



# CAPITAL DISTRICT MINOR FOOTBALL ASSOCIATION

## CDMFA 5-A-SIDE (U8 & U10) HOUSE RULES 2025

### GENERAL RULES

- GAMES WILL BE SHOOT-OUT STYLE WITH THE OFFENSIVE TEAM STARTING AT THE 35YD LINE.
- FOR ALL AGE GROUPS A MAXIMUM OF ONE COACH WILL BE ALLOWED IN THE HUDDLE TO CALL PLAYS
  - COACH CANNOT SLOW PLAY DOWN & MUST LEAVE THE PLAYING FIELD AFTER EACH PLAY CALL TO ENSURE PLAYER SAFETY & NOT DISTURB GAME PLAY
- **FOR U8 ONLY**
  - WILL SCRIMMAGE FROM THE 35 YARD LINE AND WILL HAVE 6 CONSECUTIVE PLAYS NO MATTER THE RESULT AND THEN A CHANGE OF POSSESSION WILL OCCUR
  - THE SIX PLAYS WILL CONSIST OF 2 RUN PLAYS, TWO PASS PLAYS AND TWO COACH PASSES
  - PLAY 3 & PLAY 6 ON EVERY SERIES WILL BE PLAYED WITH THE COACH AT QB
    - THIS WILL GUARANTEE TWO PASS PLAYS PER POSSESSION TO PROMOTE DEVELOPMENT OF REC'S AND DB'S
    - DURING THESE PLAYS THERE WILL BE NO RUSHER SINCE THERE IS A COACH AT QB(STILL 5 PLAYERS ON DEFENCE BUT DO NOT RUSH QB)
- **FOR U10 ONLY**
  - THE OFFENSIVE TEAM TAKES POSSESSION OF THE BALL AT THE 35-YARD LINE AND HAS THREE (3) PLAYS TO CROSS 20-YARD LINE. ONCE A TEAM CROSSES 20-YARD LINE, IT HAS THREE (3) MORE PLAYS TO SCORE A TOUCHDOWN. IF THE OFFENSE FAILS TO SCORE, THE BALL CHANGES POSSESSION AND THE NEW OFFENSIVE TEAM TAKES OVER ON THE 35-YARD LINE.
    - DURING EACH 3 PLAY SERIES ONLY 1 PLAY CAN BE A RUN PLAY(HANDOFF, TOSS, ETC). THE OTHER TWO MUST BE LEGAL FORWARD PASSES
- TO BEGIN A PLAY, THE BALL MUST BE SNAPPED BY THE OFFENSIVE CENTER THROUGH THEIR LEGS, FROM THE POINT OF SCRIMMAGE TO THE QUARTERBACK. THERE IS NO MINIMAL DISTANCE REQUIRED BY THE QUARTERBACK WHO CAN BE EITHER UP CLOSE TO THE CENTER OR IN SHOT-GUN FORMATION. IF A BALL TOUCHES THE GROUND, IT WILL BE WHISTLED DEAD AND LOSS OF DOWN.
- 1 DEFENSIVE PLAYER CAN RUSH THE QUARTERBACK FROM THE RUSH LINE 10-YARDS BACK FROM THE LINE OF SCRIMMAGE.



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- DEFENSE MUST SWITCH RUSHER AFTER EACH CHANGE OF POSSESSION. (FOR PLAYER DEVELOPMENT WE WANT DIFFERENT PLAYERS RUSHING THE QUARTERBACK)
- AN AUTOMATIC FIRST DOWN BY PENALTY WILL OVERRULE THE OTHER REQUIREMENTS REGARDING THREE (3) PLAYS TO MAKE EITHER A FIRST DOWN OR SCORE. RULES USED WITHIN FOOTBALL CANADA SANCTIONED EVENTS, THERE ARE THREE (3) PLAYS TO CROSS MID-FIELD OR SCORE A TOUCHDOWN.
- IF THE OFFENSIVE TEAM FAILS TO CROSS MIDFIELD, POSSESSION OF THE BALL CHANGES AND THE OPPOSITION STARTS ITS DRIVE FROM THE 35-YARD LINE.
- ALL POSSESSION CHANGES START ON THE 35-YARD LINE.
- IF AN OFFENSIVE PENALTY PASSED MIDFIELD OCCURS, WHICH CAUSES THE BALL TO BE PLACED BEHIND MIDFIELD MARKER, THE OFFENSIVE TEAM MUST STILL MAKE A TOUCHDOWN IN 3 PLAYS.
- "NO-RUNNING ZONES," ARE LOCATED FIVE (5) YARDS IN FRONT OF THE END ZONE. WHEN THE BALL IS ON OR INSIDE THE 5-YARD LINE GOING TOWARDS THE OPPONENT'S END ZONE, THE BALL CARRIER CANNOT RUN ACROSS THE LINE OF SCRIMMAGE. (NO RUNNING PLAYS)
- THE PASSER CANNOT RUN WITH THE BALL PAST THE LINE OF SCRIMMAGE, UNLESS THE BALL HAS BEEN HANDED, TOSSED OR PITCHED TO ANOTHER PLAYER AND IT HAS BEEN RETURNED.
- ONCE THE BALL CARRIER HAS CROSSED THE LINE OF SCRIMMAGE THE BALL CANNOT BE HANDED OFF, TOSSED, PITCHED OR PASSED IN ANY WAY.
- AN OFFENSE MAY USE MULTIPLE HANDOFFS BEHIND THE LINE OF SCRIMMAGE. ONLY BACKWARD & LATERAL HANDOFFS ARE ALLOWED DURING THE DOWN.
- FORWARD PASS – BALL MUST BE ON OR BEYOND THE LINE OF SCRIMMAGE TO BE LEGAL.
- AFTER ANY SUCCESSFUL TOUCHDOWN A CONVERT ATTEMPT IS AWARDED TO THE SCORING TEAM. A CONVERT IS A SCRIMMAGE PLAY FROM EITHER THE OPPONENT'S 5-YARD LINE (1 POINT), OR 10-YARD LINE (2 POINTS), WHICHEVER THE OFFENSIVE TEAM CHOOSES, WHERE THEY GET THE DESIGNATED POINTS IF THEY SUCCESSFULLY CROSS THE GOAL LINE IN ONE PLAY.
- THERE ARE NO KICKOFFS IN THE GAME OF 5V5 FLAG FOOTBALL.

## REQUIRED TEAM EQUIPMENT:

- 2 GAME BALLS (WILSON K2, NIKE JR PEEWEE FOR U8/U10 IN GOOD CONDITION)
- 2 BEAN BAGS.
- 30 SMALL CONES TO MAKE HALF OF THE FIELD.
- FIRST AID BAG/TRAINER BAG.
- EMERGENCY INFORMATION BINDER.
- ONE VOLUNTEER TO HELP SPOT OF BALL FOR OFFICIALS.



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## PLAYER EQUIPMENT:

- ALL PLAYERS MUST WEAR A PROTECTIVE MOUTHPIECE; THERE ARE NO EXCEPTIONS.
- ALL PLAYERS MUST WEAR LEAGUE ISSUED UNIFORMS. (SHIRT, SHORT AND FLAG)
- ALL LEGGINGS, LONG SLEEVE SHIRTS OR OTHER UNDERGARMENTS MUST BE WORN UNDER THE UNIFORMS.
- NO PLAYER SHALL WEAR METAL CLEATS.
- FLAGS MUST BE LOCATED ON PLAYERS HIPS (A PLAYER WITH IMPROPER FLAG LOCATIONS WILL BE CONSIDERED "TOUCH")
- ALL JERSEYS MUST BE TUCKED INTO PLAYERS SHORTS AND CANNOT COVER THE PLAYERS FLAGS AT ANY POINT (A PLAYER WITH FLAGS COVERED WILL BE CONSIDERED "TOUCH")
- ALL SHORTS MUST HAVE NO POCKETS FOR THE SAFETY OF ALL ATHLETES
- ANY HARD BRIMMED HATS WILL NOT BE ALLOWED.
- NO RINGS, NECKLACES OR SUNGLASSES PERMITTED. (EARRINGS MAY BE TAPED)