

5M SCREEN

5 WOMENS SCREEN

THESE ARE THE RULES FOR 5M SCREEN. IT IS A FORMAT WHICH IS PLAYED IN NASHVILLE, TN AND IS VERY POPULAR. WE HAVE DECIDED TO OFFER IT IN OUR SERIES AND WILL BE USING THE RULES MID-STATE SPORTS LEAGUE HAS WITH A FEW TWEAKS TO KEEP IT 5M NC BASE RULES. PLEASE READ THE 5M NC RULES AND I HAVE HIGHLIGHTED IN RED THE MAJOR RULE CHANGES FOR 5SCREEN AS OPPOSED TO 5M NC. THE PENALTIES AND MAJOR GAMEPLAY RULES WILL ALL BE BASED OFF OUR 5M NC SERIES.

EQUIPMENT

1. Pop Flags. Same rules as 5M NC applies to flags.
2. Cleats are allowed, no metal spikes.
3. Footballs are provided by the teams. Use your own high school, college or NFL ball.
4. Players *should not* wear shorts with pockets.

GAME CLOCK FORMAT

1. Each game is played in two 12 minute halves. A running clock format is used except for the final minute of second half.

SCORING

1. Touchdowns = 6 points
2. Safety = 2 points
3. Extra Points--5 yards= 1 point; 12 yards out= 2 points; 18 yards=3 points

SNAPPING THE BALL

1. The ball must be snapped between the legs.
2. Each time the ball is spotted a team has 25 seconds to snap the ball. A five-yard penalty will be assessed for delay of game.

3. Arena motion is legal for ONE WR.

RUNNING PLAYS

1. There is no limit to the number of handoffs made behind the line of scrimmage.
2. Players must be lined up on or behind the line of scrimmage.
3. Laterals and pitches are acceptable.
4. The "No Run Zone" is designated to avoid short yardage power running. It is located five yards before all first downs and five yards before the end zone.
5. A player who takes a handoff behind or beside the quarterback can throw the ball as long as he does not pass the line of scrimmage.
6. There is no diving (or flipping) when running with the ball.
7. You can jump as long as you do so and do not endanger the safety of your opponent. Failure to avoid endangering the safety of your opponent will result in a penalty.

RECEIVING

1. All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage).
2. Player must have at least one foot in-bounds when making a catch.

3. If a player tips a ball and then catches the pass, having their flag pulled before the catch and after the ball was tipped, they are down at the spot of the catch.

4. Bump and run coverage is ALLOWED within 3 yards of the line of scrimmage.

5. Defenders guarding the center must not make contact with the center until he has risen up and begins to move forward.
6. All defenders must be lined up one yard off of the line of scrimmage until the ball is snapped.
7. A player who starts a play without a flag is ineligible and cannot make a play on the ball.

PASSING

1. Shovel passes are behind the line of scrimmage.
2. Interceptions may be returned for touchdowns

3. Quarterbacks can take off and run without needing a handoff or a throwback.

4. There is NO QB clock if the defense does not rush.

RUSHING THE QUARTERBACK

1. ANY player may rush the quarterback, but they must be lined up 5 yards off of the line of scrimmage.
2. Rushers must go for the quarterback's flags. Rushers may attempt to block the pass but it is a penalty to initiate contact with the QB's arm even if the ball is deflected.

3. A rusher initiating contact with the ball while it is still in the quarterback's hand in an attempt to block a pass will be penalized for illegal contact.

BLOCKING/SCREENING

1. Screening can only occur with hands behind a player's back or protecting themselves in the front, in lateral movements at the line of scrimmage and/or creating a pocket for the QB without initiating contact with the rusher; and the offense can only have a maximum of 2 players screening on the line.
2. Downfield blocking is permitted but ONLY in a 'basketball style' screen. Players cannot use their arm or body but are permitted to stand in between the runner and defender. The player cannot run between the runner and defender.

LINE OF SCRIMMAGE

There is no minimum amount of players that have to be on the line of scrimmage to start a play.

STARTING THE GAME:

A minimum of 3 players are required to start the game.

14.1.8 Teams/Players leaving the bench area during a fight:

- 1. If either team leaves the bench during a fight, the game will immediately be forfeited and both teams ejected from the tournament with no refund.**
- 2. Any player that comes off the sideline during a fight will be ejected from both the game and tournament.**

SECTION 15--PENALTIES

15.1 GENERAL

15.1.1 The Referee will call all penalties.

15.1.2 All penalties will be assessed from the Line of Scrimmage except as noted (spot fouls).

15.1.3 Only the team captain or head coach may ask the Referee questions about rule clarification and interpretations. Players may not question judgment calls.

15.1.4 Games may not end on a defensive penalty unless the offense declines it.

15.1.5 Penalties are assessed live ball than dead ball. Live ball penalties must be assessed before play is considered complete.

15.1.6 Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

15.1.7 Flagrant contact fouls will not be tolerated. Offending player(s) will be ejected from that game, sit out the next game and further punishment left up to the director. Probably end up on the banned list.

15.2 SPOT FOULS BELOW

Defensive Pass Interference is an Automatic First Down

Defensive Holding +5 yards & Automatic First Down

Defensive Stripping +5 yards & Automatic First Down

Defense Unnecessary Roughness is +10 yards & Automatic First Down

Charging is -5 yards & Automatic First Down

Flag Guarding is -5 yards & Loss of Down

Offensive Unnecessary Roughness is -10 yards & Loss of Down

15.3 Defensive Penalties Continued

Offsides +5 yards from Line of Scrimmage & Automatic First Down

Illegal Rush (starting from inside 5 yds) +5 yards from Line of Scrimmage & Automatic First Down

Illegal Flag Pull (before receiver has the ball) +5 yards from Line of Scrimmage & Automatic First Down

Roughing the Passer +10 yards from Line of Scrimmage & Automatic First Down

Unsportsmanlike Conduct/Taunting +10 yards from Line of Scrimmage & Automatic First Down

Defensive Pass Interference Spot Foul, Automatic First Down

Holding Spot Foul, +5 yards & Automatic First Down

Stripping Spot Foul, +5 yards & Automatic First Down

Defensive Unnecessary Roughing Spot Foul, +10 yards & Automatic First Down

15.4 OFFENSIVE PENALTIES

Offside/False Start -5 yards from Line of Scrimmage & Loss of Down

Illegal Forward Pass (Pass received behind the Line of Scrimmage or throwing a pass beyond the Line of Scrimmage) -5 yards from Line of Scrimmage & Loss of Down

Offensive Pass Interference -5 yards from Line of Scrimmage & Loss of Down

Illegal Motion (More than one person moving) -5 yards from Line of Scrimmage & Loss of Down

Delay of Game is -5 yards from Line of Scrimmage & Loss of Down

There is NO impeding the rusher in 5 Screen

Charging SPOT FOUL, -5 yards & Loss of Down

Flag Guarding SPOT FOUL, -5 yards & Loss of Down

Offensive Unnecessary Roughness SPOT FOUL, -10 yards & Loss of Down

SECTION 16 - Onside Play

6.3.1 Each team is allowed one (1) Onside play per Game.

6.3.2 After a team scores, BEFORE THEY ATTEMPT THE EXTRA POINT, Teams must Announce to have a Onside Play

6.3.3 Onside play starts on the team's own 5-yard line, and they must gain the Mid-field line to be successful.

6.3.4 IF the onside play is INCOMPLETE the defensive team gets the ball at the opponents 5 yard line. If the pass completion or run fails to reach midfield the ball will be spotted where the play ended. If the Ball is Intercepted, then the ball will be placed at the end of the play. If there is a safety, then the ball will be placed back at the team's own 5-yard line.

6.3.5 The Clock WILL run at the START of the Onside Play

6.3.6 Once an ONSIDE PLAY is announced, you may not change your mind, without calling a timeout.