



4 X 4 FLAG FOOTBALL RULES

THE GAME

No contact allowed. We reserve the right to reduce the number of scheduled games or shorten games due to rain or unforeseen circumstances.

A coin toss determines first possession.

The offensive team takes possession of the ball at their 5-yard line and has three (3) plays to cross mid-field. Once a team crosses mid-field, players will have three (3) plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on their 5-yard line.

If the offensive team fails to cross mid-field, possession of the ball changes and the opposite team starts their drive from their 5-yard line.

All possession changes with the exception of interceptions start on the offense's 5-yard line.

Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay of game penalty is enforced.

FIELD

Field size is 60 yards x 30 yards with two 5-yard end zones.

PLAYER/GAME SCHEDULES

Teams must field a minimum of three (3) players at all times.

Teams consist of 8 players (4 on the field with 4 substitutes).

Game time shall be forfeit time for all games, with the exception of the 6:30 games. There will be a ten (10) minute grace period. The clock, however, will start at 6:30.

SCORING

Games are played to 28 points or 30 minutes, whichever comes first.

TD = 6 points; Extra Point = 1 point (5 yards out) or 2 points (12 yards out); Safety = 2 points

OVERTIME

If the score is tied at the end of 30 minutes, teams move directly into overtime. A coin toss determines team possession.

Each team receives one (1) play from their own 5-yard line. (The play originates from the 5-yard line). The team gaining the most **yardage** on the one play is declared the winner and awarded one (1) additional point. **Teams cannot score points, only positive or negative yardage.**

RUNNING

The Quarterback ("QB") **CANNOT** run the ball.

Only direct hand-offs behind the line of scrimmage are legal. The offense may use multiple hand-offs. The player who takes the hand-off can throw the ball as long as he does not pass the line of scrimmage.

Absolutely **NO** laterals or pitches of any kind.

The "No Running Zones" are designed to avoid short yardage power running situations. "No Running Zones" are located 5 yards before midfield and 5 yards before the end zone in each offensive direction.

Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving).

The ball is spotted where the ball carrier's belt is when the flag is pulled, not where the ball is.

RECEIVING

All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage).

As in regular football, only one player is allowed in motion at a time.

A player must have at least one foot in bounds when making a catch.

PASSING

All passes must be forward and received beyond the line of scrimmage. Shovel passes are allowed but must be received beyond the line of scrimmage.

The QB has a 7-second "pass clock". If a pass is not thrown within the 7 seconds, the play is dead, loss of down, and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule is no longer in effect.

Interceptions change the possession of the ball at the point of interception. The ball will come out to the 5-yard line if the interception occurs in your own end-zone.

DEAD BALLS

The ball must be snapped between the legs, not off to one side, to start play.

Play is ruled "DEAD" when:

- Offensive player's flag is pulled
- Ball carrier steps out of bounds
- Touchdown/safety is scored
- At the point of an interception (interception returns are not allowed)
- Ball carrier's knee hits the ground
- Ball carrier's flag falls out
- Receiver's flag falls out (play is dead at point of reception)

There are no fumbles. Ball is spotted where the ball hits the ground. Anytime the ball touches the ground, it is "DEAD".

RUSHING THE QB

All players that rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. Any number of players can rush the QB. Players not rushing the QB may defend on the line of scrimmage.

Once the ball has been handed off, the 7-yard rule is no longer in effect and all defenders are eligible to rush.

A special marker, or the referee, will designate 7 yards from the line of scrimmage.

PENALTIES

All penalties will be called by the Referee.

DEFENSE: (10 yards and automatic 1st down)

- Offsides
- Interference
- Illegal contact (holding, bump & run, blocking, etc.)
- Illegal flag pulling (before receiver has the ball)
- Illegal rushing (start rush from inside 7-yard marker)

OFFENSE: (10 yards and loss of down)

- Illegal motion (more than 1 person moving)
- False start
- Illegal forward pass (pass behind line of scrimmage)
- Pass interference (illegal pick play, pushing off defender)
- Flag guarding
- Delay of game (after initial warning)

ALL PENALTIES ARE ACCESSED FROM THE ORIGINAL LINE OF SCRIMMAGE.

THE GAME CANNOT END ON A DEFENSIVE PENALTY, UNLESS THE PENALTY IS DECLINED.

The referees determine incidental contact which may result from normal run of the play. Only the team Captain may ask the referee questions about rule clarification and interceptions. Players cannot question judgment calls.

SPORTSMANSHIP/ROUGHING

If the field monitor or referees witness any acts of tackling, elbowing, cheap shots, blocking, or any unsportsman-like act, the game will be stopped and the player can be ejected from the game. **FOUL PLAY WILL NOT BE TOLERATED.**

Trash talking is illegal. Officials have the right to determine language which is offensive. Trash talk is that which may be offensive to officials, the opposing team, or spectators. If trash talking occurs, the referee can eject the player from the game.

ATTIRE

All players must wear the same color jersey, and the jerseys must be permanently numbered. No two players on the same team may wear the same number. Numbers must be 8" high on the back of the shirt.

Cleats are allowed, except for metal spikes. Inspections can and will be made.

Shirts must be tucked into shorts, pants, etc.

All players must wear a protective mouthpiece.

Each team will furnish a leather ball before each game.

Each team will also furnish its own flags. Velcro or cylinder-type flags are acceptable.

TIME OUTS

Each team has one (1) 60-second time-out per game.
Officials can stop the clock at their own discretion.

ROSTERS

A maximum of 8 players are allowed on the roster. Original rosters must be turned in to the Athletics Office, 1409 Avenue K, Plano, Monday-Friday, 8 a.m.-5 p.m. **before** your second game.

AWARDS

4-team, 5-team, 6-team, or 7-team Leagues -- 6 custom shirts -- 1st place only

8-team or 9-team Leagues – 6 custom shirts – 1st and 2nd places