



# 4 Man Flag Football Rules

## The Game

1. No contact allowed.
2. NO BLOCKING/SCREENING anytime or anywhere on the field. Offensive players not involved with a play down field must attempt to get out of the way.
3. Home Team determines first possession.
4. .The offensive team takes possession of the ball at their 5-yard line and has three (3) plays to cross mid-field. Once team crosses mid-field, they will have three (3) plays to score a touchdown.
5. If the offensive team fails to cross mid-field or score, possession of the ball changes and the opposite team starts their drive from their 5-yard line.
6. All possession changes start on the offenses 5-yard line (Exception: Interceptions may be returned and the ball will be marked where the play ends).
7. Each time the ball is spotted a team has 25 seconds to snap the ball.
8. Games consist of 2-20 minute halves. Teams will flip sides at beginning of 2nd half. Half time will be 5 minutes. Team that started the first half on offense will begin 2nd half on defense.
9. Ball Possession: There are NO DEFERMENTS. The Home team has the following options: 1) offense, 2) defense or 3) choice of goal to defend. Visiting Team has one of the remaining options.
10. Running clock: except injuries & time-outs. In the last minute of the game, if the difference in score is 8 points or less, a pro clock is used (stoppage on out of bounds, incomplete passes, defensive penalties, offensive penalties and scores)
11. Mercy Rule: If a team is ahead by 30 points or more at anytime during the game, the game will be called. No extra point tries will be attempted after a team has a 30 point lead.
12. Teams must field a minimum of three (3) players at all times.
13. If a team or teams are more than 5 minutes late for their scheduled games they will be forfeited.
14. Regular season games that end in a tie will be ruled as a tie. Playoffs will go to an extra point shootout.

## Field/Attire

1. The field dimensions will be 25 x 60 yards (two - 7 yard end zones).
2. Flat Soled – Indoor Shoes or Turf Shoes (NO Outdoor Cleats) Inspections can and will be made.
3. Shirts must be tucked in shorts, pants, etc.

4. League will provide flags. Teams may use their own flags, however, if the other team objects, they will have to use official Striker's Den Flags.
5. No headgear with an extended bill may be worn (ex: caps, visors, etc). Exceptions will be made if the bill is backwards.

### **Rosters**

1. Official Rosters must be approved by a Striker's Den representative and turned into the league director prior to the first game. After the league has started, and a roster has been declared, rosters cannot be changed after the 3rd game.
2. Teams have 5 players each on the field. The roster limit is 12 players per team. Substitutions are unlimited, and can be made between plays.
3. Players cannot play on multiple teams in the same divisions.
4. All players must be 18 years of age or older.
5. A starting quarterback from an upper division team may not play quarterback on a lower division team.
6. A Competitive division can only have a maximum of 2 elite players

### **Scoring**

1. TD =6 points
2. Extra Point (s) =1 (5-yards out), 2 (12-yards out)
3. Safety =2 points

### **Time Outs**

1. Each team has one: 30-second time out per game, in which the clock stops.
2. Officials can stop the clock at their own discretion.

### **Rushing the QB**

1. Before each play the referee will mark off 10 yards from the line of scrimmage. All players that rush the passer must be a minimum of 10 yards and 1 yard over from the center position (either side) from the line of scrimmage when the ball is snapped. Any number of players can rush the QB.
2. Players not rushing the QB may defend on the line of scrimmage.
3. Once the ball has been handed off, the 10-yard rule is no longer in effect and all defenders are eligible to rush.

### **Center Snap**

1. Must be snapped between the legs. A false movement of the football by the center after he is set shall constitute a false start. At all times the ball shall be snapped from the spot marked by the official ball marker.

### Running

1. The Quarterback cannot run the ball.
2. Only direct hand-offs behind the line of scrimmage are legal. NO laterals or pitches of any kind. Offense may use multiple hand-offs.
3. The player who takes the hand-off can throw the ball as long as he does not pass the line of scrimmage.
4. "No Running Zones" are located 5 yards before the end zone and 5 yards before mid-field in each offensive direction.
5. "No Running Zones" are designed to avoid short yardage power running situations.
6. Spinning is allowed but players cannot leave their feet to avoid a defensive player.
7. The ball will be spotted at the point of the ball when the flag is pulled. Ball must break the plane for a 1st down and touchdown.

### Passing

1. All passes must be forward and received beyond the line of scrimmage.
2. Shovel passes are allowed, but must be received beyond the LOS.
3. Downfield pitches are not allowed.
4. A Forward Pass/Lateral is defined as a live ball thrown towards the opponent's goal line.
5. QB has a 7-second "pass clock"( if there is not rusher). If a pass is not thrown within the 7 seconds, play is dead, loss of down, ball returns to line of scrimmage. Once the ball is handed off the 7-second rule is no longer in effect.
6. Interceptions may be returned. Interceptions during Extra Point may be run back for 2 points. If an interception occurs in the end zone, and the player's flag is pulled before he leaves the end zone, the ball will be spotted on the 5-yard line. Interceptions may be returned from the end zone.

### Receiving

1. All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage).
2. Only one player is allowed in motion at a time.
3. Player must have at least one foot in bounds when making a catch.

### Dead Balls

1. Play is ruled "DEAD" when:
  - Ball carrier steps out of bounds.
  - Flag is pulled.
  - Touchdown is scored.
  - Ball carrier's knee or the ball hits the ground. (Note: Hand is still live)

- If an Offensive Players flag falls out during the course of a play, a defensive player must touch him for the ball to become dead (One hand touch).
  - Player or ball hits the wall.
2. Equipment Violation: The play will be called dead at the snap if any offensive player begins the play without both flags attached to the belt. If the referee misses the illegal equipment violation the play will continue and the defensive player must touch the offensive player for the play to be dead. Five yards (L.O.S), loss of down
  3. A Safety (offensive player downed in own end zone, or penalized in own end zone) will result in two points for the defense, and a change of possession.

### Overtime (PLAYOFFS ONLY)

1. If the score is tied at the end of 40 minutes during single-elimination play, teams move directly into overtime. There will be no overtime for regular league games.
2. Overtime winners will be determined by an extra-point shoot-out in which points are awarded to teams for successful conversions.
3. Coin toss determines possession for the first round (Starts with the ball).
4. Each team will have the option to go for a one-point conversion (5 yards) or a two-point conversion (12-yards). The team who has the most points at the end of the overtime round will be declared the winner.
5. Interceptions may be returned for two-points.
6. If each team has attempted a conversion and the score is still tied, the team which went on offense 1st in the previous round will start out on defense in the next round, and vice-versa. This will continue until a winner is declared.

### Sportsmanship/Roughing

1. FOUL LANGUAGE WILL NOT BE TOLERATED! Striker's Den is a professional environment that has many events with families and young children present. Inappropriate language will not be allowed. Referees will be instructed to penalize teams and players for using foul language. Repeated offenses will result in players being ejected from individual games, and, at the league director's discretion, from the league.
2. If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any un-sportsmanlike act, the game will be stopped and the player can be ejected from the game. League director may decide to eject players from the league. FOUL PLAY WILL NOT BE TOLERATED.
3. Trash talking is illegal. Official has the right to determine language that is offensive. (Trash talk is that which may be offensive to official, opposing team, or spectators). Referee can eject players from the game for trash talking.
4. Fighting: Immediate ejection and a 15-yard penalty.
5. Taunting: Fifteen-yard penalty and expulsion for multiple repeat offenders.
6. Un-sportsmanlike conduct/ referee abuse: Fifteen-yard penalty. One warning followed by expulsion from the game.

### Offensive Penalties

1. Illegal Snap: Five yards, loss of down

2. Illegal Motion: Five yards, loss of down
3. False Start: Five yards, loss of down
4. Impeding Rusher: Five yards, loss of down
5. Blocking/Screening Downfield: Five yards (L.O.S.), loss of down
6. Illegal Pick: Five yards (L.O.S.), loss of down
7. Flag Guarding: Five yards from the spot of infraction, loss of down; A flag guarding infraction in the team's own end-zone will be ruled a safety.
8. Lowering Head/Shoulder: Five yards (L.O.S.), loss of down
9. Pass Interference: Five yards (L.O.S.), loss of down
10. Illegal Forward Pass: Five yards (L.O.S.), loss of down
11. Illegal Hand-off/Pitch: Five yards (L.O.S.), loss of down
12. Illegal Run: Five yards (L.O.S.), loss of down
13. Delay of Game: Five yards (L.O.S), loss of down
14. Intentional Grounding: Five yards (L.O.S), loss of down
15. Equipment Violation: The play will be called dead at the snap if any offensive player begins the play without both flags attached to the belt. If the referee misses the illegal equipment violation the play will continue and the defensive player must touch the offensive player for the play to be dead. Five yards (L.O.S), loss of down

#### Defensive Penalties

1. Off-sides: Five Yards, automatic first down
2. Illegal Rush: Five Yards, automatic first down
3. Illegal Contact: Five Yards, automatic first down
4. Holding: Five Yards from end of play, automatic first down
5. Illegal Flag Pull: Five yards from L.O.S., automatic first down
6. Pass Interference, Minor: Five yards from L.O.S., automatic first down
7. Pass Interference, Major: Spot Foul, automatic first down
8. Roughing the QB, Minor: Five yards, automatic first down
9. Roughing the QB, Major: Fifteen yards, automatic first down
10. Delay of Game: Five yards (L.O.S.), automatic first down
11. Illegal Push: Five yards (L.O.S.), automatic first down

### Tiebreakers

At the end of the regular season, divisional tiebreakers are determined as follows:

1. Head to head competition
2. Point Differential (points for minus points against) between tied teams
3. Overall point differential
4. Points Against
5. Coin Flip

### Additional Rules

6. The Ball is live if it makes contact with the net or beam on the roof
7. The Ball is dead if it hits the wall in the side lines or the back of the end zones
8. Player is out of bounds if he/she makes contact with the wall in the sidelines or the back of the end zones and cannot be the first person to touch the ball.
9. Inadvertent whistles. In the case of an inadvertent whistle the play will be replayed from the original line of scrimmage unless the whistle came after a reception or a turnover. The ball will be placed at the spot of the ball when the inadvertent whistle occurred.
10. Game clock stops at the 1-minute warning. The play clock resets to 25 seconds to snap the ball.
11. If an offense lines up in a tight formation the rusher must line up outside of the tight formation. If the rusher establishes his line to the QB outside of the tight formation the offense must respect his line to QB and not interfere. Interfering with the rusher after he has established a line to the QB is called impeding the rush. The rusher has a right to establish a clear path to the QB. Once the offense has lined up and the rusher has established his path the rusher has a right to that clear path.
12. If a team or teams are more than 5 minutes late for their scheduled games they will be forfeited. One point per minute will be awarded to the team that is on time up to 5 minutes/points. After 5 minutes the game will be forfeited and the score recorded as 21-0. The on time team will automatically have the right to choose offense or defense and the minutes (late) will be taken off the first half.