4 v 4 flag football

The following are alterations to the previously described rules intended to be used in 4v4 flag football competition.

The Game, Players and Equipment

1. Each Men’s and Women’s team will consist of four players. Each team must have a minimum of three players present at game time to begin a game.

2. Each team is advised to bring their own football; however, some footballs will be available for checkout. Men’s teams will use a regulation-sized football, while Women’s teams will have the option to use junior-sized footballs. Flag belts will be provided for teams.

Game Factors, Time and Length

1. Each game will consist of two 15-minute halves with a running clock. The clock will stop during the last minute of each half.

2. The playing field will be 40 yards in length from goal line to goal line and 30 yards in width. To begin a game or half and following a try, touchback or safety, each team will snap the ball from its own 7-yard line unless moved by penalty.

3. Each team will be permitted one timeout per half. Unused timeouts will not carry over between halves. No timeout will exceed one minute in length.

4. If a team is ahead by 19 or more points when the official announces the one-minute warning in the second half or at any time after the two-minute warning, the game will end.

Scoring

A safety results when a runner carries the ball from the field of play to or across his or her own goal line, and it becomes dead there in his or her team’s possession. A safety results in two points for the defensive team as well as possession from their own 7-yard line.

Series of Downs and Zone Line-to-Gain

A team in possession of the ball will have three consecutive downs to advance the ball to midfield, and another three downs to score a touchdown. Each spot will be determined by the most forward point of the ball.

Snapping and Passing the Ball

1. An offensive team runner may not advance the ball through the line of scrimmage. There are no restrictions after a change of possession or once a legal forward pass has been touched beyond the offensive scrimmage line.

Penalty: Loss of three yards from the previous spot

2. The offensive team must have a minimum of one player on the line of scrimmage at the snap.

Rushing

1. Defensive rushers must begin at least 5 yards from the line of scrimmage.

Penalty: Loss of three yards from the previous spot

Kicking

There will be no kicking in 4v4 flag football.

Penalty Enforcement

All 10-yard penalties (from 7v7) will be marked as five yards, and all five-yard penalties (from 7v7) will be marked as three yards.