



Dr Pepper 4 on 4 Flag Football Rules

The Game

- Teams consist of **5 players**.
- No contact allowed
- 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 mid-field. Once a team crosses mid-field they have three plays to score. If the offense fails to score, the ball changes possession.
- If the offensive team fails to cross mid-field, the ball changes possession.
- All drives start from the 5-yard line except interceptions.

Game Clock Format

- Each game is 30 minutes long. Two 14-minute halves and a 2-minute halftime.
- The clock will not stop unless a time out has been called or the official feels it is 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)

Time Outs

- Each team has one time out per game.
- Time outs will only stop the game clock for 30 seconds. The offense must snap at the completion of the time out.
- If a time out is called after a touchdown the clock **will start** on the next snap of the ball, even if it is a conversion attempt.

Attire

- Cleats are allowed, except for metal spikes.
- Shirts must be tucked in.
- Flags must be worn on each side of the players' hips.

Scoring

- TD = 6 points
- Extra point- 5 yards out = 1 point, 12 yards out = 2 points.
- Safety = 2 points

Rushing the Quarterback

- Players that rush the quarterback must be a minimum of 7 yards from the line of scrimmage when the ball is snapped.
- Players that are not 7 yards from the line of scrimmage when the ball is snapped may not enter into the backfield until there has been a change of possession.

- The official will designate 7 yards from the line of scrimmage.
- The rusher is allowed a direct line to the quarterback as long as he rushes from either side of the field and not up the middle.
- The offense must avoid interfering with the rusher.

Running

- The quarterback may not run unless the ball has been handed off to him.
- Teams may handoff, pitch, or throw back the football in the backfield only. The player who receives the pitch or handoff may throw the ball as long as he is not beyond the line of scrimmage.
- No run zones are located 5 yards before mid-field and 5-yards before the end zone.
- The ball is spotted where the flag was pulled.
- The flag must break the plane of the midfield or goal line to be considered a first down or touchdown.
- Players may not block at any time. Once a player begins to run all other players must stop.

Passing

- The quarterback has 5 seconds to pass the ball if there is no rush. If the ball is not thrown, 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 or pitched there is no 5-second count).
- If the defensive team rushes the quarterback there is no 5-second count.
- Interceptions may be returned. The ball is spotted where the flag is pulled. **All balls** picked off in the end zone are dead and the intercepting team will begin possession at the 5-yard line. Interceptions on a conversion attempt, in the field of play, are returnable with the intercepting team receiving the same amount of points the offensive team was attempting to convert.
- The rusher may not hit the quarterbacks' arm, or knock the ball out of the quarterbacks' hand. The rusher must play the flags.

Receiving

- All players are eligible to receive a pass, including the quarterback, if the ball has been pitched back or handed off behind the line of scrimmage.
- Players must have at least one foot in bounds when making a catch

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 the play. Play is ruled dead when:
 - The offensive players flag is pulled. Note if defensive player pulls the offensive players flag before they receive the ball, the defense must pull the second flag to end the play.
 - Ball carrier steps out of bounds
 - Touchdown is scored
 - Ball carriers' knee touches the ground
 - Incomplete pass
 - Ball hits the ground
 - The ball carriers flag falls off

- If a player starts the play without a flag they are down where they touch the ball. There are no fumbles. The ball is spotted where it hit the ground.

Defensive Penalties:

- Offside-Illegal Rush
- Interference
- Illegal contact (holding, bump and run, blocking) * Note the officials will determine incidental contact which may result from normal run of play.
- Roughing the quarterback
- All defensive penalties are five yards from the line of scrimmage and automatic first down except holding which is added on to the end of the play.

Offensive Penalties:

- Illegal motion (More than one person in motion at a time, false start, motion, etc...).
- Offensive pass interference (illegal pick, pushing off defender).
- Impeding the rush (the offensive players must avoid the rusher).
- Flag guarding (players must keep their hands above their waist).
- Delay of game
- All offensive penalties are five yards from the line of scrimmage and loss of down except flag guarding which is from the point of infraction.

Sportsmanship / Roughing

- If the official witnesses any act of tackling, elbowing, cheap shots, or any other sportsmanlike act, the game will be stopped and the player will be ejected from the game.
- The tournament director will determine whether or not to eject the player from the tournament.

FOUL PLAY WILL NOT BE TOLERATED!

Trash talking 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, or spectators). The official may eject players from the game for trash talking.

Overtime

- A coin flip determines first possession
- Each team starts with the ball at mid-field and has two plays to advance the ball as far as possible. The two plays will be run in an alternating format.
- The team that advances the ball furthest wins.
- If the team starting with the ball scores on the first play, possession changes and the other team must score on the first play. If both teams score on the first play. Both teams will run one additional play.
- If both teams score on their second play the game goes into a second overtime
- The winning team in overtime is awarded one additional point

Playoff Seeding Tie Breakers

If two teams have identical records at the end of round robin play tie breakers will be determined first by head-to-head competition, and second by the teams point differential.