

PGFFL

4 v 4

“NO CONTACT” FLAG FOOTBALL LEAGUE RULES

Rules: Part 1

1. The Game Overview
2. Field
3. Players
4. Equipment

Section 1 - The Game Overview

This is a “no contact” league.

- NO BLOCKING/SCREENING anytime or anywhere on the field, e.g., i) Offensive players may not block defensive rushers; ii) Offensive players may not set picks of any kind; iii) Offensive players not involved with a play down field must stop running and stay out of the way of defensive players; iv) Defensive players may not “chuck” receivers at the line of scrimmage; v) Defensive players may not “hand check” receivers down field.
- Though this is a “no contact” league, it is understood that football by its nature involves some degree of contact. Only that contact which is commonly considered “incidental” will be permitted (e.g., players making a play on a live ball). Incidental contact will be determined at the discretion of the game referees.
- A coin toss determines first possession. There are no deferments. Winner of coin toss may select offense, defense or direction. Loser of the coin toss has one of the remaining options.
- The offensive team takes possession of the ball at their 5-yard line and has four (4) plays to cross mid-field. Once team crosses mid-field, they will have four (4) 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 start on the offense's 5-yard line (exception: Interceptions can be returned and the ball will be marked where the play ends). There are no punts or kickoffs.
- 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. A warning in the last minute of the game will stop the clock.
- Games consist of 2-15 minute halves. Teams will flip sides at beginning of 2nd half. Half time will be five minutes. Team that started the first half on offense will begin 2nd half on defense.
- Running clock throughout the game, except: i) injuries & time-outs; ii) in the first half a courtesy clock stoppage will be given at the 1 minute mark. Clock will resume immediately on the referee's ready to play whistle; iii) In the last minute of the game, if the difference in score is 8 points or less, then a college clock is used (stoppage on first downs, out of bounds, incomplete passes, defensive penalties, offensive penalties, offensive warnings, and scores)

- Mercy Rule: If a team is ahead by 30 points or more with 8 minutes or less remaining in the second half, the game will be called. No extra point tries will be attempted after a team has a 30 point lead.
- Regular season games that end in a tie will be ruled as a tie, playoff or single elimination games will go to an extra point shootout.

Section 2 - Fields

- The Field dimensions will be 25X70 yards (two – 10 yard end zones).

Section 3 - Attire

- Cleats are allowed, except for metal spikes. Inspections can and will be made.

No shorts/pants with pockets or belt loops shall be permitted, nor shall any other equipment which in the referees' discretion is considered dangerous.

- Shirts must be either tucked in shorts/pants, or flags must be fastened over shirts such that the flag belt is visible and reachable at the start of each play. If the referee determines that flags are not reachable, then the ref shall have the discretion to whistle a play dead upon a one-hand touch. However, if the flags become unreachable due to a defensive player's effort, then the referee shall not end the play (e.g., a defensive player tugs on the ball carriers shirt resulting in a loose shirt covering flags, the play will continue).

- No headgear with an extended bill may be worn (ex: caps, visors, etc.). Exceptions will be made if the bill is backwards

Section 4 - Roster

- Players may register for PGFFL Fall league as a "Free Agent." PGFFL will assign players at its sole discretion to bring the roster to 6. "Free agents" will be assigned to teams at PGFFL's sole discretion based on player evaluations completed at time of registration.

Players that withdraw from the league due to injury or for any other reason during the season, will be replaced on that team's roster at PGFFL's sole discretion.

- Teams have four players each on the field, and can have rosters of up to ten players. Substitutions are unlimited, and can be made between plays.
- Players can play on only on one team.
- All players must be 18 years of age or older, or have a minor consent form signed by their parent or guardian.

Rules: Part 2

1. Players/Game Schedules
2. Scoring
3. Timeouts

Section 1 - Players/Game Schedules

- Teams must field a minimum of three (3) players at all times.

If a team has fewer than three (3) players, then that game shall be deemed forfeited.

A team with only three (3) or four (4) players available may pick up a substitute player(s) from another registered team for that game only, subject to approval of the game referee and the captain of the opposing team. A team may pick up a maximum of three (3) players if they have three (3), and two (2) if they have four (4).

- If a team or teams are more than 5 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. for proof of age and identity.

Section 2 - Scoring

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

An interception during an extra point try can be returned and will be scored as 2 points for the intercepting team, regardless of whether the original PAT was for 1 or 2 points.

Section 3 - Timeouts

- Each team has two (2) 30 - second time outs per game.
- Officials can stop the clock at their own discretion at any time.

RULES: Part 3

1. Rushing the QB
2. Center Snap
3. Running
4. Passing
5. Receiving

Section 1 - Rushing the QB

- Before each play the referee will mark off seven (7) yards from the line of scrimmage using ball spotters (e.g., bean bags). All players that rush the passer must be a minimum of 7 yards and a minimum of 1 yard over from the center position (either side) 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 but may not initiate contact with receivers.
- If the ball is handed off, the 7 yard rule is no longer in effect and all defenders are eligible to rush. Offensive players may not impede rushers in any way.

Section 2 - Center Snap

- All center snaps must be made with the ball on the ground, either between the center's legs or standing sideways to the ball. A false movement of the football by the center after he is set shall constitute a false start.
- At all times the ball shall be snapped from the spot marked by the official ball marker.
- The Center CANNOT receive a direct hand off.

The snap must be made to a player standing in a stationary position behind the Center, and not to a player in motion.

A muffed snap, or bad Center snap will be spotted where the ball hits the ground. If in the end zone, then a safety and 2 points will be awarded to the defensive team, and the defensive team takes possession at its five (5) yard line.

Section 3 - Running

- The Quarterback CANNOT run the ball after receiving the snap.
- Only direct hand-offs behind the line of scrimmage are legal.
- NO laterals or backwards pitches of any kind anywhere on the field.
- Offense may use multiple hand-offs (in which case the original Quarterback becomes an eligible runner)
- The player who takes the hand-off can throw the ball as long as he does not pass the line of scrimmage.
- "No Rush / No Running Zones" are located 5 yards before the end zone and 5 yards before mid-field in each offensive direction. These are designed to avoid short yardage power running situations. If the ball is in the No Rush / No Running Zone, then the Offense may not run the ball (i.e., they must pass), and the defense may not send a rusher.
 - Spinning is allowed but players cannot leave their feet to avoid a defensive player.
 - The ball will be spotted at the point where the player's hips were when his flag was pulled, unless the player is running backwards, in which case it will be spotted at the point of the ball.
 - Ball & flags must break the plane for a 1st down and touchdown.

Section 4 - Passing

- All passes must be forward and received beyond the Line Of Scrimmage (LOS).
 - Shovel passes are allowed, but must be received beyond the LOS.
 - Backward Laterals, screen passes behind the line of scrimmage, or downfield pitches are not allowed.
 - A Forward Pass/Shovel is defined as a live ball thrown towards the opponent's goal line.
- QB may not intentionally ground the ball (i.e., the pass must be to a receiver beyond the line of scrimmage)
- QB has a 7-second "pass clock".

The referee at the line of scrimmage shall count out loud the pass clock as "1 Mississippi" etc. The count shall be completed upon the last "I" of "Mississippi."

If a pass is not thrown within the 7 seconds, play is dead, loss of down, ball returns to line of scrimmage.

If the ball is handed off the 7-second rule remains in effect and the ball carrier must either pass the ball or run it before expiration of the pass clock.

- Interceptions may be returned. Interceptions during Extra Point may be run back for 2 points. If an interception occurs in the end zone, and the player's flag is pulled before he leaves the end zone, the ball will be spotted on the 5-yard line. Interceptions may be returned from the end-zone.

Section 5 - 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 (i.e., first foot must be in).
- Pass may not be intentionally tipped in any direction to another teammate.

Rules: Part 4

1. Dead Ball
2. Overtime & Sportsmanship/Roughing

Section 1 - Dead Ball

Play is ruled "DEAD" when:

- Offensive player's flag is pulled.
- Ball carrier steps out of bounds.
- Touchdown is scored.
- Ball carrier's hand, knee, or any body part other than the foot, or the ball hits the ground.
- If an Offensive Player's flag falls out during the course of a play, a defensive player must touch him for the ball to become dead.
- Equipment Violation: The play will be called dead at the snap if any offensive player begins the play without flags. If the referee misses the illegal equipment violation the play will continue and the defensive player must touch the offensive player for the play to be dead. Five yards (L.O.S), loss of down
- There are no fumbles. Ball is spotted where it hits the ground. Anytime the ball touches the ground it is dead. Exceptions: Any ball dropped in a forward motion will be brought back to last point of contact.
- A Safety (offensive player downed in own end zone, or penalized in own end zone) will result in two points for the defense, and a change of possession

Section 2 - Overtime

- If the score is tied at the end of 30 minutes during single-elimination play, teams move directly into overtime. There will be no overtime for regular season play.
- Overtime winners will be determined by an extra-point shoot-out in which points are awarded to teams for successful conversions.
- Coin toss determines possession for the first round.
- Each team will have the option to go for a one-point conversion (5 yards) or a two-point conversion (10-yards). The team who has the most points at the end of the overtime round will be declared the winner.
- Interceptions may be returned for two-points.
- If each team has attempted a conversion and the score is still tied, the team which went on offense 1st in the previous round will start out on defense in the next round, and vice-versa. This will continue until a winner is declared.

Section 3 –Sportsmanship /Roughing

- FOUL LANGUAGE OR AGGRESSIVE BEHAVIOR WILL NOT BE TOLERATED! Referees will be instructed to penalize teams and players for using excessive foul language or for any form of aggressive behavior towards a competitor or referee. Repeated offenses will result in players being ejected from individual games, and, at the League's discretion, from the League.
- If the 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. FOUL PLAY WILL NOT BE TOLERATED.
- Trash talking is illegal. Official has the right to determine language that 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.
- Fighting: Immediate ejection and a 15 yard penalty.

- Taunting: Fifteen yard penalty and expulsion for multiple repeat offenders.
- Unsportsmanlike conduct/ referee abuse: Fifteen yard penalty. One warning followed by expulsion from the game.

Rules: Part 5

1. Offensive Penalties
2. Defensive Penalties

Section 1 - Offensive Penalties

Illegal Snap: Five yards, loss of down

Illegal Motion: Five yards, loss of down

False Start: Five yards, loss of down

Impeding Rusher: Five yards, loss of down

Blocking/Screening Downfield: Five yards (from spot of foul), 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; A flag guarding infraction in the team's own end-zone will be ruled a safety.

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 (first occurrence is a warning)

Intentional Grounding: Five yards (L.O.S), loss of down

Equipment Violation: The play will be called dead at the snap if any offensive player begins the play without both flags attached to the belt. If the referee misses the illegal equipment violation the play will continue and the defensive player must touch the offensive player for the play to be dead. Five yards (L.O.S), loss of down

Section 2 – Defensive Penalties

Off-sides: Five Yards, automatic first down

Illegal Rush: Five Yards, automatic first 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 (L.O.S.), automatic first down

Illegal Push: Five yards (from the spot, if beyond the LOS), automatic first down