

# **Play it Now Sports**

## **Rules of Play**

### **“Indoor”**

## **4 on 4 Flag Football**

### **A. General Rules of Play**

- 1. Games are played on an indoor field measuring approximately 40 yards, goal-line to goal-line. End zones measure approximately 5 yards. The offense starts at their own 5 yard line and has 4 plays to score. If the offense does not score the opposing side will start at their 5 yard line. If the defense intercepts the ball they will start wherever the interceptor was downed.**
- 2. Four (4) players must be available at a game for play to commence. Failure to have 4 players ready at game time will result in automatic forfeit with no possibility of reschedule. Once underway a game can continue as long as 3 players are on the field. If, at any time, for any reason, the number on the field drops below 3 the game will cease and a forfeit will be awarded the team with the minimum requisite players – NO MATTER THE SCORE AT THAT POINT.**
- 3. Rosters do not have a limit of players but players may only be on one roster per league at a time. Teams may only suit up 8 players a game. Players are required to check in before each game. Each team is required to wear the flags as given out by the facility. No personal flags may be worn unless prior approval is received.**
- 4. Games are played as two periods of 20 minutes running time with a 2 minute half time. During the last 2 minutes of the second half the clock will be ran as a normal football clock, if the score has a difference of 18 points or less. If the difference is greater than 18 then the clock will continue to run as normal. There are 2 time outs per game. At the sole discretion of the referees, the clock can stop for injuries.**

- 5. Games will begin with a coin toss at mid-field. The referee will choose a team to call the toss. The winner of the toss will have the option to get the ball to start the game or defer to the second half. (a) If the winner of the toss chooses to start the game with the ball the loser of the toss will decide the direction of play. The loser of the toss will get the ball to start the second half and the winner will determine the direction of play. (b) If the winner of the toss defers to the second half then the loser of the toss will get the ball to start the game and the winner of the toss will decide the direction of play. If the winner of the toss defers they will start the second half with the ball and the loser of the toss will determine the direction.**
- 6. Play and the clock are started when the first snap is made.**
- 7. All snaps are made between (through) the legs of the center.**
- 8. Play begins at the offensive team's 5 yard line.**
- 9. Once the ball is whistled ready for play the offense has 25 seconds to snap the ball.**

#### **Scoring and Declaring a Winner**

- 1. A winner is declared if either the game ends due to time elapsing OR if the scoring differential reaches 42 points. There are NO ties.**
- 2. Points are awarded as follows: TD = 6 points, Safety = 2 points, Extra Point from the 10 yd line = 2 points, Extra point from the 5 yard line = 1 point, Extra point from midfield = 3 pts. Failed extra points cannot be returned; the ball is dead if intercepted on an extra point.**
- 3. Overtime rules are as follows:**
  - a. Team that scores last before overtime will choose the coin toss.**
  - b. Possessions start at midfield and teams have 2 plays to score.**
  - c. Teams must go for 2 point conversion in overtime. There are no 1 or 3 point conversions.**
  - d. Both teams get a possession in each overtime period.**

## **Equipment**

- 1. Indoor shoes or turf shoes ONLY may be worn.**
- 2. All players must be in the same colored jersey. 2 separate jerseys are recommended for teams in case of similar color jerseys playing against together.**
- 3. Shirts must be tucked in at all times.**
- 4. Shorts or sweat pants are acceptable. Blue jeans or non-athletic wear may not be worn.**
- 5. Hats or jewelry of any kind may not be worn.**
- 6. Towels may not be worn on the belt or in the pants.**
- 7. Mouthpieces are highly recommended.**
- 8. The league will supply game flags and belts. Teams may not bring their own.**
- 9. A player may not wear or have on his person any equipment that, in the sole opinion of the referee, is dangerous or confusing. A few examples of illegal and banned items include, but are not limited to: chewing gum, shoes with cleats, hats, jewelry of ANY KIND, bandanas (neck or head), etc. All braces, casts or other items that may cause harm to other players MUST BE PADDED to the satisfaction of the referee.**

## **Actual Play**

- 1. Timeouts – 2 per game**
- 2. Rushing the QB**
  - a. All players rushing the QB must start at least 7 yards from the line of scrimmage (LOS). This point will be indicated by the back judge referee before each play. An exception to this rule occurs if the ball is exchanged by hand-off behind the LOS at which time anyone may rush.**
  - b. Players defending may be within 7 yards but cannot rush unless there is a handoff.**

- c. Once the ball is exchanged by “DIRECT HAND-OFF” the 7-yard rule is off and anyone can rush.

### **3. Running**

- a. The person taking the “direct snap” from center to start each play may NOT run.
- b. Running can only occur after a direct hand-off. No lateral or pitches are allowed (at all times an offensive player MUST have the ball in hand). Multiple hand-offs are allowed behind the LOS only.
- c. “No Run Zones” exist 5 yards each end zone. This is meant to prevent running for a “short yardage first down” or touch down.
- d. Spinning is allowed but the ball carrier cannot leave his feet to avoid a “tackle” (flag pull). During the spin the player MUST have at least one foot on the turf at all times.
- e. A runner must change direction to avoid running over defenders. Run under control.
- f. Stiff arming is not allowed. Protecting the flags in any way is not allowed.
- g. The ball is spotted at the point of the ball at flag removal.

### **4. Passing**

- a. All passes must be forward and beyond the LOS. (no laterals or double passes). **Forward shuffle passes are allowed.**
- b. Only one pass per play.
- c. QB has 7 seconds to throw. If the ball is not released the ball is spotted on the last LOS, loss of down. **No additional penalty.**
- d. If the ball is handed-off the 7-second rule is off.
- e. Interceptions can be returned.

### **5. Receiving**

- a. All players are eligible.

- b. Only one player can be in motion parallel to or away from the LOS on any play.**
- c. A player must have TWO feet in bounds and possession for a legal catch.**

**6. Dead Ball – Ball becomes “Dead” when:**

- a. ball contacts any wall**
- b. any part of ball carrier’s body other than the foot or hand contacts the ground – this includes the ball itself**
- c. the ball carrier loses his flag/flags and is touched by a defensive player**
- d. the ball contacts the ground – there are no fumbles**
- e. any score or touchback occurs**
- f. an interception occurs on an extra point**
- g. the ball carrier’s flags are removed legally while the player has possession of the ball**
- h. there is a whistle while the ball is in play, whether the whistle is intended or inadvertent**
- i. ball carrier goes out of bounds while in possession of the ball**
- j. when two (2) or more players of opposite teams have simultaneous control of the ball for two (2) seconds. Possession goes to the offensive player**
- k. ball becomes dead when in the opinion of the referee the offensive players forward progress is stopped and being held up by 2 or more defenders without the flag being pulled.**

**7. In bounds – out of bounds**

- a. Any wall outside the “in bounds sideline” is “out of bounds” and if contacted by player or ball creates an immediate dead ball situation.**

- b. All sidelines and back of end zone line are out of bounds if contacted.**
- c. The wall can not be used to trap or deflect a ball.**
- d. A player, of his own accord, may not leave the playing area and reenter while the same play is in progress. Doing so renders him ineligible until the next snap. The penalty for illegal participation, if accepted, is five (5) yards from the previous LOS, repeat the down.**
- d. If, in the view of the referee, a player was forced from the field of play, he may reenter immediately and be a legal receiver.**
- e. To be a legal catch a player must have control first and then two (2) feet in bounds.**
- f. Nets above the field of play are in play. Any pass that deflects off the nets and/or rafters may be caught and played upon**

#### **E. Normal play of the game**

- a. The center (snapper) normally carries the ball from the huddle to the LOS as marked by the side judge referee. Once positioned on the ground the ball must not be moved at least one (1) second prior to snapping. Ball movement prior to the snap is deemed illegal procedure and penalized accordingly.**
- b. The ball must be snapped back between the legs of the center from its position on the ground in a quick, continuous motion and must leave the hand completely in this motion.**
- c. Players on the LOS may not receiver the direct snap. Only players at least two (2) yards off of the ball may get the snap.**
- d. Players on the LOS must be set at the snap.**
- e. Only one player off the LOS may be in motion parallel to or away from the LOS.**
- f. There is no requirement for any players except the center to be on the LOS.**
- g. Hand-offs can only be made behind the LOS and ONLY behind the player in first possession. The ball can never be handed forward.**

**The ball can never be pitched, but must always be in the physical possession of an offensive player.**

- h. Protecting one's flags in any way is illegal.**
- i. Players in possession of the ball may spin to avoid flag removal but must maintain one (1) on the ground during the entire spin move.**
- j. A ball carrier can not dive for extra yardage or in an attempt to score. If a dive is detected the ball will be placed at the point of the ball carrier's flags at the time that the dive started. Players diving into the end zone will not be awarded a touchdown. The ball will be placed on the one (1) yard line and the next down played.**
- k. Fumbles are dead at the point the fumble occurred. A ball may be fumbled backwards but never forward. The ball is placed at the point the ball hit the ground in case of a backwards fumble and at the player's position at the time of a forward fumble.**
- l. Blocking is not allowed. A runner may use his players as screens but the screening player must be stationary. Teammates of a ball carrier beyond the LOS must make every effort to stop or avoid defensive players trying to make a tackle. If in the discretion of the referee the moving teammate downfield did not cause the defense a disadvantage no penalty will be called.**
- m. The onus is on the ball carrier to change direction to avoid a would be tackler.**
- n. A ball in the possession of a player may not be batted or otherwise stripped by an opposing player. This action is unsportsman-like action and is penalized five (5) yards at the end of the play.**
- o. The passer must have two (2) feet behind the LOS at time of release.**

## **F. Defense**

- 1. Rusher(s) may attempt to block a pass but can not initiate contact with the passer, EVEN AFTER RELEASE. Contact is deemed roughing the passer and is penalized five (5) yards from the LOS, repeat down on incompleteness.**
- 2. More than one (1) player can rush as long as they start at the 7 yard mark.**

3. **If the ball is handed off there are no rush limitations.**
4. **It is the defensive rushers responsibility to avoid contact with offensive players who are stationary. If a defensive player makes contact with a stationary offensive player an illegal rush will be called. Offensive players without the ball behind the LOS likewise shall make every effort to avoid contact with defenders. The key to this rule is whether the offensive player is stationary or moving.**

#### **G. Flags, tackling and flag removal**

1. **A ball carrier is down when a defensive player removes at least one of the offensive player's flags.**
2. **The ball is always placed at the position of the ball when the flag is removed.**
3. **It is illegal for a player to remove another player's flag(s) if that player is not in possession of the ball. To do so is unsportsman-like conduct.**
4. **If a player loses a flag prior to possession, he is automatically down by any hand contact after securing possession.**
5. **Players are responsible for keeping their flags equally spaced on each hip. Failure to do so is illegal procedure.**

#### **H. Unsportsman-like conduct**

- a. **Trash talking is illegal and will not be tolerated. The referee has full and FINAL authority to determine offensive or detrimental language. Entirely within the referee's authority is punishment which may include; ejection for a play, the remainder of the game and/or the remainder of the season. There is no appeal of this ruling.**
- b. **Fighting will not be tolerated and will be punishable by ejection for the season.**

#### **I. Penalties**

- a. **Every play must be run out even in the case of obvious off-sides or illegal procedure. This is done to prevent a team from delaying a game by causing intentional penalties that**



would require the referee to interfere with play. Continue playing until you hear a whistle.

- b. If a team incurs prior to the snap 3 penalties in a row, including a delay of game penalty in the last 3-minutes, possession will automatically change at the current LOS. There is no referee count on the play clock – each team must manage the count themselves. This rule covers any delay. The game can not end on a defensive penalty assuming the team that is leading is the defensive team and winning by 7 or less points (playing another play must have real meaning).

c. Penalties and Yardage

- i. Illegal forward pass– 5 yards from LOS and loss of down

- ii. Offensive pass interference – 5 yards from LOS and loss of down

- iii. Illegal lateral – any lateral is illegal. If during a play penalty is 5 yards from LOS. If during an interception 5 yards from point of interception. If in the offenses own end zone, a safety is awarded.

- iv. Flag guarding – 5 yards from point of foul. If the offensive

- i. Defensive pass interference – 5 yards from LOS, automatic first down. If occurring in end zone, ball placed on 1 yard line, first down.

- ii. Defensive holding – 3 yards from LOS and repeat down. In the case of intentionally tackling or holding to prevent a score, if, in the view of the referees, the score would have occurred, the score will be awarded. To be awarded both referees must agree that malicious intent occurred to prevent a score.

- iii. Illegal block – 3 yards from LOS. Repeat down. If the block occurred in the end zone a safety will be awarded.

- iv. Illegal pass rush – 3 yards from LOS and repeat down.**
- v. Encroachment, Illegal procedure, Illegal motion, Offsides - Play continues with snap – DO NOT STOP PLAY. 3 yards from LOS and repeat down.**
- vi. Ball carrier charging – 5 yards from point of foul or LOS (OR POINT OF CHANGE OF POSSESSION. Once the plane of the goal line is broken no charging can be called.**
- vii. Hurdling or leaving feet to avoid tackling – 3 yards from point of foul and repeat down.**
- viii. Illegal participation – More than 4 on field of play at snap – 5 yards from LOS and repeat down.**
- ix. Dead ball Unsportsmanlike conduct – 10 yards from LOS and down remains the same. Unsportsmanlike conduct includes but is not limited to:**
  - 1. profanity and vulgar gestures**
  - 2. attempting to interfere with offenses signals**
  - 3. baiting or taunting**
  - 4. intentionally kicking or kicking at the ball when not in play**
  - 5. showing disrespect for or objection to a referee call**
  - 6. undue delay of game**
  - 7. preventing or delaying the offense or defense from retrieving the ball between plays**
- x. Penalties on the defense on successful touchdowns are enforced on the extra point**

