the ball over 30 seconds is an illegal play delay.

**Penalty:** Dead ball fault. 5 yards from the previous point.

### Rule 16 - DOWNS and PUNT

- A. Team A has four attempts to reach the down. If they succeed, they win a new series of four attempts.
- B. At the beginning of time, the team with the right to start in attack starts from the line of its 10 defensive yards.
- C. After a safety, the team that scored has possession on the line of their 10 defensive yards.
- D. After a touchback, the team that made the touchback takes possession of its own 10 defensive yards.
- E. Rule of punt.

If team A does not win the line to gain after fourth down or does not score, team B takes possession of the ball at the finish point of team A. Team A may decide not to play the fourth try and perform a "Virtual Punt" Team B takes possession of the ball 20 Yards from the point of punt, if the distance from B's end zone is less, B starts from his 10 yards.

### Rule 17 - BLITZ

Only a DL positioned face to face or external Shoulder with Center or OL can pass LOS until Qb has the ball in his hands. One time Qb release ball, every defensive players are authorized to cross LOS.

**In case of Fumble, all defensive players are allowed to cross the LOS**

**Penalty:** Live ball fault. 5 yards from the previous point.

### Rule 18 – BACKWARD PASS AND HAND OFF

Before a change of possession, the ball carrier can throw it or hand it to any direction, if you throw or deliver behind the LOS. After the LOS the ball carrier will be able to throw or deliver the ball only back.

If the forward pass occurs beyond the LOS there is a penalty for illegal launch.

**EXCEPTION: In the case of Fumble, the player receiving the snap can also advance the ball.**

**Penalty:** 5 yards from the previous point (and down loss).

#### **Rule 19 - FORWARD THE BALL**

Before a change of possession, the player receiving the snap cannot advance the ball beyond the LOS until the ball is taken by another player and then returned to him.

**EXCEPTION:** In the case of Fumble, the player receiving the snap can also advance the ball.

**Penalty:** Loss of down to the previous point.

#### **Rule 20 - FUMBLE AND BACKWARD PASS**

The same indications as in the current NCAA rules for 11 players are maintained.

#### **Rule 21 - FORWARD PASS**

Team A can make only one forward pass during each down and only before a change of possession, provided that the pass is made from behind the line of scrimmage.

**Penalty:** Loss of down to the previous point.

The player receiving the snap has **5** seconds to get rid of possession. The ball dies if the player receiving the snap holds it for more than **5** seconds. If in doubt, the **5** seconds have not passed

**Penalty:** Loss of down.

The passer can legally throw the ball away to avoid losing yards or committing the **5** seconds foul, provided that the ball lands or has the concrete possibility of reaching on or beyond the extended neutral zone.

If the ball does not reach the neutral zone, for there to be no penalty there must be in the zone where it arrives the ball an eligible receiver.

**Penalty:** Loss of the down at the point of the foul. Safety if the foul occurs behind the goal line of team A.

#### **Rule 22 - ELIGIBILITY TO RECEIVE A FORWARD PASS**

At the snap all players are eligible to receive a forward pass or receive a hand off in forward (exception: the one who receives the snap is not eligible to receive a forward pass until the ball is handed back to another player).

#### **Rule 23 - INTERCEPTION**

When an interception occurs the possession of the ball passes to the team that has intercepted and the action starts again from where the player was stopped.

If the interception takes place within one's own end zone, in case the player who made it the intercept leaves its end zone and reenters it of its own decision and is then tackled inside of the same, this generates a "safety" in favor of the other team.

If a defender intercepts within his last 5 yards and his momentum brings him in own end zone where the ball dies, not safety but touchback (momentum rule or impedance): 1° down for the team that has executed the interception starting in offense from their own 10 yards.

Following an Interception the ball will belong to the team that has intercepted at the end point of the run.

If the interception is reported in offensive end zones 6 points are obtained for scoring a touchdown.

#### **Rule 24 - GOALS**

The possible goals are:

- a. Touchdown = 6 points
- b. Safety = 2 points
- c. Try from 3yds = 1 point
- d. Try from 8yds = 2 points

#### **Rule 25 - PERSONAL FAULTS and PASS INTERFERENCE**

No person subject to the rules may commit a personal foul before the match, during the in the game or in the intervals.

All fouls are applied as per NCAA rules **except fouls from 15 yds which are penalized with 10yds.** (exclusion for the Pass Interference)

- A. There can be no clipping at any time (exception: against runner)
- B. There can be no block under the belt at any time

- C. There can be no block in the back at any time (exception: against the runner)
- D. There can be no facemask at any time
- E. There can be no holding at any time.

All fouls are applied as per NCAA rules **except fouls from 15 yds that are penalized with 10yds.**

**Penalty:** 10 yards penalty and first automatic down for fouls of team B if not in conflict with other rules. Obvious or persistent (flagrant) faults lead to expulsion. You will have a safety for faults in the Offensive team that take place behind their goal line.

F. Pass interference: regulated as per NCAA rules

**Penalties:**

Team A foul: 15 yards from the previous point and no down loss.

Team B's foul: if within 15 yards of the previous point, first automatic down from the foul point.

If over 15 yards, first automatic down to 15yard from the previous point.

For the pass interference, there is no application of half distance, but the ball will be placed on 2 yards.

G. No player can bring a blind-side block by hitting an opponent with violence (forcible contact).

Exceptions:

- a. On the ball carrier;
- b. On a receiver that is trying to make a reception.

Team B44 intercepts the launch of A12 on the B-20 and prepares to make a return. During the return, midfielder B21 approaches A88 from the blind side and blocks A88:

- a. With outstretched hands;
- b. With a veil block (screen type block);
- c. Hitting him violently (forcible contact) with the shoulder against A's chest;
- d. Hitting him violently (forcible contact) with the shoulder against A's head.

**Penalties:**

- a. There is no foul;
- b. No foul;
- c. Personal foul, blind-side block 10 yards penalty from the foul point;
- d. Personal foul, blind side block with targeting 10 yards of penalty from the point of the foul and B is ejected.

#### **Rule 26 - PENALTIES**

All penalties are 5 or 10 yards except for the penalties listed in Rule 25 (personal fouls) and may result in an automatic first down or loss of a down as reported in the this Rules or the NCAA in use.

#### **Rule 27 - APPLICATION OF PENALTIES**

All penalties can be declined, except for those for false start. Players expelled must leave the playing field.

#### **Rule 28 - FOUL BALL ALIVE**

It is necessary to distinguish between fouls of A and B (first or after the change of possession, before or after the LOS or end point of the action).

##### **FOUL OF A (live ball).**

If before the change of possession (example fumble or interception), there was a foul by A, B - if it declines the Penalty hold possession of the ball with a new first down.

If A's fault is personal, B will not only keep possession, but will also apply in their favour from the end point of the run.

##### **FOUL OF B (live ball)**

When during an action there is a change of possession and after the change of possession there is a foul by B, the ball will remain at B, but the action will not start again at the end point of the run, but the penalty will apply from the point of fault, if before the end point, otherwise from the end point if the fault is beyond the end point run.

If in an action with change of possession, but before the change of possession, B commits a foul, the change possession will not be; the ball remains at A and the penalty for the foul of B will apply.

#### **Rule 29 – FOUL BALL DIE**

The application of dead ball fouls is always from the next point.

#### **Rule 30 - CHANGE OF POSSESSION**

When during an action there is a change of possession and **after** the change of possession there is a foul by B, the ball will remain at B, but the action will not start again at the end point of the run, but the penalty will apply from the point of fault, if before the end point, otherwise from the end point if the fault is beyond the end point of run

If in an action with change of possession, but before the change of possession, B commits a foul, the change

possession will not be; the ball remains at A and the penalty for the foul of B will apply.

#### **Rule 31 - HALF DISTANCE**

No penalty may exceed half the distance from the point of application to the goal line of the team that committed the foul.

EXCEPTION FOR THE PASS INTERFERENCE (starts from 2 yds).

#### **Rule 32 - APPLICATION ON EXTRA-POINTS**

On the transformations: Once the team that scored the touchdown makes the choice of what kind of transformation do - by 1 or 2 points - the score acquired, in case of successful transformation, will always be the one chosen regardless of where the ball is then replaced following the application of penalties.

If team A commits a foul that results in loss of the down and Penalty is accepted, the transformation is completed and any score acquired in the down is deleted.

#### **Rule 33 - ANTISPORTING BEHAVIOUR**

There is no room for any deliberate illegal tactics or blocking or antisporting behavior by players or coaches.

A player or coach who consistently or blatantly commit personal faults will be expelled.

"Foul language" or blasphemy (any word that tends to offend, insult threaten a referee, an opposing player, a team or spectators) or any unsportsmanlike conduct is strongly discouraged. The referees are the only ones who can judge whether words or gestures are offensive, insulting or threatening.

**Penalty:** 15 yards from the next point. Players or people in team uniform who commit two fouls for antisporting behaviour or a foul of flagrant antisporting conduct will be expelled.

Each person expelled from a consignment shall be subject to appropriate disciplinary action.

Any person subject to the rules who is expelled cannot participate in the rest of the game.

b. In case of two antisporting behaviour from the side line (bench), considering the impossibility of identifying the author, the penalty (15 yds), will be charged to the coach who will be expelled and shall indicate a replacement.

c. After the first possible warning, in the case of two antisportsmen coming directly from the coach will be expelled and must indicate a replacement.

Coaches who encourage incorrect tactics or violate the rules of sporting conduct will be expelled.

#### **Rule 34 - ROSTERS**

Both teams will need to submit a roster for each game they participate in.

All people in the roster must be on the field before the coin toss for recognition and will be subject to the rules.

After the referees check cards, no player is allowed to leave the playing field.

In the event that non-roster members are discovered on the field, they will be immediately expelled just discovered.

**Penalty:** expulsion

If a player arrives late to the game (after the coin toss), they will be allowed on the play after the first half interval, only after verification of his identity by the referees and with the presence of a delegate from the other team.

In case of scheduled entries and/or events, the control cards will be carried out after the same and with all players on the field.

#### **Rule 35 - OVERTIME**

They do not dispute;

**EXCEPTION: In the case of a tournament final, overtime will be played according to the NCAA rules in use**

#### **Rule 36 - IMPROPER ACTS**

The following acts are considered to be improper:

- 1) A team commits repeated fouls that can be penalized only with half the distance in direction of own goal line;
- 2) Any improper act not covered by the rules.

The Referee may make any decision that it considers fair, including:

- a. re-play the down;
- b. assign 15 yds of penalty;

### **Rule 37 - ADVERSE WEATHER**

Lightning is the most constant and significant weather hazard that can interfere with outdoor sports.

While the chance of being struck by lightning is low, chances increase significantly when a storm is near and appropriate safety measures are not followed.

If less than 30 seconds elapse between the flash and the thunder, the game must be interrupted for a maximum of 30 minutes and everyone must leave the playing field and return to the covered area. If before these 30 minutes between lightning and thunder the time that passes is more than 30 seconds, you can start again, otherwise, the game is declared unplayable.

If you start playing again, but then the storm starts again with the characteristics explained before, the game is defined unplayable and will be re-played on a date to be assigned.

### **Rule 38 - DOCTOR AND AMBULANCE**

In all the games tackle be they in format of Championship or Bowl is mandatory the presence of an ambulance.