

5x5 Memory Aid 2025 for Officials & Coaches (January 11, 2025)

(Modification) denotes a rule change from the OFFICIAL rulebook for FPF league specific play.

1. **Pre-Game:** In **FPF Junior only**, five (5) minutes before the game the referees line up teams to make sure they have **mouthpieces, proper flags, no metal cleats, AND no pockets, jewellery etc.**
2. **Coin Toss:** Winner of the coin toss shall choose (1): to defer, offense, defense, or a side and the refs will note the choice. VISITORS choice for the coin toss. In playoffs, higher seed makes the choice.
3. **Game/play clock:** The official game is 40 minutes (2 20-minute halves). If there is time left when a play expires, the game will allow for another play barring a penalty or score. The play clock is 25 seconds. **Two 30-second timeouts per team, per game.** Timeouts can end early if **both** teams agree. Referees will note AND write down the time of the Timeouts. **(Modification)**
4. **7-second pass clock:** The Quarterback has 7 seconds to pass the ball. That 7-second pass clock is no longer in effect if there is a handoff, lateral, or pitch OR a fake handoff, lateral, or pitch behind the LOS. The referee will count out loud at **5** seconds. Delay of pass penalty if ball not thrown at the 7-second mark, referee's discretion. **NOTE:** The 7-second pass clock is still in effect even if there is a rusher—the quarterback has 7 seconds to throw the ball after the ball has been snapped. If a pass is not thrown within the 7 seconds, a delay of pass penalty shall be called.

All defensive players are eligible to rush from anywhere on the field once the ball has been handed off, lateraled or passed OR there has been a fake handoff, lateral, or pass to another player.

5. **Pro Clock:** At 18 mins, the referee will stop the clock to announce the two minute warning. The clock will stop in the last two minutes for everything including First Downs **except a ball that is caught or run that stays inbounds, or a ball that is dropped intentionally or not after possession is gained on a pass.** **NOTE:** Whenever the game clock is stopped, it will start on the next snap **EXCEPT** on a First down when the cones will move and the time will start on the “Ready for Play” aka the referee's whistle. On an injury, it will start on the “Ready for Play” whistle from the Referee or on the snap of the ball depending on the status of the clock prior to injury. **TIME DOES NOT RUN after a score or during the convert.**
6. **Snap/Runs/General play:** Each new possession starts at the 5-yard line and ***a team has FOUR (4) downs to get to midfield and four to score a TD (Modification, rulebook says three).*** Auto 1D penalty overrules other requirements for a first down. Direct or shotgun, no minimal distance required. **First person receiving the snap (the Quarterback) cannot run,** and Quarterback cannot directly hand off the ball to the centre (e.g. centre sneak play). The centre must snap the ball between their legs toe to heel from the LOS. A run play occurs when a player crosses the LOS with the ball, and **consecutive runs are allowed,** except in the No Run (Red) Zone. **(Modification)**
7. **Passes/Catches:** Unlimited forward, backward handoffs and laterals can take place **BEHIND** the line of Scrimmage. Only one forward **pass** per play, directed towards the opponent's endzone. A **catch** requires **ONE** foot or any part of body inbounds and control of the ball e.g. the ability to exhibit influence over its direction. The ground cannot cause a fumble, and once a player is down they CANNOT get back up, the play is dead where they caught it.
8. **Spots/Touchdown/Convert:** **The ball is spotted at the location of the ball when one of the ball carrier's flags has been pulled.** A TD scores when the BALL breaks the plane of the goal line. A one-or two-point convert returned by the defense is **TWO** points for the defense.

So, players in 5v5 stretch the ball out so when they are deflagged, the next LOS is Point Ball Held.

9. **No Run Zone:** No Run (Red) Zone from the 5-yard line in front of each end zone, remains for the drive.
10. **Motion:** Only the centre has to be on the line. Everyone else can be bunched or in motion.
11. **Interceptions:** All team possessions changes start at the 5-yard line **EXCEPT** interceptions, which are spotted at Point Ball Dead (PBD), where the intercepting player was deflagged.
12. **Overtime:** In the regular season, each team will have one attempt to score one or two points, in an attempt to break the tie. If the team making the first attempt scores (1 or 2 points), then the team making the 2nd attempt choice **MUST** go for 2 points. The game will end after this attempt, regardless of the outcome. Coin toss in OT, VIS choice. Playoffs, higher seed. **(Modification)**
13. **Onside Attempt:** Teams can also try an onside attempt from the 5-yard line **(Modification)**. **See FPF Rulebook, Rule 13.7 for requirements for an onside attempt.**
14. **Rusher/Centre:** If the centre does not move, and there is contact on the rusher, it is illegal contact on the rusher. **Neutral zone** is 1 yard from LOS and defenders cannot be in it at the snap of the ball.
15. **Mercy Rule:** The mercy rule is **15 pts**. If the difference in the score is 15 pts or more with two minutes left in the 2nd half, there will, be no Pro Clock and it shall be running time except for injuries and timeouts. **(Modification)**
16. **Major foul:** Any obscene act, acts of roughness, or unfair play by players, coaches, teams, or spectators will result in a 10-yard penalty being assessed against the offending team as well as Loss of Down or Automatic First Down from the appropriate spot. **Can result in a game ejection. 10 plays off for the offending player.** **(Modification)**.
17. **Illegal Contact:** Illegal contact on offense will result in a loss of 5 yards from the Point Ball Held, downs continue. **(Modification)**. On defense, it will be 5 yards at Point of Foul and an automatic first down. **(Modification)**.
18. **Illegal Flag Pull:** Defensive players are NOT allowed to pul an opponent's flag prior to them gaining possession or touching the ball to gain possession. If a flag is pulled early and:
 1. The ball is caught, this is an Illegal Flag Pull penalty, automatic first down 5-yards from where the ball is caught.
 2. The ball is NOT caught, this is an Illegal Flag Pull penalty, automatic first down 5-yards from the LOS.
19. **Losing a flag:** An eligible pass receiver who loses a flag at anytime can still receive a forward handoff, pass or lateral,, but the ball will be declared dead at the point of reception. **(Modification)**.
20. **Bad snaps:** Bad snaps that touch the ground, in back or in front of the Quarterback, are blown DEAD, Downs Continue at PLS, including a snap into the endzone. In **FPF Junior only**, Offsides/ Procedure on OFFENSE are blown dead, reset the line and Down Repeated. After two consecutive Offsides/Procedures, the referee can call a delay of game penalty.
21. **Safety:** A safety occurs when a player has possession in the end zone and is deflagged, drops the ball, or throws a lateral that goes out of bounds in the endzone. There is no grounding in 5v5.