



5TMSL Fall 2026 Rulebooks

Flag Football Rulebook

Required Equipment

- All players must be wearing a team jersey in order to play.
- If a player does not have their jersey, the league may provide an extra. If no extra is available, the player cannot play.
- Tzitzis must be tucked in, or the play can be ruled as flag guarding.

Team Requirements & Forfeit Policy

- Each team must have at least five players ready to play no later than 10 minutes after the scheduled game time.
- Failure to meet this minimum will result in an automatic forfeit.

Game Structure

- Games consist of two 22-minute halves.
- The clock stops for injuries, halftime, timeouts, and dead balls inside the final minute of the first half and final two minutes of the second half.
- Each team gets one timeout in the first half and three in the second half.
- No kickoffs - games start with a coin toss. The receiving team begins at its own 20-yard line.

Offense Rules

- The coach, or an adult designated by the coach will serve as the quarterback.
- The play starts when the coach/qb says "hike" and pulls the ball off of his offensive lineman's back.
- Coach QBs may not block, or pull flags on interception returns. Blocking results in a 10-yard penalty from the spot of the block, and the interception will be ruled a pick-six.
- The quarterback has 8 seconds to throw the ball. The play is automatically dead at 15 seconds.
- Completions are only allowed beyond the line of scrimmage.
- The offense has four downs to reach midfield for a first down. Once past midfield, they have four downs to score.
- If the offense fails to reach midfield in three downs, they may:
 - Punt (ball placed at opponent's 20-yard line), or
 - Go for it on 4th down (if unsuccessful, the opposing team takes over at the spot).

Defense Rules

- The defense may blitz once per set of downs.
- Interceptions are returnable for 6 points during play and 2 points on extra point attempts.

Scoring

- Touchdown: 6 points
- Extra Point: 1 point (automatic)
- 2-Point Conversion: 2 points (from the 10-yard line)
- Safety: 2 points

Dead Ball Situations

The play is dead when:

- The ball touches the ground.
- The ball carrier's flag is pulled or steps out of bounds.

- Any part of the ball carrier's body (except hands or feet) touches the ground.
- A pass is incomplete.
- A receiver with only one flag catches the ball (play is dead when a defender is in the receiver's vicinity).
- A receiver with no flags catches the ball (play is dead when a defender is within arm's reach).
- Fumbles are dead at the spot, and possession remains with the fumbling team.
- A dropped or mishandled snap remains live (defense does not get a free blitz).

Penalties

Offensive Penalties (Loss of Down & Yardage):

- Flag Guarding: 5-yard penalty, play blown dead.

Offensive Pass Interference (10-yard penalty from line of scrimmage):

- Illegal Pick Plays
- Blocking Downfield
- Illegal Screen

Defensive Penalties:

- Defensive Holding: 5 yards, replay the down (unless it results in a first down).
- Pass Interference: Contact with a receiver before the ball arrives. (Spot foul; replay down unless spot is past the first down marker).
- Illegal Blitz: Defender rushes illegally - 5 yards, replay the down.

Clock Rules

- Running clock, except for:
 - Final minute of the first half
 - Final two minutes of the second half
- Clock stops during that time for:
 - Incomplete passes
 - Ball carrier running forward out of bounds
- The clock does NOT stop if:
 - Player is down in bounds
 - Player runs backward out of bounds
- Play Clock: 15 seconds from when the defense is set. Defense has 10 seconds to set up but may signal readiness earlier.

Miscellaneous Rules

- One foot in bounds is required for a legal catch.
- Spinning is allowed.
- Jumping and stiff-arming are not allowed - play is dead at the spot.
- Spot of the Ball: The ball is marked where the hips are when the flag is pulled.
- Offsides:
 - Play is blown dead only if a defender has a free rush at the QB or causes a false start.

Playing Time Rules

- No player may sit out for a third drive until every other player on the team has sat out at least one drive.
- Additionally, no player may sit out more than two drives more than any other player on their team by the end of the game.

Note: There will be no retroactive penalties for earlier playing time violations. However, if an issue arises, the referee and coach will work together to correct it for the future.

Overtime Rules

- Winner of the coin toss chooses offense, defense, or which end to play
- Each team gets a possession starting at the opponent's 30-yard line
- Both teams get an equal opportunity to score each round. In the first round, they can decide to go for one or two.
- Starting in the second round, teams must go for two.
- Overtime continues until a winner is decided

It would be impossible to cover every potential situation in this rulebook. If you have a question about a specific rule or scenario, please contact the league for clarification.



5TMSL Fall 2026 Rulebooks

Basketball Rulebook

Required Equipment

- All players must be wearing a team jersey in order to play.
- If a player does not have their jersey, the league may provide an extra. If no extra is available, the player cannot play.

Team Requirements & Forfeit Policy

- Each team must have at least five players ready to play no later than 10 minutes after the scheduled game time.
- Failure to meet this minimum can result in a forfeit.

Game Structure

- Games are played in two 18-minute halves.
- First half: The clock runs until the final 30 seconds. During the final 30 seconds, the clock stops on all whistles.
- Second half: The clock runs until the final 3 minutes. During the final 3 minutes, the clock stops on all whistles.
- Outside of those stop-clock periods, the clock stops only for substitutions.

Substitutions

- Substitutions may be made at any dead ball.

Overtime Rules

- Overtime is 4 minutes.
- In the regular season, if the game remains tied after overtime, it ends in a tie.
- In the playoffs, after the first overtime, 3-minute overtimes will be played until a winner is determined.

Timeouts

- Each team receives one 20-second timeout and one 60-second timeout per game.
- Unused timeouts may be carried over into overtime.

Foul & Bonus Rules

- A team enters the bonus after committing five fouls in a half. The opposing team will shoot one-and-one.
- After seven team fouls in a half, the opposing team will shoot two free throws.
- Inside the final two minutes of either half, the bonus begins once a team commits its second foul.
- In overtime, the bonus begins on the second team foul. Double bonus begins on the fourth team foul.
- There is no foul-out limit for personal fouls. A player is, however, ejected if he receives two technical fouls.
- A technical foul results in two free throws and possession of the ball.
- Players are allowed to jump over the free-throw line on free-throws.

Flagrant Fouls

- A Flagrant 1 foul is unnecessary contact. The opposing team will receive two free throws and possession of the ball. The player remains in the game unless it's their second flagrant foul.
- A Flagrant 2 foul is unnecessary and excessive contact. The player is automatically ejected, and the opposing team will receive two free throws and possession.
- A player is ejected if they receive:
 - Two Technical fouls, or
 - Two Flagrant 1 fouls, or
 - One Flagrant 2 foul

Press Defense

- Press defense is not allowed until the final two minutes of the game.

Time Violations

- Teams have 5 seconds to inbound the ball. If not inbounded in time, the ball will be turned over to the other team.
- The offense has 10 seconds to cross half-court. This will be called loosely - only if a team is purposely delaying bringing up the ball.

Playing Time Rules

- No player may play an entire half; each player must sit for at least one minute per half.
- Every player must sit for at least four minutes per game.
- Regular Season: Referees will monitor for clear violations, but enforcement will primarily rely on coaches and the honor system.
- Playoffs: Staff will track individual player minutes and work with coaches to ensure compliance.
- Note - There will be no retroactive penalties for earlier playing time violations. However, if a player has not yet sat for the required two minutes by the end of a half, or the required three minutes by the end of the game, they will be required to sit the remaining balance during the final minutes.
- Example - If a player has only sat for one minute throughout the game, they must sit the final two minutes of regulation (the referee can whistle a play dead at that point). Should the game go to overtime, they will be eligible to play.

Adjustment for Smaller Rosters

- If a team has 7 or fewer players present, the total sit requirement is reduced to three minutes for the game.
- If a team has exactly five players, all players will play the entire game and these rules do not apply.

Traveling Violations

- The official traveling rule (NBA rule): a player may take two steps after a legal gather step before passing or shooting.

Jump Ball & Possession

- Games will begin with a jump ball.
- All held ball situations will be determined by the possession arrow.

Hoop Height

- The hoop will be set to 10 feet.

It would be impossible to cover every potential situation in this rulebook. If you have a question about a specific rule or scenario, please contact the league for clarification.

Hockey Rulebook

Required Equipment

- All players must wear a helmet with a full cage, gloves, and a team jersey.
- If a player does not have their jersey, the league may provide an extra. If no extra is available, the player cannot play.

Team Requirements & Forfeit Policy

- Each team must have at least five players, including a goalie, ready to play no later than ten minutes after the scheduled game time.
- Failure to meet this minimum will result in an automatic forfeit.

Game Structure

- Games consist of three 12-minute periods with a running clock (stops only for injuries or penalties).
- Games are played 5-on-5, plus a goalie.
- The clock stops for all whistles in the final minute of each period.

Overtime & Shootouts

- If tied after regulation, teams play a 4-minute sudden-death overtime (3-on-3).
- The clock stops for all whistles in the final minute of overtime.
- If still tied, a three-round shootout will follow.
- If still tied after three rounds, the shootout continues to sudden-death.
- In the playoffs, overtime is 12 minutes, played 5-on-5. If still tied, the game continues to another period until a goal is scored.

Timeouts

- Each team has two timeouts per game.
- Timeouts cannot be taken in the same period.
- Unused timeouts carry over to overtime.

Switching Sides

- Teams switch attacking sides for the second period but keep the same benches.

Substitutions

- Players may change at any time during live play if the exiting player is within five feet of the bench.
- Neither player may touch the ball while both are on the court in the substitution area. If they do, a minor penalty for delay of game is assessed.

Playing Time Rules

- Every player must sit at least four minutes total per game. Penalty minutes count toward this total.
- In the regular season, referees will monitor but enforcement relies mostly on coaches.
- In the playoffs, staff will track minutes and ensure compliance.
- If a player has not yet sat for three minutes by the end of regulation, they must sit the remaining balance during the final minutes of the game.

Adjustment for Small Rosters:

- If a team has 7 or fewer players (including the goalie), the sit-out requirement drops to two minutes.
- If a team has exactly five players, all play the entire game.

Offsides Rule

- Players must make an effort to return to the defensive zone once the ball is controlled in the opponent's zone.

- Referees will raise a hand to signal when players need to return to the defensive zone. As long as players attempt to return, offside will not be called.

High Sticking

- Batting the ball above shoulder height with the stick is not allowed.
- Play continues unless the ball is immediately touched by a teammate, goes "on goal," or enters the net (such a goal will be disallowed).
- If the offending team gains an advantage, the faceoff is where the high stick occurred.
- If the offending team is disadvantaged, the faceoff is the closest spot in their defensive zone.
- If a player bats the puck into his own net with a high stick, the goal counts.
- Any stick contact with an opponent above the shoulders is a penalty - minor if no injury, major if injury results.
- Accidental contact above the shoulders is allowed only on a natural windup or follow-through.

Penalties

Minor Penalty: 1 minute

Major Penalty: 2 minutes

- Checking: Body checking and cross-checking are not allowed.
- High-Sticking: Contact above the shoulders with a stick.
- Tripping: Causing an opponent to fall using stick, body, or other action. Exceptions: stepping on a stationary stick or unintentional contact after a shooting attempt.
- Slashing: Swinging the stick forcefully at an opponent or stick.
- Roughing: Unnecessary physical force or roughness.
- Delay of Game: Includes holding the ball against the wall, deliberately shooting it out of play, or taking too long on substitutions.
- Unsportsmanlike Conduct: May be called on players or coaches.
- Throwing the Stick: Minor or major depending on intent; if on a breakaway, a penalty shot may be awarded.
- Goalie Penalties: A goalie never serves penalties; another player designated by the coach will serve it.

Penalty Shots

Awarded when:

- A defender commits a penalty from behind on a breakaway.
- A defensive player covers the ball in the crease.
- An illegal substitution occurs during a breakaway.
- On a penalty shot, the goalie must stay in the crease until the shooter makes contact with the ball.

It would be impossible to cover every potential situation in this rulebook. If you have a question about a specific rule or scenario, please contact the league for clarification.

5TMSL Softball Rulebook

Required Equipment

- All players must be wearing a team jersey in order to play.
- If a player does not have their jersey, the league may provide an extra. If no extra is available, the player cannot play.
- Bats may not be swung by anyone other than the batter in the batter's box.

Team Requirements & Forfeit Policy

- Each team must have at least six players ready to play no later than 10 minutes after the scheduled game time.
- Failure to meet this minimum can result in a forfeit.
- Teams with fewer than 9 players are not required to put up a catcher.

Game Structure

- Games are scheduled for seven innings.
- Each inning has a 6-run limit, except for the final inning, which is unlimited.
- A game must be played 4 full innings (or 3.5 innings if the home team is leading) to be considered an official game.
- If a game is stopped before that point due to weather or any other reason, the league commissioner will decide how the game will be handled.

Fielding Alignment Rules

- Teams may have only a pitcher, catcher, and 4 infielders positioned within the infield dirt.
- Outfielders must be positioned behind the basepaths until contact is made with the ball.

Pitching Rules

- Games are **player-pitch**.
- No player may pitch more than **4 innings in a game**.

Batting Rules

- Throwing the bat is never an automatic out. However, if it continues and the umpire feels the batter is a threat to the safety of the game, the umpire may eject the batter.

Dead Ball / End of Play

- The ball becomes dead when the **pitcher has possession of the ball near the mound and there is no attempt being made to make a play on any runner anywhere on the field**.
- The umpire will determine the runners' placement at the moment the ball becomes dead.
- A runner who is **within one stride of the next base** when the ball becomes dead will be awarded that base.
- **"Within one stride" means the foot the runner would normally use to touch the base can reach the base the next time that foot touches the ground.**
- The runner may take the natural opposite-foot step in between.

Example: If a runner normally touches the base with his right foot, and his right foot is already on the ground when the ball becomes dead, he may take his next step with his left foot and then touch the base with his right foot. He is considered within one stride.

However, if the ball becomes dead **before that right foot comes down**, and the runner would then need to step right foot, left foot, and right foot onto the base, he is **not** within one stride and must return to the previous base.

Base Running Rules

- No leading is allowed. Runners must remain in contact with their base until the ball is hit.

- If a runner leaves early, the play will continue normally. Any outs recorded during the play will stand.
- After the play is complete, the umpire will adjust the runners according to the value of the batter's hit.
- The batter is entitled to the base earned by the hit: first base on a single, second base on a double, third base on a triple, and home plate on an over-the-fence home run.
- A runner who left early may advance only as necessary to accommodate the batter-runner and the other runners ahead of him. The early start may not be used to gain an additional base beyond what the play otherwise requires.

Examples:

- Runner on first leaves early; batter hits a single → batter to first, runner to second.
- Runner on first leaves early; batter hits a double → batter to second, runner to third.
- Runner on first leaves early; batter hits a triple → batter to third, runner scores.
- Runner on first leaves early; batter hits an over-the-fence home run → both runners score.
- Runner on second leaves early; batter hits a double → batter to second, runner to third.
- Runner on third leaves early; batter hits a double → batter to second and runner returns to third.
- Runners on first and second; either runner leaves early and the batter hits a double → batter to second, runner from first to third, and runner from second scores.

Infield Exception: If a runner leaves early from third base and the ball remains in the infield, that runner may not score. If the bases are loaded and the batter reaches first safely, the other runners advance as necessary, but the run from third does not count and no out is charged for the early departure.

Overthrow Rules

- The ball remains live unless it goes out of play.
- If the ball goes out of play, runners advance two bases from where they were at the time of the throw — the base they were going to, plus the following base.

Extra Innings & Ties

- If a game is tied and time allows, extra innings may be played.
- In the second extra inning, the last out from the previous inning will start on second base.
- If no time remains, the game will end in a tie.

Obstruction & Interference

- **Obstruction:** When a fielder, without possession of the ball and not in the act of fielding it, impedes the progress of a runner. The umpire may award the runner the next base, or more, if they determine the runner would have advanced without the obstruction.
- **Interference:** When a runner or batter interferes with a fielder trying to make a play on a batted or thrown ball. The interfering player is out, and other runners may be returned to the last base they touched at the time of the interference.

Appeals & Baseline Violations

- **Appeals:** If a runner misses a base, the defensive team may appeal by tagging the base or the runner and clearly informing the umpire of their intention. There are no accidental appeals. The appeal must be made before the next pitch or play.
- **Out of Baseline:** A runner is out if they go more than three feet outside their direct path to the next base while attempting to avoid a tag.
- **Two Runners on the Same Base:** If two runners occupy the same base at the same time, the lead runner has the right to the base. The trailing runner is out if tagged, unless the lead runner was forced to advance.

It would be impossible to cover every potential situation in this rulebook. If you have a question about a specific rule or scenario, please contact the league for clarification.