

TAAF

4 on 4 Flag Football Rules

The Game

- No contact allowed.
- NO BLOCKING
- A coin toss determines first possession.
- Ball must be snapped between the legs to start play.
- The offensive team takes possession of the ball at their 5-yard line and has three (3) plays to cross mid-field. Once a team crosses mid-field, they will have three (3) plays to score a touchdown.
- 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.
- All possession changes except interceptions start on the offenses 5-yard line.
- Each time the ball is spotted a team has: 30 seconds to snap the ball. Teams will receive one warning before a Delay of Game penalty is enforced.
- Games consist of 2-14 minute halves. Teams will flip sides at beginning of 2nd half. Half time will be 30 seconds. Team that started the first half on offensive will begin 2nd half on defense. There are NO DEFERMENTS. The winner of the coin has the following options: 1) offense, 2) defense or 3) choice of goal to defend. Loser of the coin toss has one of the remaining options.
- Running clock: except injuries & time-outs. Clock will stop in the last minute of the game for out of bounds, incomplete pass and a touchdown.

Fields

- The field dimensions will be 25 x 64 yds (7 yd end zones).

Attire

- Cleats are allowed, except for metal spikes. Inspections can and will be made.
- Shirts must be tucked in shorts, pants, etc.
- Flags – The “Sonic” belts will be the only flags allowed. Flags must be a minimum of 12 inches in length and 1 ½ inches in width and must be a different color than the players lower uniform.

Rosters

- Official Rosters must be approved by a T.A.A.F. representative and turned into the tournament director 24 hrs prior to a team's first game.

Players/Game Schedules

- Teams must field a minimum of three (3) players at all times.
- Team's rosters are not to exceed 6 players in tournament play. League play rosters may not exceed 8 players.
- If a team or teams are more than 10 minutes late for their scheduled games they will be forfeited.
- We reserve the right to reduce, shorten, or reschedule games due to inclement weather or unforeseen circumstances.
- All players must carry I.D. or proof of age.

Scoring

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

Time Outs

- Each team has one :60 second time out per game, in which the clock stops.
- Officials can stop the clock at their own discretion.

Rushing the QB

- All players that rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. Any number of players can rush the QB.
- Players not rushing the QB may defend on the line of scrimmage.

- Once the ball has been handed off the 7 yard rule is no longer in effect and all defenders are eligible to rush.
- A special marker, or the referee, will designate 7 yards from the line of scrimmage.

Running

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

Passing

- All passes must be forward and received beyond the line of scrimmage.
- Shovel passes are allowed, but must be received beyond the line of scrimmage.
- QB has a 7 second "pass clock". 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.
- Interceptions may be returned. Interceptions during Extra Point may be run back for 2 Pts. Interceptions that occur in the end zone will be brought to the 5 yd line.

Receiving

- All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage).
- Only one player is allowed in motion at a time.
- Player must have at least one foot in bounds when making a catch.
- Pass may not be intentionally tipped in any direction to another teammate.

Dead Balls

- Play is ruled "DEAD" when:
 - Offensive player's flag is pulled.
 - Ball carrier steps out of bounds.
 - Touchdown is scored.
 - Ball carrier's knee or the ball hits the ground.
 - If an Offensive Player's flag falls out during the course of a play, he must be touched by a defensive player for the ball to become dead.

* There are no fumbles. Ball is spotted where it hits the ground. Anytime the ball touches the ground it is dead.

Exception: Any ball dropped in a forward motion will be brought back to last point of contact.

Sportsmanship/Roughing

- If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player can be ejected from the game. Tournament director may decide to eject players from the tournament. FOUL PLAY WILL NOT BE TOLERATED.
- Trash talking is illegal. Official has the right to determine language which 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.

Overtime

- If the score is tied at the end of 30 minutes, teams move directly into overtime.
- Coin toss determines possession.
- Each team receives the ball at the 5 yd line with one possession. This will continue until a winner is declared.
- Interceptions will end series.

Penalties

Offense:

- Illegal Snap: Five yards, repeat down
- Illegal Motion: Five yards, repeat down
- False Start: Five yards, repeat down
- Impeding Rusher: Five yards, loss of down
- Blocking Downfield: Five yards (L.O.S.), loss of down
- Illegal Pick: Five yards (L.O.S.), loss of down
- Flag Guarding: Five yards from the spot of infraction, loss of down
- Lowering Head/Shoulder: Five yards (L.O.S.), loss of down
- Pass Interference: Five yards (L.O.S.), loss of down
- Illegal Forward Pass: Five yards (L.O.S.), loss of down
- Illegal Hand-off/Pitch: Five yards (L.O.S.), loss of down
- Illegal Run: Five yards (L.O.S.), loss of down
- Delay of Game: Five yards (L.O.S), loss of down

Defense:

- Off-sides: Five Yards, repeat down
- Illegal Rush: Five Yards, repeat down
- Illegal Contact: Five Yards, automatic first down
- Holding: Five Yards from end of play, automatic first down
- Illegal Flag Pull: Five yards from L.O.S., automatic first down
- Pass Interference, Minor: Five yards from L.O.S., automatic first down
- Pass Interference, Major: Spot Foul, automatic first down
- Roughing the QB, Minor: Five yards, automatic first down
- Roughing the QB, Major: Fifteen yards, automatic first down
- Delay of Game: Five yards, repeat down
- Illegal Push: Five yards (L.O.S.), automatic first down

Playoff Positioning

- Teams will be seeded according to the following criteria
- Wins and Losses
- Head to Head record
- Points allowed
- Coin toss
- If a team forfeits a game and they are in a two or three way tie, they are automatically the lowest seed possible within the tied teams. Forfeits are worth 14 points

Protests

- All protests will be resolved immediately. Only managers may protest. Judgment calls by officials may not be protested. Upon a protest, a manger shall remit a \$50 protest fee. If the protest is upheld, the \$50 shall be immediately refunded. If the protest is denied, the deposit shall be forfeited. Protest shall be resolved by the tournament director and his designees, in consultation with the officials of that game.