

Rules for 4-on-4 Flag Football

A. General Rules of Play

1. Games are played on an indoor field measuring approximately 75 yards, goal-line to goal-line, with mid field cones. End zones measure approximately 8 yards. A "start line" is marked with yellow cones on each end, 10 yards from the respective goal lines.
 2. Each team needs to turn in a roster of at least 6 players, with a maximum of 10. Four (4) players must be available at a game for play to commence. Failure to have 4 players ready at game time will result in automatic forfeit with no possibility of reschedule. Once underway a game can continue as long as 3 players are on the field. If, at any time, for any reason, the number on the field drops below 3 the game will cease and a forfeit awarded the team with the minimum requisite players - NO MATTER THE SCORE AT THAT POINT.
 3. Flags will be issued to each individual player just before game time. Flags must be returned immediately following the game.
 4. Games are played as two 25 minute running time halves. One (1) 30 second time out is allowed per team per half. The clock can also stop for injuries, at the sole discretion of the referee.
 5. The designated "Home Team" will determine who has the ball first on offense. The team who is awarded the ball to begin the first half will start the second half on defence.
 6. Play and the clock are started when the first snap is made.
 7. All snaps are made between the legs of the center.
 8. Play begins at the offensive teams "Red Line".
 9. Starting at the "Red Line", teams have 3 plays to pass the "mid-field line" and start another 3 play series. Once past mid-field the offense has 3 plays to score a touchdown.
 10. If the offense fails to cross mid-field in 3 plays or score in 3 plays once across mid-field, the ball goes to the opposition at their "Red Line". Play continues until time runs out or a winner is declared.
 11. Once the ball is deemed ready for play the offense has 25 seconds to snap the ball.
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B. Scoring and Declaring a Winner

1. A winner is declared if either the game ends due to time elapsing with one team having more points than the other OR if the scoring differential reaches 56 points.
2. Points are awarded as follows: TD = 6 points, Safety = 2 points, Extra Point from the Red Line = 2 points, Extra point from the 3 yard line = 1 point. Failed extra points cannot be returned; the ball is dead if intercepted on an extra point.

3. If extra time is needed, due to a tie, college rules will apply.
 - A coin toss will decide who gets the ball first. One team will get the ball from the other teams "Red Line." They will have three plays to score a touchdown. If they score they have to attempt a two point conversion. If they do not score the other team will get the ball at the "Red Line." If they score but fail to convert the two point conversion the other team gets the ball at the "Red Line." The game will end when the second team to get the ball either fails to match their opponents point total, or they score more total points in overtime.
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C. Equipment

1. Outdoor cleats of certain designs may be worn. Replaceable cleats are not allowed as are metal cleats. Recommended shoe is "turf cleats" or tennis shoes.
 2. Shirts must be tucked in at all times.
 3. Shorts or sweat pants are acceptable. Blue jeans or non-athletic wear may not be worn.
 4. Jewelry of any kind may not be worn.
 5. Towels may not be worn on the belt or in the pants.
 6. Mouthpieces are highly recommended.
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D. Actual Play

1. Timeouts

- a. Both teams have one thirty (30) second timeout per half. There are no timeouts in overtime.

2. Rushing the QB

- a. All players rushing the QB must start at least 7 yards from the line of scrimmage (LOS). This point will be indicated by the back judge referee before each play. Only one player is allowed to rush the quarterback per play.
- b. Players defending may be on the LOS.
- c. Once the ball is exchanged by "DIRECT HAND-OFF" the 7-yard rule is off and anyone can rush.

3. Running

- a. The person taking the "direct snap" from center to start each play may **NOT** run.

- b. Running can only occur after a direct hand-off. No lateral or pitches are allowed. Multiple hand-offs are allowed behind the LOS only.
- c. "No Run Zones" exist 10 yards before mid-field and each end zone. This is meant to prevent running for a "short yardage first down" or touch down.
- d. Spinning is allowed but the ball carrier cannot leave his feet to avoid a "tackle" (flag pull).
- e. **A runner must change direction to avoid running over defenders. Run under control.**
- f. Stiff arming is not allowed. Protecting the flags in any way is not allowed.
- g. The ball is spotted at the point of the hips at flag removal. Sticking the ball across the goal or first down marker without the hips breaking that plane does not warrant a TD or first down.

4. Passing

- a. All passes must be forward and beyond the LOS. No laterals.
- b. QB has 7 seconds to throw. If the ball is not released the ball is spotted on the last LOS, loss of down.
- c. If the ball is handed-off the 7-second rule is off.
- d. Interceptions cannot be returned until the last three (3) minutes of the second half. The ball changes possession and is spotted at the point of interception.

5. Receiving

- a. All players are eligible.
- b. Only one player can be in motion on any play.
- c. A player must have TWO feet in bounds and possession for a legal catch.

6. Dead Ball

- a. The ball is dead at the point of an interception. Interceptions cannot be returned.

7. Sportsmanship

- a. Trash talking is illegal and will not be tolerated. The referee has full and FINAL authority to determine offensive or detrimental language. Entirely within the referee's authority is the punishment which may be; ejection for a play, the remainder of the game and/or the remainder of the season. There are no appeal of this ruling.
- b. Unsafe play is punishable by ejection as detailed in 8a above. Fighting will not be tolerated and may be punishable by ejection for the season.

8. Penalties

a. Every play must be run out even in the case of obvious offsides or illegal procedure. This is done to prevent a team from delaying a game by causing intentional penalties that would require the referee to interfere with play. Continue playing until you hear a whistle.

c. If the team in the lead incurs a delay of game penalty in the last 3-minutes, possession will automatically change at the current LOS. There is no referee count on the play clock - each team must manage the count themselves. This rule covers any delay. The game can not end on a defensive penalty assuming the team that is leading is the defensive team.

9. Sudden Death Overtime

a. A coin toss will decide who gets the ball first. One team will get the ball from the other teams "Red Line." They will have three plays to score a touchdown. If they score they have to attempt a two point conversion. If they do not score the other team will get the ball at the "Red Line." If they score but fail to convert the two point conversion the other team gets the ball at the "Red Line." The game will end when the second team to get the ball either fails to match their opponents point total, or they score more total points in overtime.

10. Last 3 minutes of the game

The last 3 minutes are very important in the play of the game.

1. If a delay occurs by the team in the lead, possession changes at the current LOS.
2. Interceptions can be returned for touch downs
3. The clock stops when passes fall incomplete, and when offensive players go out of bounds.