

Stoughton Recreation
4X4 Flag Football Rules
(Updated 10/16/2015)

1. The Game

- No contact allowed.
- A coin toss determines first possession.
- There will be no kickoffs.
- All drives will start at the five yard line after a touchdown or at the start of the game.
- Interceptions can be returned
- Punts cannot be returned
- Games will consist of two 20 minute periods with a five minute half time.
- The clock is a running clock until the two minute mark. The clock will stop for change of possessions, timeouts, incomplete passes, and if a ball carrier steps out of bounds.
- Teams will have 30 seconds to snap the ball once the ball is spotted.
- Teams will have four downs to cross midfield for a first down.
- Each team will have two timeouts per game.
- Each timeout lasts one minute.
- The game clock will only stop if a team calls a timeout and it is not the last two minutes of the half.
- Teams must field a minimum of three players at all times.
- Must have six players on your roster.
- Each player will wear three flags. One on each hip and on the back of the flag belt.

2. Field

- Field size is 60 yards X 30 yards with two 10 yard end zones.

3. Scoring

- A touchdown is worth 6 points.
- A PAT is worth 1 point from the five yard line.
- A safety is worth 2 points.

4. Overtime

- There will be overtime during regular season play.
- A coin toss determines team possession.
- Each team will have one set of downs starting at midfield.
- Teams will have four downs to score.
- If the score is still tied after the first overtime, teams will go into a second, third fourth...until one team has more points than the other.

5. Rushing the Quarterback

- There will be a **“five apple”** rush, if the QB still has the ball after the five apples the result will be a sack. Ball will be spotted where the QB is. **If the defense uses their blitz, there will be no apple count.**
- Defensive players can defend the line of scrimmage, but will not be eligible to rush the quarterback.
- The defense is allowed one “blitz” per defensive series. The QB has the ability to run only if blitzed.
- Once the ball leaves the quarterback’s hand, the defense can rush.

6. Running

- QB must stay behind the line of scrimmage and can only run if blitzed.
- Laterals are allowed.
- The ball is spotted where the flag is pulled.
- Players may not block at any time.
- The ball must break the plane of midfield or goal line to be considered a first down or touch down.

7. Passing

- The quarterback has 5 seconds (5 apple count) to pass the ball. If the ball is not thrown, the play is dead, resulting in a loss of down.
- Intentional grounding is not a penalty.
- Interceptions can be returned by the defense.
- All forward passes must be received beyond the line of scrimmage.

8. 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 one foot in bounds when making a catch.
- Players that run out of bounds during a play are not eligible to come back in and make a reception.

9. Dead Balls

- Play is ruled dead when,
 - Offensive player’s flag is pulled
 - Ball carrier steps out of bounds
 - Touchdown/safety is scored
 - Ball carrier’s knee hits the ground
 - Ball carrier’s flag falls out
 - Receiver’s flag falls out (play is dead at the point of the reception and the ball is spotted where the reception is made)
 - A punted ball hits the ground at any time
 - The five apple count has expired

10. Start of Play

- A play starts when the ball is snapped by the center.

- A shotgun snap may be used, but is optional.
- Players may not be moving forward when the ball is snapped.
- Defense must signal that they're ready before the offense can run a play on a change of possession.

11. Penalties

- All penalties will be called by the referee.
- Defensive penalties (10 yards and automatic first down),
 - Offsides
 - Pass Interference
 - Illegal contact (holding, bump and run, etc.)
 - Illegal flag pulling (before the receiver has the ball)
 - Taunting/Misconduct
- Offensive penalties (10 yards and a loss of play's down)
 - False start
 - Illegal forward pass (pass behind the line of scrimmage)
 - Pass interference
 - Flag guarding
 - Delay of game
 - Taunting/Misconduct

-Offensive penalties result in the loss of the current play's down. Penalties on fourth down will result in a turnover on downs. The only exception to this rule is in a situation where an offensive player gains a first down and then flag guards beyond midfield. The resulting penalty would be 10 yards from the spot of the foul and first and goal.

- All penalties are assessed from the original line of scrimmage except for flag guarding. Flag guarding penalties will be assessed from the spot of the incident.
- The game cannot end on a penalty, unless the penalty is declined.

12. Equipment

- Teams need matching jerseys/shirts with numbers on the back
- Cleats and shoes must be approved by the officials prior to the game.
- No metal cleats are allowed.
- Teams may use their own flags as long as they provide the other team with the same flags. Otherwise league provided flags must be used.
- Illegal equipment includes,
 - Headwear/Hats (exceptions will be made for stocking hats)
 - Any jewelry
 - Pants/Shorts with any belt loops or pockets
 - Shoulder pads
 - Flag must be on the side of the hips and in the middle of the back
 - Shirts must be tucked in

13. Punting

- Teams must announce that they will punt.

- Players must stand in place until the ball has been punted.
- Punts cannot be returned
- If the ball hits the ground it is a dead ball.
- No fake punts are allowed.
- There are no fumbles. If a punt is dropped, the team who dropped the punt will take over possession at the spot where the ball was dropped.
- A team will start a drive at the five yard line if a punt results in a touch back

14. Substitutions

- All substitutions must be made in between plays.
- All players leaving the field must be off the field before the ball is snapped.
- An injured player must sit out a minimum of one play.

15. Rain Outs/Game Cancellations

- It is important that the field remains in good condition for the whole season because it is used for multiple different activities. The league referees have been instructed to call the games if the field becomes soft.
- Refer to the two situations In the event of a cancelled game that is in progress
 - Cancelled before half time – A new game will be played from the beginning. Scores will start over at zero.
 - Cancelled after half time – The game will restart from the time it was called and scores will be carried over.