

Game

- At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.
- The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Teams may choose to defer to the second half.
- The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross midfield. Once a team crosses midfield it has four (4) plays to score a touchdown.
- If the offense fails to score the ball changes possession and the new offensive team starts its drive on its own 5-yard line.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its own 5-yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line.
- Interceptions start at the spot of the recovery.
- Teams change sides after the first half. Possession changes to the team that started the game on defense.
- All offensive penalties result in a loss of down and yardage.
- All defensive penalties result in an automatic first down and some are associated with yardage.

Pre-Game Information

- Teams are composed of a minimum of five (5) players and a maximum of ten (10) players. There are six (6) players per team playing on the field for Pee Wee and Junior Division players; five (5) players per team for Senior Division players. Each team must field a minimum of four players at all times.
- The Program Supervisor(s) in charge of the QUAD SPORTS program reserves the right to add players to and/or move players from teams if he/she feels it is necessary.
- Scheduled practice times will be 1 hour prior to game time.
- Parents, families and friends must sit on the opposite side of the field from the players and coaches during the game.
- The playing field is 30 yards wide x 50 yards long (End zones are 10 yards) Corners of the playing field and yard zones will be marked with orange cones. (No run zones are five (5) yards before the mid-field line and goal lines. The no run zone is only in play when there is a line to gain. Driving to midfield and the end zone.)



- Parents and spectators are strongly encouraged to promote good sportsmanship among all participants.
- All parents and spectators will treat officials and staff with respect. (Please remember that many of them are volunteers and you are providing an example to your children when you are in attendance at practices/games).
- Participants must be between the ages of 4-14 years of age.

Scoring

- Touchdown: 6 points
- PAT (point after touchdown) 1-point (5-yard line) or 2 points (10-yard line) a. Note: 1-point PAT is pass only; 2-point PAT can be run or pass.
- Safety: 2 points - A safety occurs when the ball-carrier is declared down in his/her own end zone. Runners will be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone.
- A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 5-yard line) or a 2-point conversion (from the 10-yard line). A decision cannot be changed after a penalty. Interceptions on conversions can be returned for 2 points.
- Once a 36 point or more advantage is gained, no PAT will be attempted.
- Forfeits are scored 28-0 for the winning team.
- The referee will keep score of all games.

Equipment

- All players must wear official NFL FLAG belts and mouth guards at all times while on the playing fields.
- NFL FLAG footballs will be provided. Team footballs are not allowed.
- Players must wear shoes.
- Players may tape their forearms, hands and fingers.
- Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed.
- Players must remove all jewelry. Winter beanies are allowed.
- If a player is wearing a cast, it must be wrapped in a foam cushion.
- Players' jerseys must be tucked into the pants if they hang below the belt line. We recommend players wear pants or shorts that do not have pockets. Pants or shorts with belt loops or pockets must be taped. Games will not be delayed for a player to tape up pockets.

Timing and Overtime

- Pee Wee and Jr. Division games are played on a 40-minute continuous clock with two 20-minute halves. Sr. Division games are played on a 50-minute continuous clock with two 25-minute halves.
- Clock stops only for timeouts or injuries.
- Halftime is five minutes.
- Each time the ball is spotted, a team has 40 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
- Each team has two 30-second timeouts per half.
- Officials can stop the clock at their discretion.
- In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.
- During the regular season, if the score is tied at the end of regulation the game will end in a tie.
- During the playoffs, if the score is tied at the end of regulation, an overtime period will be used to determine a winner. Overtime format is as follows:
 - a. A coin flip will determine the team that chooses to be on offense or defense first
 - i. If a second round of overtime must be played, the team that lost the coin toss will get to choose offense or defense for the start of the second round of overtime. This process continues with teams alternating who gets to choose to be on offense or defense to start out during every round of overtime.
 - ii. The referee will determine which end of the field the overtime will take place on.
 - b. Each team will take turns getting one (1) play from the defense's 5-yard line for one point or the defense's 10-yard line for two points. Whether to go for one or two points is up to the offensive team. Whether or not the team that begins on offense converts or not, the team that started on defense gets a chance on offense to win or tie by converting a one- or two-point play of their own.
 - i. Example: Team A starts on offense and chooses to go for one point from the 5-yard line and is successful. Team B is then on offense and can choose to either go for one point from the 5-yard line to tie and force a second round of overtime or to go for two points from the 10-yard line for the win.
 - ii. If the second team on offense in an overtime round fails to beat or match the team that went first, the team that went first wins.
 - c. Both teams must "go for two" from the 10-yard line starting with the second round of overtime.
 - d. The final points earned by the winning team in the final overtime will be added onto the winning team's total score. The losing team will not receive any additional points.
 - i. Example: End of regulation time, score is 14-14. Team A scores one point and Team B score two points. Team B wins with a final score of 16-14.
 - e. All regulation period rules and penalties are in effect.
 - f. There are no timeouts.

Live Ball/Dead Ball

- The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
- The official will indicate the neutral zone and line of scrimmage. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. In regard to the neutral zone, the official may give both teams a “courtesy” neutral zone notification to allow their players to move back behind the line of scrimmage.
- A player who gains possession in the air is considered inbounds as long as one foot comes down in the field of play.
- The defense may not mimic the offensive team signals by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. This will result in an unsportsmanlike conduct penalty.
- Substitutions may be made on any dead ball.
- Any official can whistle the play dead.
- Play is ruled “**DEAD**” when:
 - a. The ball hits the ground.
 - i. If the ball hits the ground as a result of a bad snap, the ball is then placed where the ball hit the ground. **(Senior Division Only)**
 - ii. If the ball hits the ground while being snapped only the quarterback can pick up the ball and continue the play. If any other player touches the ball the ball is considered dead. **(Pee Wee)**
 - b. The ball-carrier’s flag is pulled.
 - c. The ball-carrier steps out of bounds.
 - d. A touchdown, PAT or safety is scored.
 - e. The ball-carrier’s knee or arm hits the ground.
 - f. The ball carrier’s flag is turned in a way that prohibits the tackler from pulling the flag (ball is dead where first tackler attempted to pull the flag)
 - g. The ball-carrier’s flag falls out.
 - h. The receiver catches the ball while in possession of one or no flag(s).
 - i. The 7 second pass clock expires; time starts at the snap of the ball.
 - j. Inadvertent whistle.
 - k. Stiff arm and guarding.
 - l. Blocking or shielding.
 - m. Where a ball carrier fumbled the ball. (There are no fumbles allowed)
 - n. Where a ball carrier jumps or dives.

All play will stop when a foul is committed and the ball will be placed at the point of the foul.

- In the case of an inadvertent whistle, the offense has two options:

- a. Take the ball where it was when the whistle blew, and the down is consumed.
 - b. Replay the down from the original line of scrimmage.
- A team is allowed to use a timeout to question an official's rule interpretation. If the official's ruling is correct, the team will be charged a timeout. If the rule is interpreted incorrectly, the timeout will not be charged and the proper ruling will be enforced. Officials should all agree upon any controversial calls in order to give each team the full benefit of each call.

Running

- The quarterback cannot run with the ball; unless the ball is handed off first.
- QB options are not allowed.
- Pitches are only allowed behind the line of scrimmage.
- Only direct handoffs behind the line of scrimmage are permitted (The offense may use multiple handoffs)
- No-running zones are located five (5) yards from each end zone and five (5) yards on either side of the midfield, are designed to avoid short-yardage, power running situations.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- Defensive players can only cross the line of scrimmage once the ball has been handed off or they are a designated rusher from 7 yards back.
- Spinning is allowed, but players cannot leave their feet to avoid a defensive player. No diving or jumping to avoid a flag being pulled. (If a player should dive or jump to avoid a flag being pulled the play will be called dead at the point of the incident)
- Spinning/Jump Cuts are allowed, but players cannot leave their feet to avoid a flag pull.
- The use of a "stiff arm" to ward off an opponent is prohibited (ball is considered dead at the point of penalty)
- The ball is spotted from where the ball carrier's feet are when the flag is pulled, not where the ball is.
- No blocking or "screening" is allowed at any time.
- Offensive players without the ball must stop their motion once the ball has crossed the line of scrimmage. No running with the ball-carrier.
- Flag obstruction – All jerseys **MUST** be tucked in before play begins; The flags must be on the player's hips and free from obstruction; Deliberately obstructed flags will be considered flag guarding.
- Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player but must be behind the line of scrimmage. The offense may use multiple handoffs.
 - a. "Center sneak" play – This play was removed by NFL Flag and is considered a penalty.
 - b. The Center cannot receive any type of handoff directly from the quarterback.

Passing

- All passes must be beyond the line of scrimmage, thrown forward and received beyond the line of scrimmage.
 - a. All passes that do not cross the line of scrimmage, whether received or not, are illegal forward passes.
 - b. The quarterback may throw the ball away to avoid a sack. Pass must go beyond the line of scrimmage.
- Shovel passes are allowed but must be received beyond the line of scrimmage.
- No laterals, screens or double passes are allowed.
- The quarterback has a 7 second "pass clock." If a pass is not thrown within the 7 seconds, the play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball is handed off the 7 second

rule is no longer in effect.

- a. If the QB is standing in the end zone at the end of the 7 second clock, the ball is returned to the line of scrimmage (LOS).

Receiving

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted toward the line of scrimmage.
- A player must have at least one foot inbounds when making a reception.
- In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- Interceptions change the possession of the ball at the point of interception. Interceptions are the only changes of possession that do not start on the 5-yard line.
- Interceptions are returnable but not on conversions after touchdowns.

Rushing – Defense

- All players who rush the passer must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback can defend on the line of scrimmage.
- Once the ball is handed off the seven-yard rule is no longer in effect and all defenders may go behind the line of scrimmage.
- No offensive player can step in front of a rushing defensive player to prevent a sack. The penalty will be a 5-yard penalty and loss of down.
- A special marker, or the referee, will designate a rush line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.
 - a. A legal rush is:
 - i. Any rush from a point 7 yards from the defensive line of scrimmage.
 - ii. A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.
 - iii. If a rusher leaves the rush line early (breaks the 7-yard area), they may return to the rush line, reset and then legally rush the quarterback.
 - b. A penalty may be called if:
 - i. The rusher leaves the rush line before the ball is snapped, crosses the line of scrimmage before a handoff or pass – illegal rush (5 yards from the line of scrimmage and first down).
 - ii. Any defensive player crosses the line of scrimmage before the ball is snapped – offsides (5 yards from line of scrimmage and first down).
 - iii. Any defensive player not lined up at the rush line crosses the line of scrimmage before the

ball is passed or handed off – illegal rush (5 yards from the line of scrimmage and first down).

c. Special circumstances:

i. Teams are not required to rush the quarterback with the 7 second clock in effect.

ii. Teams are not required to identify their rusher before the play. However, if they do send a rusher, the rusher must either check in or be behind the official.

- Players rushing the quarterback may attempt to block a pass; however, NO contact can be made with the quarterback in any way. Blocking the pass or attempting to block the pass and then making contact with the passer will result in a roughing the passer penalty.
- A sack occurs if the quarterback's flag is pulled behind the line of scrimmage or the quarterback's flag inadvertently falls off. The ball is placed where the quarterback's feet are when the flag is pulled.
- The offense cannot impede the rusher in any way. The rusher has the right to a clear path to the quarterback, regardless of where they line up prior to the snap. If the "path or line" is occupied by a moving offensive player, then it is the offense's responsibility to avoid the rusher. Any disruption to the rusher's path and/or contact will result in an impeding the rusher penalty. If the offensive player does not move after the snap, then it is the rusher's responsibility to go around the offensive player and to avoid contact.

Flag Pulling

- A legal flag pull takes place when the ball-carrier is in full possession of the ball.
- Defenders can dive to pull flags but cannot tackle, hold or run through the ball-carrier when pulling flags.
- It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.
- If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends. The ball is placed where the flag lands.
- A defensive player may not intentionally pull the flags off of a player who is not in possession of the ball.

NOTE: Flag guarding is an attempt by the ball-carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, hand, arm or shoulder or intentionally covering the flags with the football jersey.

Formations

- Offenses must have a minimum of one player on the line of scrimmage (the center) and up to four players on the line of scrimmage. The quarterback must be off the line of scrimmage.
 - a. One player at a time may go in motion 1-yard behind and parallel to the line of scrimmage.
 - b. No motion is allowed toward the line of scrimmage.
- Offensive players must come to a complete stop for one second before the ball is snapped unless he/she is the only player in motion.
- Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.
- The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.

Penalties

- All offensive flag football penalties result in a loss of down and yardage.
- All defensive flag football penalties result in an automatic first down and some are associated with yardage.

General:

- The referee will call all penalties.
- Referees determine incidental contact that may result from normal run of play.
- All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)
- Only the team captain or head coach may ask the referee questions about rule clarification and interpretations. (Players may not question calls)
- Games may not end on a defensive penalty unless the offense declines it.
- Penalties are assessed as live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
- Penalties will be assessed half the distance to the goal yardage when the penalty yardage is:

Penalties

Defensive pass interference	+ 5 yards and automatic first down	
Holding	+ 5 yards and automatic first down	
Stripping	+ 5 yards and automatic first down	
Defensive unnecessary roughness	+ 10 yards and automatic first down	
Defensive Unsportsmanlike conduct	+ 10 yards and automatic first down	
Screening, blocking or running with the ball	- 5 yards and loss of down	
Charging	- 5 yards and loss of down	
Flag guarding (Stiff Arming)	- 5 yards and loss of down	
Offensive unnecessary roughness	- 10 yards and loss of down	
Offensive unsportsmanlike conduct	- 10 yards and loss of down	
Offside	+5 yards from line of scrimmage and automatic first down	
Illegal rush (Starting rush from inside 7-yard marker)	+5 yards from line of scrimmage and automatic first down	
Illegal flag pull (Before the receiver has the ball)	+5 yards from line of scrimmage and automatic first down	
Roughing the passer	+5 yards from line of scrimmage and automatic first down	
Taunting	+5 yards from line of scrimmage and automatic first down	
Offside / false start	-5 yards from line of scrimmage and loss of down	
Illegal forward pass	-5 yards from line of scrimmage and loss of down	
Offensive pass interference	-5 yards from line of scrimmage and loss of down	
Illegal motion (More than one person moving)	-5 yards from line of scrimmage and loss of down	
Delay of game	-5 yards from line of scrimmage and loss of down	
Impeding the rusher	-5 yards from line of scrimmage and loss of down	

If a parent is ejected from the game and refuses to exit the premises that parent's team will forfeit the game.

Playoffs

- In divisions with only four teams, all four teams will make the playoffs with the highest ranked seed playing the lowest ranked seed.
- If two teams have the same Win-Loss record, the team with the Highest Points For and Lowest Points Against will be the higher ranked seed. If a team has the same Win-Loss record, Highest Points For, Lowest Points Against then the team that with a win against the highest seeded team will make the playoffs.
- In divisions with more than four teams the top four the highest ranked teams will make the playoffs and the remaining teams will be consolation games.