

# Teams

**IFFL/FCFFL**

**4 v 4 Rules**

* Rosters consist of four (4) - seven (7) players.
* Teams can substitute players at any time between plays.
* NO coaches are allowed on the field during plays.

# Game Information

* The field is fifty (50) yards in length.
* The field is thirty (30) yards in width.
* The twenty five (25) yard line is marked as the ONLY 1st down line.
* All offensive possessions (except interceptions) begin at the five (5) yard line.
* The end zones are seven (7) yards deep.
* Games are thirty (30) minutes in length with two fifteen (15) minute halves.
* The clock will stop within the last one (1) minute of each half on an incomplete pass, offensive player going out of bounds, or on a 1st down.
* Halftime is three (3) minutes.
* Teams on offense will have twenty five (25) seconds after a play is completed to snap the ball for the next play.
* Each team gets one (1) sixty (60) second timeout per half.
* The clock will stop for injuries on the field. The official will determine if/when the clock stops for an injury during a game.
* There will be two (2) officials per game.

# Overtime

* Each team will get three (3) plays from the ten (10) yard line.
* Teams must go for two (2) in OT once they have scored.
* An interception in overtime results in a change of possession with NO points awarded.
* If the score is tied after overtime the process is repeated until there is a winner.

# Game Scoring

* Touchdown = (6) points
* PAT from 5 yard line = (1) point
* PAT from 10 yard line = (2) points.
* Safety (Offensive penalty or sack within the end zone) = (2) points for defensive team and possession of the ball.
* Turnover on a PAT results in a ‘DEAD BALL’.

# Running

* The quarterback is NOT allowed to run the ball.
* Only direct handoffs behind the line of scrimmage are allowed. Multiple handoffs are legal.
* No laterals or pitches.
* No Run Zones: Teams may NOT run the ball five (5) yards prior to the 1st down line and five

(5) yards prior to the end zone.

* The ball is spotted where the ball carrier’s belt is when the flag is pulled, NOT where the ball is.
* Both the ball and the flag MUST break the plan of the end zone for a touchdown.
* Spinning is allowed, however players CANNOT dive or leave their feet to avoid a defender, attempt to gain extra yardage, or score.

# Passing

* All passes must be forward and received beyond the line of scrimmage.
* Shovel passes are allowed.
* Quarterbacks have seven (7) seconds the throw the ball or the play is ruled ‘DEAD’. The ball is placed at the original line of scrimmage and is ruled as a loss of down.
* Interceptions change possession of the ball at the point of the interception.
* Interceptions in the end zone come out to the five (5) yard line.

# Receiving

* All players are eligible receivers, including the Quarterback if the ball has been handed off behind the line of scrimmage.
* Only one (1) player is allowed in motion at a time.
* Players CANNOT be in motion at the snap of the ball.
* Receivers MUST have at least ONE (1) foot inbounds when making a catch.
* Receivers may NOT intentionally tip a pass to another teammate.

# Game Rules & Format

* A coin flip will determine which team goes on offense or defense first. Tournament designated "away” teams will be given the opportunity to call the toss.
* The ball will be placed on the five (5) yard line right hash mark to start the game.
* The offensive team has three (4) plays to cross the 1st down line (twenty five (25) yard line).
* The offensive team has three (4) plays to score a touchdown once the 1st down is achieved.
* On interceptions the defensive team will take possession at the point of interception.
* On a change of possession due to the offense not reaching a 1st down, the ball is placed at the point of the ‘DEAD Ball’.
* Teams must us an official size football.
* Flags are will be provided. League provided flags must be used.
* No players are allowed to be in motion during the snap of the ball.
* A seven (7) second clock starts on the snap of the ball for the Quarterback to release the throw.
* If the ball is not thrown within the seven (7) seconds the play results a loss of down.
* Possession changes after a PAT attempt, failure to make a 1st down, or a turnover.
* Fumbles that hit the ground are ‘DEAD’ balls with the last team retaining possession.
* A muffed snap is NOT a fumble.
* No kicking, punting, or running plays are allowed.
* Blocking is NOT allowed. Offensive players can screen a defender but may not put their hands on the defensive player. No screening when the ball has been intercepted. All defensive players must stop and allow the passing team’s players unrestricted access to the player that intercepted the ball.

**Penalties**

* All penalties will be made by the referees and can be declined.

# Offensive:

* *Illegal Motion* - More than one (1) player moving prior to the snap of the ball
  + 5 yard penalty from line of scrimmage, repeat down.
* *Offside* - Player(s) lined up within the neutral zones and/or movement prior to the snap of the ball.
  + 5 yard penalty from line of scrimmage, repeat down.
* *Illegal Hand Off/*Run - The quarterback attempts to run or pitch the ball. Players attempt to lateral the ball.
  + 5 yard penalty from spot of foul, loss of down.
* *Illegal Formation* - Player(s) lined up illegally on the line of scrimmage.
  + 5 yard penalty from the line of scrimmage, repeat down.
* *Illegal Forward Pass -* Pass received behind the line of scrimmage.
  + 5 yard penalty from the line of scrimmage, repeat down.
* *Delay of Game* - Not snapping the ball within the twenty five (25) second play clock window or delays in retrieving the ball back to the line of scrimmage.
  + 5 yard penalty from line of scrimmage, repeat down.
* *Pass Interference* - Illegal use of the body against a defender during a pass.
  + 5 yard penalty and loss of down
* *Illegal Contact* - Physically blocking a defender with hands or arms.
  + 10 yard penalty, repeat of down.
* *Flag Guarding* - Use of hands to prevent a defender from pulling a flag.
  + 10 yard penalty from spot of infraction, loss of down.
* *Diving, Hurdling, Jumping* - Leaving the ground in a dangerous manner that could cause injury to defensive players.
  + 5 yard penalty from infraction, loss of down.
* *Fighting/Unsportsmanlike Conduct/Personal Foul*
  + 10 yard penalty, loss of down, player ejected from the game.

# Defensive:

* *Offside* - Player(s) lined up within the neutral zone and or crosses the line of scrimmage prior to the snap of the ball causing movement on the offensive team.
  + Five (5) yard penalty, repeat down.
* *Pass Interference* - Illegal use of the body against a defender during a pass.
  + Five (5) yard penalty from the original line of scrimmage, automatic 1st down.
  + If the penalty happens in the end zone or inside of the five (5) yard line the ball is placed on the two (2) yard line with an automatic 1st down.
* *Jam/Chuck* - Defensive player disrupts a receiver during their route.
  + Ten (10) yard penalty, repeat down.
* *Illegal Flag Pull - Pulling the offensive player’s flag before they receive the ball.*
  + Five (5) yard penalty from the end of the possession or line of scrimmage.
* *Diving, Hurdling, Jumping* - Leaving the ground in a dangerous manner that could cause injury to offensive players.
  + 5 yard penalty from spot infraction, automatic 1st down.
* *Fighting/Unsportsmanlike Conduct/Personal Foul*
  + 10 yard penalty, automatic 1st down, player ejected from the game.

\*\*ALL penalties within the ten (10) yard line are marked as ½ the distance to the goal.\*\*

# Rule Clarifications

* Blocking is NOT allowed. Offensive players can screen a defender but may not put their hands on the defensive player. No screening when the ball has been intercepted. All defensive players must stop and allow the passing team’s players unrestricted access to the player that intercepted the ball.
* The offensive team is responsible for retrieving the ball to the previous spot or new line of scrimmage. The clock does not stop, and any delay by the offense in returning the ball to the line of scrimmage will result in a delay of game penalty.
* All players must have their shirts tucked into their shorts/sweats to prevent from blocking the flag belt.
* Play is ruled ‘DEAD’ when - Offensive player’s flag is pulled, ball carrier steps out of bounds, touchdown is scored, or the ball carrier’s knee hits the ground.
* If the ball carrier/receiver’s flag falls off during the play, the play is ‘DEAD’ and the ball is placed where the flag fell off. Clarification: If a receiver loses a flag prior to receiving the ball he/she is still eligible. As soon as they touch the ball, play is ‘DEAD’ at that spot and the ball cannot be advanced. If ball is caught in the end zone the play results in a touchdown.
* There are no fumbles. Ball is spotted where it hits the ground. Anytime the ball touches the ground it is ruled ‘DEAD’.
* If a team is late (up to five (5) minutes after scheduled start time) they will begin play with whatever time is left on the game clock and will be down 2-0. The team that is late will automatically start on defense.
* If a team does not arrive within five (5) minutes after the scheduled start time the game results in a 14-0 forfeit.

# Attire

* Cleats are allowed. Metal spikes are NOT allowed.
* Shorts/pants with pockets or belt loops are NOT allowed.
* Jewelry of any kind is NOT allowed (including watches).
* Participants must wear uniform colors closely resembling all other members of their team.

# Roster Changes

* All roster changes after final roster submission dates must be made prior to the first scheduled game and MUST be approved by North American Sports Group personnel.
* NO roster changes will be accepted after your first scheduled game is played.
* NO roster changes will be accepted due to injury.