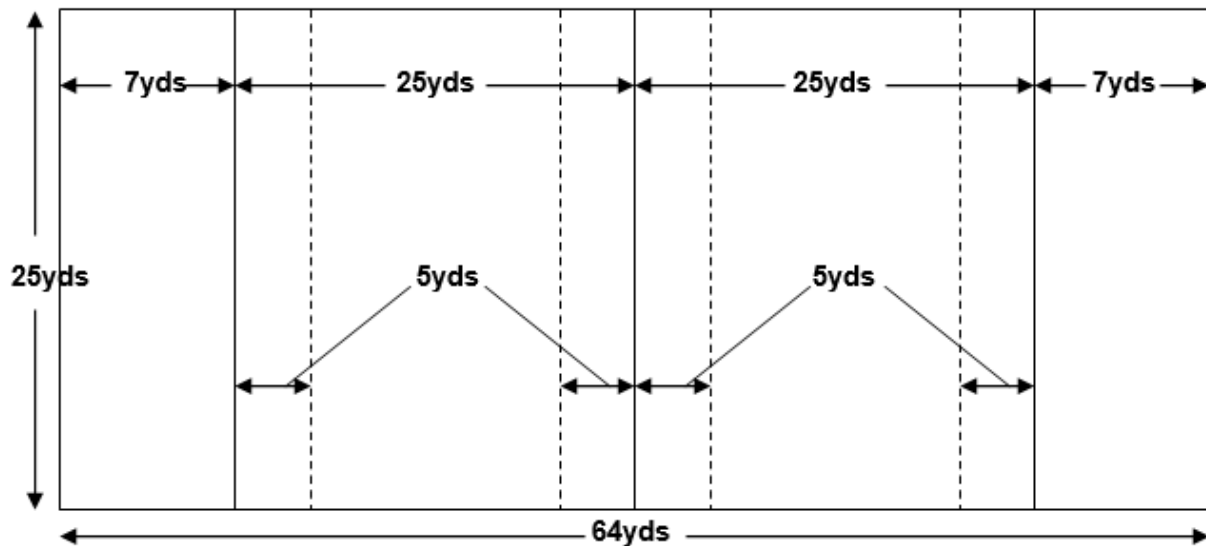


4 V 4 Flag Football Rules

Field Dimensions

64 x 25

The field length is 50 yards with 5 yards run zones before midfield and the end zones. The end zones are 7 yards long. The width of the field is 25 yards.



Rules

- No contact allowed.
- Mouth guards are encouraged.
- A coin toss determines first possession.
- The offensive team takes possession of the ball at their 5-yard line and has three plays to cross midfield. Once a team crosses midfield, they have three plays to score. If the offensive team fails to cross midfield or score, the ball changes possession.
- All drives start from the 5-yard line, except interceptions.
- The team who reaches 28 points first or has the most points when time is expired is declared the winner. If the score is tied after regulation is completed, then the game will go into overtime.

4 V 4 Flag Football Rules

Game Clock Format

- Each game is 30 minutes long.
- Two 15-minute halves and no halftime.
- Possession does not change at halftime, just direction.
- The clock will not stop unless a time-out has been called or the official feels it is deemed necessary.
- Each time the ball is spotted, the offensive team has 30 seconds to snap the ball. (Officials will warn the offense when there are 10 seconds left to snap the ball)
- Teams may not snap the ball until the officials are set. (No quick snaps)

Timeouts

- Each team has two timeouts per game, one timeout per half.
- Timeouts only stop the game clock for one minute. The clock will start again when the ball is snapped.
- If timeout is called after a touchdown the clock will not run during the extra point.

Attire

- Shirts must be tucked in.
- Flags must be worn on each side of the player's hips.
- Athletic shorts without pockets are preferred.

Scoring

- Touchdown = 6 points
- 5-yard Extra Point = 1 point
- 12-yard Extra Point = 2 points
- Safety = 2 points

4 V 4 Flag Football Rules

Rushing the Quarterback

- Quarterbacks cannot run the ball.
- Players that rush the quarterback must be a minimum of seven yards from the line of scrimmage when the ball is snapped.
- Players that are not seven yards from the line of scrimmage when the ball is snapped may not enter the backfield unless the ball is handed off. If the ball is handed off, then anyone can rush.
- The official will designate seven yards from the line of scrimmage.
- The rusher may not hit the quarterback's arm or knock the ball out of the quarterback's hand.
- The rusher is allowed a direct line to the quarterback as long as they rush from either side of the field and not up the middle. The offense must avoid impeding the rusher.

Passing

- The quarterback has seven seconds to pass the ball. If the ball is not thrown within seven seconds, the play is dead, resulting in a loss of down. The ball returns to the line of scrimmage. Once the ball has been handed off, there is no seven-second count.
- Interceptions may be returned.
- All passes must be received past the line of scrimmage.

Receiving

- All players are eligible to receive a pass, including the quarterback if the ball has been handed off behind the line of scrimmage. The ball must be caught beyond the line of scrimmage.
- Players must have at least one foot in bounds with full control of the ball when making a catch.

4 V 4 Flag Football Rules

Dead Balls

- Only one player may be in motion prior to the snap.
- Players may not be moving forward when the ball is snapped.
- The ball must be snapped between the legs to start play.

Play is Ruled Dead When

- The offensive player's flag is pulled.
 - o Note: if a defensive player pulls the offensive player's flag before they receive the ball, the defense must tag the offensive player with one hand, and a five-yard is added to the end of the play.
- The seven-second play clock expires.
 - o Note: there is no seven-second play clock if the ball has been handed off.
- Ball carrier steps out of bounds.
- Ball hits the ground.
- Touchdown is scored.
- Incomplete pass.
- Ball carrier's knee touches the ground.
- If a ball carrier starts play without a flag they are down where they receive the ball.
- No fumbles. The ball is spotted where it hits the ground.

Flag Pulling

- The is marked where the hips are when the flag is pulled, not where the ball is. (The hips must cross the first down line for a first down and the end zone line for a touchdown)
- Once the belt is broken, the player will be considered down.
- If the ball carrier's flag falls off without being touched, it then becomes a one-hand touch.
- If a player starts a play without a flag, then they are down where they receive the ball.
 - o Note: if the quarterback receives the snap with no flag, then they are down where they receive the snap. If they are in the end zone, then it is a safety.

4 V 4 Flag Football Rules

Defensive Penalties

- Offside-Illegal Rush.
- Too many players on the field.
- Interference illegal contact. (Holding, bump and run, blocking)
 - o Note: The official will determine incidental contact.
- Roughing the quarterback.
- Pass interference.
- All defensive penalties are five yards (excluding unsportsmanlike conduct) from the line of scrimmage and automatic first down, except for holding and pass interference, which is from the point of infraction.

Offensive Penalties

- Illegal motion.
- Offensive pass interference. (Illegal pick pushing off defender)
- Impeding the rush. (Offensive players must avoid the rusher)
- Flag guarding.
 - o No jumping or diving with position.
 - o Untucked shirts.
 - o Hand sweeping. (Player must keep their hands above their waist)
- Too many players on the field.
- Delay of game.
- All offensive penalties are five yards (excluding unsportsmanlike conduct) from the line of scrimmage and loss of down except flag guarding, which is from the point of infraction.

Unsportsmanlike Conduct / Roughing

- If the official witnesses any act of tackling, elbowing, cheap shots, or any other unsportsmanlike act, the game will be stopped, and the official will determine whether the player will be ejected from the game. The league or tournament director will determine whether to eject the player from the tournament. (If ejected from the
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4 V 4 Flag Football Rules

tournament you must leave the premises immediately, or law enforcement will be contacted)

- Foul play will not be tolerated.
- Trash talk is illegal. The official has the right to determine language that is offensive. (Trash talking is language that may be considered offensive to the official, opposing team, teammates, or spectators). The official may eject players from the game for trash talking.
- All unsportsmanlike penalties will result in a 10-yard penalty.

Overtime

- A coin flip determines first possession.
- Each team starts with the ball at their own five-yard line and has one play to advance the ball as far as possible.
- The team that advances the ball furthest wins.
- If the team starts with the ball scores on the first play, the other team must score.
- If both teams score, both teams will run one additional play.
- The winning team in overtime is awarded one additional point.