



4x4 Flag Football Tournament Rules

1. **Playing Field:** Field will be 60 yards long by 30 yards wide. End zones will be 10 yards long. There will be 5 yard lines marked off from the end zones and on each side from the 1st down line. There will be a mark at the 12 yard line for two point conversions.
2. **The Game:**
 - a. A coin toss will determine first possession. The visiting team will make the call. The winner of the coin toss gets to choose offense, defense, or direction. The offense team starts at the 5 yard line. There are no kick offs.
 - b. The game consists of two 15 minute halves. The clock will run consistently, stopping only for injuries and timeouts.
 - c. The offense team takes possession of the ball at their 5 yard line and has 3 plays to cross the first down line. Once across the first down line the team will have 3 plays to score a touchdown. If the offensive team fails to score, the ball changes possession and the new offensive team takes over at their 5 yard line. All possession changes except interceptions start on their own 5 yard line. There is no punting.
 - d. The team with possession at the half remains with possession for the 2nd half.
 - e. To win the game: The team with the higher score when time runs out wins or the first to 28 points wins the game.
 - f. Pool Play games that end in a tie will be recorded as a tie. Tournament games will go to overtime.
3. **Scoring**
 - a. TD= 6 points, Extra points= 1(5 yards out); 2 (12 yards out), Safety= 2 points, Interceptions return from extra point try = 1 or 2 points depending on what the offensive team is trying to score.
 - b. Overtime for playoff games will begin with a coin toss. Visiting team will make the call and the winner of the coin toss will choose offense, defense, or direction. Each team will attempt to score by passing from either the 5 yd. line for 1 point or the 10 yd. line for 2 points. After two overtime periods both teams have to go for two points
4. **Running**
 - a. The quarterback cannot run the ball. (Unless it is handed off to him).
 - b. Only direct handoffs behind the line of scrimmage are legal. Offense may use multiple handoffs as long as they are behind the line of scrimmage.
 - c. Absolutely no laterals or pitches of any kind.
 - d. “No Running Zones” are located 5 yards from each end zone and 5 yards on both sides of the first down line. In these zone teams are not allowed to run the ball across the line of scrimmage but are able to handoff.

- e. A player who takes the handoff can throw the ball as long as he/she does not pass the line of scrimmage.
- f. Once the ball is handed off, the rush can come from anywhere on the field.
- g. “Spinning” is allowed, but players cannot leave their feet to avoid a defensive play.
- h. No diving

5. Passing

- a. All passes must be forward and beyond the line of scrimmage.
- b. Shovel pass are allowed but must be beyond the line of scrimmage.
- c. Once the ball is snap the QB has 7 seconds to throw the ball; if ball is not thrown the play is dead and it is a loss of down; if ball is handed off, then the 7 second rule is no longer in effect.
- d. A player may return an interception, from anywhere on the field.

6. Receiving

- a. All players are eligible to receive a pass.
- b. Only, one player is allowed in motion at a time.
- c. Players must have one foot in bounds when making a catch.
- d. Diving is allowed in an attempt to catch the ball only
- e. “Picks” are a part of the game as long as the offensive player does not make an obvious attempt to impede the defensive player’s attempt at coverage of a different receive.

7. Dead Balls

- a. If the ball carrier’s flag inadvertently falls off, then he is down where it happens
- b. If a player chooses to wear a towel, then the towel is treated as a flag and may be pulled like a flag.
- c. There are no fumbles. Ball is spotted where the ball hits the ground. If the referee feels that there is an intentional fumble to better the offense, then it will be loss of down from the previous line of scrimmage.
- d. In the case if an inadvertent whistle, the team with possession has the choice to accept the result of the play, or replay the down.

8. Rushing the QB

- a. All defensive players that rush the QB must be a minimum of 7 yards from the line of scrimmage (designated by the referee) when the ball snapped. Any number of players can rush the QB.
- b. Players not rushing the QB may defend on the line of scrimmage.
- c. The rusher cannot line up head on with the center. The rusher must be at least 2 yards off to either side when starting the rush.
- d. The rusher has the right of way to an open path to the QB. The path cannot be disrupted by the offense.

9. Attire.

- a. Teams must have matching color jerseys/shirts.
- b. Rubber cleats will be allowed, metal spikes are not allowed.
- c. Shirts must be tucked into shorts, pants, etc

10. Penalties

- a. All offensive penalties in their own end zone result in a safety.
- b. Penalties on Extra Points: Penalties will be marked off half the distance to the goal line if it is on the defense and replayed.
- c. Defense- Off sides= 5 yards and automatic first down; Interference = 5 yards and automatic first down; Illegal contact (holding, blocking, etc) = 5 yards and automatic first down; Illegal flag pull (before receiver has ball) = 5 yards and automatic first down; Illegal rush (start rush from within the 7 yards) = 5 yards and automatic first down; Rusher making contact with any part of the QB's arm or ability to pass= 5 yards and automatic first down; Delay of game= 5 yards and automatic first down.
- d. Offense- Illegal Motion(more than one person moving, false start, motion etc) = 5 yards and a loss of down; Illegal forward pass (pass received behind line of scrimmage) = 5 yards and loss of down; Offensive pass Interference (illegal pick play, pushing off away from defender) = 5 yards and loss of down; Flag guarding = 5 yards from spot and loss of down; Delay of game = 5 yards and loss of down; Impeding the rusher (obstructing the rush from their path to QB) = 5 yards and loss of down; Blocking = 5 yards and loss of down; Illegal pick= 5 yards and loss of down; Lowering head or shoulder, stiff arm = 5 yards loss of down.
- e. All unsportsmanlike penalties are 15 yards from line of scrimmage and loss of down or automatic first down.
- f. Referees determine incidental contact, which may result from a normal play.
- g. Only the team captain may ask the referees questions about rule clarifications and interpretations. Players cannot question judgment calls.
- h. Game cannot end on defensive penalty; unless offense declines penalty.

11. Sportsmanship/Roughing:

- a. If the referee witnesses any acts of tackling, elbowing, cheap shots, blocking or a similar unsportsmanlike act, the game will be stopped and the player will be ejected from the tournament.
- b. Trash Talking is Illegal. Let your play do your talking.

12. Players Responsibility

- a. Your team is required to provide your own football (must be regulation size), matching color shirts/jersey.
- b. Teams must field a minimum of 3 players.
- c. Players must be on only one men's/CoRec team roster.

13. Timeouts

- a. Each team has one time out per game.

14. Co Rec

- a. There must be 2 women and 2 men on field at all time, if only have three plays there can 2 man and 1 woman or 1 man and 2 Women.
- b. TDs will be six points for both genders
- c. The play will always be open, meaning that the QB can throw to any gender.