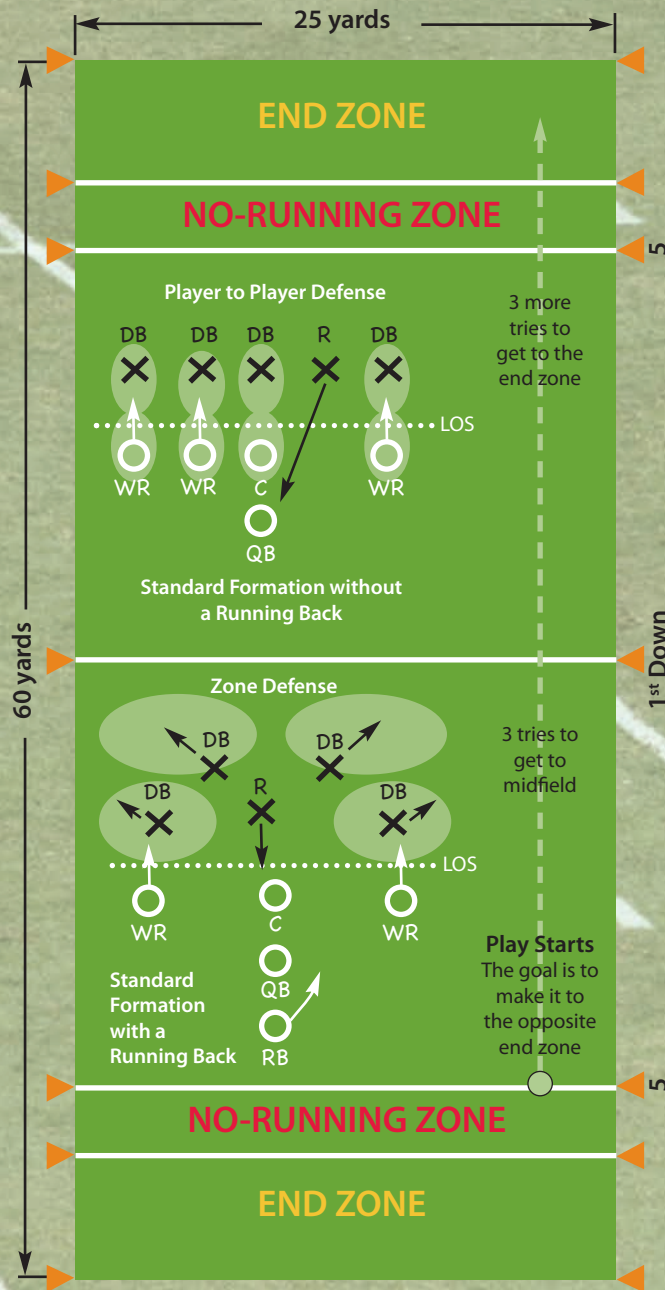


# Field Dimensions & Markings



- Plays starting inside No Running Zone must be pass plays
- Defense lines up 5 yards off the Line of Scrimmage (LOS)
- First down marker: located at midfield

# Equipment

Ball Size Guidelines			
Wilson Football	Size K2	Size TDJ	Size TDY
Age Division	Under 11	Under 13	13+

## On-line Resources Available

Rule Books, Teacher Guides, Event Information and Equipment Sales



For more information:  
[www.footballcanada.com](http://www.footballcanada.com)  
 613-564-0003

## Provincial/Territorial Associations

- British Columbia: [www.playfootball.bc.ca](http://www.playfootball.bc.ca)  
604-583-9363
- Alberta: [www.footballalberta.ab.ca](http://www.footballalberta.ab.ca)  
780-427-8108
- Saskatchewan: [www.footballsaskatchewan.ca](http://www.footballsaskatchewan.ca)  
306-975-0827
- Manitoba: [www.footballmanitoba.com](http://www.footballmanitoba.com)  
204-925-5902
- Ontario: [www.ontariofootballalliance.ca](http://www.ontariofootballalliance.ca)  
888-313-9419
- Quebec: [www.football-quebec.com](http://www.football-quebec.com)  
514-252-3059 x 3514
- New Brunswick: [www.footballnewbrunswick.nb.ca](http://www.footballnewbrunswick.nb.ca)  
506-634-3376
- Nova Scotia: [www.footballnovascotia.ca](http://www.footballnovascotia.ca)  
902-425-5450
- PEI: [www.footballpei.com](http://www.footballpei.com)  
902-368-4262
- Northwest Territories: [www.sportnorth.com](http://www.sportnorth.com)  
1-800-661-0797

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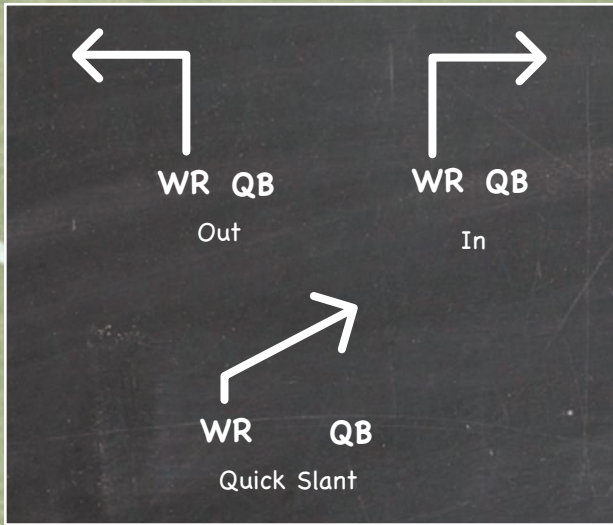


# 5-A-SIDE

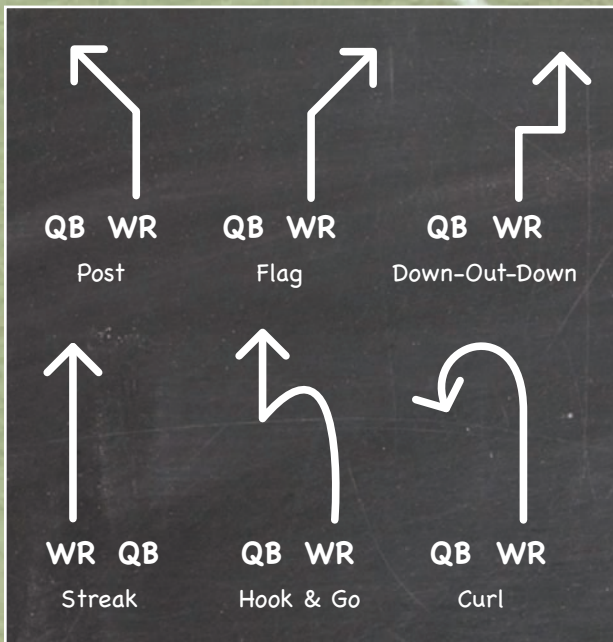
[www.footballcanada.com](http://www.footballcanada.com)



## 5 Yard Pass Plays



## 10+ Yard Pass Plays



### Legend

QB = Quarterback  
WR = Wide Receiver  
→ = Route

## Quick Rules

- Length of game = 40 minutes
- Length of practice = 1 to 2 hours
- Number of players (competitive) = 5 + 1 sub
- Number of players (recreational) = up to 10

## Penalties



No arguing with game official



No shielding your flag



No grabbing flag belt



No blocking



No diving

## Positional Tips

### The Snap



- Ball on ground, below head
- Feet shoulder width apart
- Weight on balls of the feet, knees bent
- Rest free arm either on the knee or thigh

### The Pass



- Fingers wide
- Thumb braces the ball
- On release, palm toward ground, ball rolls off fingers
- Ball close to chest
- Stand tall - strong
- Focus on target
- Lead foot toward target
- Open hips, rotate shoulders to target, follow through

### Receiving the Pass



#### Above Waist:

- Extend arms
- Fingers spread, thumbs touching
- Relax fingers and wrists
- Look ball into hands

#### Below Waist:

- Extend arms down, flex elbows
- Fingers spread with little fingers touching
- Relax fingers and wrists

#### On the side:

- Extend arms across
- Spread fingers for below waist or above waist
- Relax body