



we offer. Below are the changes to this style for Gauntlet:

RULE 1: BEACH CHANGES

SECTION 1. DIFFERENCES FROM YOUTH & ADULT 5V5

Article 1. Beach 5v5 rules are identical to the traditional 5v5 non-contact youth and adult rules with the following changes:

- Field dimensions are smaller, with one 30 yard playing zone and two 7 yard endzones.
- Teams have 4 downs to score, starting at their own 5 yard line, and no first down to gain.
- Shoes and cleats are not allowed, but players are allowed to wear a form of low-profile soft padded sand socks on their feet or small ankle brace.

ADULT 5V5 CONTACT RULES

The following 5v5 contact flag football rules for men and women are iFlag approved.

Read through the General Rules first, as they apply to every style we offer, then also make sure and check out the style-specific rules below that are unique to this format.

RULE 1: OVERVIEW

SECTION 1. THE FIELD

Article 1. Standard dimensions of the field are 60 yards long by 25 yards wide with 7 yard endzones. Approved field sizes may fluctuate from 53-64 yards long when necessary, or 23-30 yards wide. Endzones should not be shorter than 5 yards.

SECTION 2. THE GAME

Article 1. Game Time is FORFEIT TIME – upon approval by a iFlag director. Guaranteed schedule blocks in scenarios where fields may be behind are the only exception, where teams will be given reasonable time to get to their next games at the discretion of the iFlag directors.

Article 2. Minimum 3 players to start a game. May only have up to 5 players on the field at any one time.

Article 3. The offensive team takes possession of the ball at their 5-yard line and has three plays to cross mid-field. Once a team crosses mid-field they have three plays to score. If the offensive team fails to cross mid-field, the ball changes possession. If the offense does not score, the ball changes possession. All drives start from the 5-yard line with the exception of an interception.

Article 4. Blocking is allowed.

SECTION 3. GAME CLOCK FORMAT

Article 1. Tournament clock is 25 minutes long. Two 12 minute halves and 1-minute halftime.

Article 2. Each team has two 30 second timeouts PER GAME. If a time out is called after a TD the clock will not run until the change of possession and the offense snaps their ball.



Article 3. The clock will run during point-after-touchdown attempts (PATs) in the first half unless either team opts to use a team timeout.

SECTION 5. SECOND HALF CLOCK

Article 1. In the second half the clock will run continuously for the first 11 minutes unless a team timeout or an official's time out is used.

Article 2. The one-minute warning will stop the clock in the second half if the score difference is 8 points or less.

Article 3. The head official will give a verbal one-minute warning as close as possible to the actual marks but will not interrupt a live play.

Article 4. At the one minute warning officials will use a 'stop' clock mechanic for the remainder of the contest.

SECTION 6. MERCY RULE

Article 1. No Mercy Rule during pool play games. If a team is up by 28 points or more during bracket play at any time or 19 Points at the final minute, the game will be over.

RULE 2. OFFENSE

SECTION 1. RUNNING

Article 1. All offensive players may run the ball at any time, except in the no-run zones which are located 5 yards before mid-field and 5 yards before the goal line only in the direction that the offense is going.

Article 2. Teams may handoff (unlimited), pitch, or throw back in the backfield. UNLIMITED laterals or throwbacks behind the LOS are allowed for the player to remain eligible to pass.

Article 3. Pitching (backwards/laterally) is allowed downfield (unlimited). Handoffs are allowed forward or backwards when behind the line of scrimmage, and only backwards beyond the line of scrimmage. A handoff DOES NOT count as a lateral/throwback.

Article 4. A forward pass DOES have to cross the LOS to be a legal play In the no run zone.

Article 5. If the ball is placed on the "Back" of ANY player, the player MUST run the ball (no give and go to the QB on the back)

Article 6. Ball is spotted where the ball is at the time of the flag pull. The ball must break the plane of the midfield or goal line to be considered a first down or touchdown.

Article 7. Only the center needs to be lined up on the LOS

SECTION 2. BLOCKING

Article 1. CONTACT IS ALLOWED: Open hand contact allowed between shoulder and waist. Blocking in the back is not allowed.

Article 2. Players may block down field. Blocking downfield is only allowed once the ball is completed downfield. Players may block downfield for all running plays or when the pass is behind the LOS except when the LOS is established inside the no run zone. Offensive players blocking downfield before the ball is thrown downfield will be assessed a pass interference penalty (5 yards from the LOS).

Article 3. Crackback Blocking and Blindside blocking is NOT allowed. Crack-back block is a blind-side block on a player by an opponent who starts downfield and then cuts back toward their own goal line to make contact. A blind-side block is engaging an opponent other than the runner who does not see the blocker approaching.