



U.S. NATIONAL  
TEAM



MEMBER

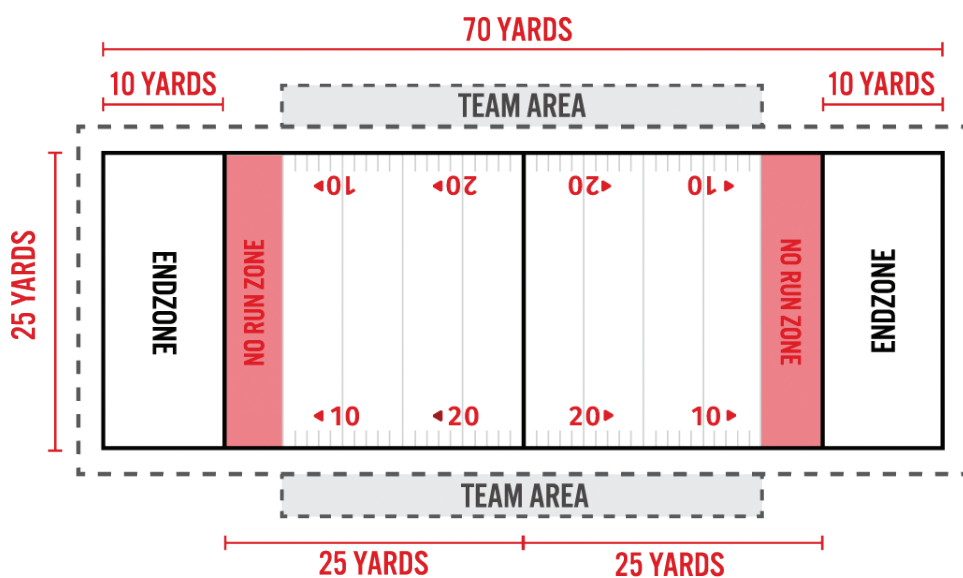


# REP THE FLAG

## IFAF FIVES RULES

### FIELD DIMENSIONS

- 50 x 25 Yard Field of Play
- 4 Downs to Midfield
- 4 Downs from Midfield to Score
- No Run Zone: 5 Yards from Front of the Endzone



### PLAYER RULES

- 5-on-5
- Blitzing: In order to blitz the quarterback, a defender must be aligned 7+ yards from the line of scrimmage and designate themselves prior to the snap.
  - Offense must allow the designated defender to blitz the quarterback unimpeded

### UNIQUE STRATEGY

- Laterals permitted behind the line of scrimmage
- Use of multiple quarterbacks
- All players on offense are eligible receivers

## LENGTH OF PLAY

- 20 Minute Halves
- Each team gets 2 timeouts per half. Unused timeouts do not carry over
- Timeouts shall not exceed 90 seconds and includes the 25 seconds after ready for play
- Game clock stops at halves, charged time out, injury or referee's discretion. Within last 2 minutes of each half, clock stops:
  - To award a first down or change of possession
  - To complete a penalty
  - When the ball or runner goes out of bounds
  - When a pass or fumble strikes the ground
  - When a score is made and during the try
  - 25-second-clock between plays
  - Referees tell coaches 2 minutes remaining in half

## SCORING PLAYS

- Touchdown: 6 points
- Safety: 2 points
- Extra Points:
  - 1 point from 5-yard line, 2 points from 10-yard line
  - Safety: 1 point for defense
  - Defensive Touchdown: 2 points for defense

## UNIQUE PENALTIES

- Shielding - Preventing an opponent's progress without contact by moving into their path
- Aiming - Deliberate or unavoidable contact with excessive force
- Flag Guarding - Blocking a defender's ability to pull the flag
- Impeding the Rusher: Obstructing the designated blitzers' direct right of way to the quarterback

## OVERTIME RULES

- Coin flip to determine possession and which end of the field
- The first extra period shall consist of 2 series with each team putting the ball in play by a snap at the midfield for one series of downs. Should the defense score during the first series, then the extra period is over
  - Each team retains the ball during its series until it scores (including try downs for 1 or 2 points) or exhausts its series of downs
- If the game remains tied after the first period, the second and following periods will consist of a 1 point try from the 5 yard line



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