

Red Zone Sports 4 on 4 Flag Football Rules

Article 1: Rosters

- 1 There is a max roster limit of 7 players, any roster change must be signed off by the league director.
- 2 The game is 4 on 4 however a team may play a game with 3 players.
- 3 The team captain will be responsible for getting all waivers and rosters forms signed.

Article 2: Sportsmanship

1 THERE WILL BE ZERO TOLERANCE FOR UNSPORTSMANLIKE CONDUCT, TRASH TALK, ROUGH PLAY, ARGUING WITH OFFICIAL AND FIGHTING.

- 2 The appointed official and league director will eject any player if necessary.
- 3 The team captain will be the only player allowed to clarify calls made by the official.
- 4 Team captain must control their sidelines including fans or they will be ejected from the field.

Article 3: League Rules

1)The Game

- The game will consist of two 20 minute halves and a 2 minute halftime.
- Clock will not stop unless a timeout, official timeout or one minute left in the game.
- With one minute left in the game the clock will stop for incomplete pass, player out of bounds, extra points, defensive penalties, and change of possession unless the score is not within 20 points.
- Teams will have 30 seconds to snap the ball or will result in a penalty.
- Each team will be allowed two time outs per game and they will last for 45 seconds.
- The coin toss will determine first possession. The winning team will have the choice to defer to the second half or take the ball. Ball will be placed at the 5 yard line and the team will have 3 plays to cross midfield. Once they have crossed midfield they will have 3 plays to score if they do not the ball changes possession and will be placed on the 5 yard line. All drives will start on the 5 yard line besides interceptions.

2)Scoring

- Touchdown = 6 points
- 5 yard extra point = 1 point
- 12 yard extra point = 2 points
- Safety = 2 points
- A interception return for a touchdown on a extra point will be worth 2 points.

3)Overtime

- The winning team of the coin flip will decide to take the ball first of second.
- First overtime both teams will get a 3 play series from midfield, no timeouts. If the first team does not score, the spot of advancement is marked and the other must exceed that mark to win. If the first team scores the second team must match or go for win if the first team went for 1 point.
- If an interception occurs during overtime, the offense is awarded yardage gained to the lesser of the last successfully completed pass or the point to where the interception is returned. If a interception occurs and the defense advances it past midfield they win.
- If teams are still tied second overtime rules are that they will each have one play from midfield. The team that advances the ball the furthest will win. If the first team scores they will go for an extra point and the second team must match. If they are still tied repeat second overtime rules until we have a winner.

4)Rushing the Quarterback

- Players must be 7 yards or more behind the line of scrimmage when the ball is snapped, the ref will mark this spot.
- Players that are not at the 7 yard mark may not cross the line of scrimmage unless the ball changes possession.
- The rusher is allowed a direct line to the quarterback as long as it is from either side of the field not the middle. The offense must avoid the rusher.

5)Running the ball

- The quarterback may not run unless the ball was handed or pitched to him.
- Behind the line of scrimmage you may hand off as many times as you want, but you are only allowed one pitch or throwback.
- The pitch or throwback must be made backwards to be legal. If the ball is thrown or pitched forward behind the line of scrimmage the receiving player must run and cannot throw the ball. If the ball is thrown or pitched backward the receiving player may be able to run or throw the ball.
- If the ball is handed off that player may run or throw as long as they are not passed the line of scrimmage.
- No give and go's between the quarterback and the center.
- No run zones are 5 yards from the end zone and 5 yards from a first down which are marked on the field.
- The ball is spotted where the flag is pulled. So the hips of a player is where possession is marked not where the ball is. The hips must break the plane of the goal line or the the first down for it to count.

- There is **NO BLOCKING**, once the ball carrier runs all other players must stop.
- The ball carrier is ruled down if their knees hit the ground.
- If a player loses his flag unintentionally, without being pulled a touch is required to stop his progress.
- Any fumbles are ruled down where the ball hits the ground.

6) Passing the ball

- If the defensive team does not rush the quarterback as 5 seconds to release the ball. If he does not it is like a sack, ball will be placed where the quarterback is whistled down.
- Once the ball is pitched, handed off, or the defensive team rushes the 5 second rule does not apply.
- Interceptions are live and may be returned.
- Intentional grounding is not a penalty.
- The player throwing the ball may not cross the line of scrimmage.

7) Receiving the ball

- All players are eligible to receive a pass even when the ball has been pitched, thrown or handed off backwards behind the line of scrimmage.
- Players must have one foot in bounds when making a catch.
- Players that run out of bounds may not be the first one to touch the ball when they reenter the field of play.
- Players that catch the ball but are forced out by the defender and the ref believes that the player would have come down in bounds, the ball will be spotted where the ref feels the player would have come down in bounds.
- Possession of the ball is determined by the refs.
- If a defensive player pulls the flag before the offensive player receives the ball, the other flag must be pulled to rule him down.

8) Before the snap

- No forward motion is allowed, but backward and across motion is legal.
- The ball must be snapped in between the legs of the center no side snaps.
- No quick snaps both refs must be ready.
- There is no illegal formation.

9) Defensive Penalties

- Offsides or illegal rush : 5 yards repeat down
- Pass interference or face guarding : 10 yards and automatic first down
- Illegal Contact : 5 yards repeat down
- Roughing the quarterback : 5 yards repeat down
- Holding : 5 yards repeat down or tacked on to the end of run
- Excessive contact : 10 yards and automatic first down, 5 min ejection refs judgement

10) Offensive penalties

- Illegal motion or False start : 5 yards loss of down
- Pass interference or illegal pick : 5 yards loss of down
- Impeding the Rusher: 5 yards loss of down
- Flag guarding : 5 yards loss of down or 5 yards from point of infraction and loss of down
- Charging : 5 yards loss of down
- Delay of Game : 5 yards loss of down
- Blocking : 5 yards loss of down
- Excessive contact : 5 yards loss of down and 5 min ejection refs judgement

**Keep it Clean
And
Competitive**