



# Dallas Baptist University

## RecLife 4 v. 4 Flag Football Rules

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### THE BASICS

1. Teams will consist of four players on the field at one time. The maximum number of players allowed per team is eight players.
2. Teams must have a minimum of three players to compete. All Players must be a DBU student, faculty, or staff if not your team will be forced to forfeit the game, or season.
3. The playing field will be 60 yards long and 30 feet wide.
4. Shirts must be long enough to tuck in so that they remain tucked in the pants/shorts during the entire game.
5. Shorts with pockets and belt loops are prohibited.
6. Pants/shorts must be a different color than the flags.
7. A player may not turn his/her shorts inside out or tape his/her pockets in order to play.
8. Jewelry and hats are not allowed.
9. Players may wear soft, pliable basketball or wrestling knee pads on legs, knees, or ankles.
10. All players must wear closed toe athletic shoes.
11. Metal cleats are prohibited.
12. No additional equipment (such as a towel) may be worn in a manner where they can interfere with the possible removal of a flag. However, towels may be used and kept on the ground by the ball before the snap.

## **PLAYING THE GAME**

1. The captain from each team is required to meet with the referees five minutes prior to game time.
2. The winner of the coin toss will have the choice of:
  - A. Offense/Defense
  - B. Which goal to defend
3. The game will consist of two 15 minute halves. The clock will run continuously for the entire first half and for the first 14 minutes of the second half unless stopped for a charged timeout, officials' timeout, or injury.
4. In the final minute of the second half the clock will stop on all dead ball situations.
5. During the final minute of the second half the clock will stop for:
  - A. Incomplete legal or illegal forward pass—clock restarts on the snap.
  - B. Out of bounds – clock restarts on the snap.
  - C. Safety – clock restarts on the snap after the free kick.
  - D. Team time-out – clock restarts on the snap.
  - E. Touchdowns – clock restarts on the snap (after the extra point try).
  - F. Penalties – clock restarts on the snap.
  - G. Touchback – clock restarts on the snap.
  - H. First downs – clock restarts when the ball is at new line of scrimmage.
6. Each team will be allotted one: 60 second timeout to be used at any point during the game.
7. Halftime will be two minutes long.
8. Each possession will begin at the 5 yard line. The only exception will be when a possession begins after an interception. In that case, the possession will begin where the play was whistled dead.
9. Teams will have three downs to cross midfield and then an additional three downs to score a touchdown. If a team does not cross midfield or fails to score a touchdown, then the opposing team will start the possession at their own 5 yard line.

## **Scoring**

1. Touchdown 6 points
2. Safety 2 points
3. Extra Points
  - A. 5 yard line = 1 point
  - B. 10 yard line = 2 points
  - C. If an extra point attempt is returned by the defense for a touchdown, the defense will be automatically awarded 2 points.
  - D. Once the decision has been made as to where to attempt the extra point it can only be changed by calling a timeout.

## **Mercy Rule**

1. If a team is up by 19 or more points when the referee announces the 2 minute warning for the second half, the game is over.

## **RULES**

1. Removal of flag belt: When the flag is clearly taken from the ball carrier the down shall end and the ball is declared dead. A player may dive to remove a flag as long as no contact is made with the opposing team.
2. The position of the ball where the player is de-flagged determines the spot of the next line of scrimmage.
3. A player who removes the flag from an opposing player should raise the flag in the air immediately to assist the official in locating the spot where the flag was pulled.
4. A defensive player may not hold, push, or knock down the offensive player while trying to take their flag. An offensive player must try to avoid contact with defenders when they are running with the ball.
5. If the offensive player's flag inadvertently falls out during a play, play will resume with a one hand tag equaling a de-flagging.
6. No flag guarding is allowed. This includes: no knocking down defenders arms, no blocking the flag with your arms while you run, no blocking the flags with the ball.
7. Stiff arming is not allowed.

8. It is illegal to strip or attempt to strip the ball from a player in possession.
9. The ball is declared dead when the ball touches the ground: A) on a fumble B) on a lateral C) on a pass or D) after touching a player on a punt.
10. Only one foot needs to be inbounds for a completion to be made.
11. Once an offensive or defensive player steps out of bounds, that player is no longer eligible to touch the ball. Penalty: 5 yards and replay the down.
12. The sideline and end lines are considered out of bounds.
13. No blocking is allowed.
14. 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 quarterback. The rusher does not have to line up with a clear path to the quarterback; but, if he/she does not, then the offensive player is not required to move out of the rusher's lane to the quarterback.
15. The quarterback is not allowed to run the ball.
16. Only direct hand-offs behind the line of scrimmage are legal. No laterals or pitches of any kind. Offense may use multiple hand-offs.
17. The player who takes the hand-off can throw the ball as long as he does not pass the line of scrimmage.
18. Once the ball has crossed the line of scrimmage then it may not be handed to any other player
19. "No Running Zones" are located 5 yards before midfield and 5 yards before the end zone in each offensive direction. "No Running Zones" are designed to avoid short yardage power running situations.
20. All passes must be forward and received beyond the line of scrimmage.
21. The quarterback has seven seconds to pass the ball after a snap. If a pass is not thrown within seven seconds then the play is dead. A loss of down will occur and the ball will return to line of scrimmage. Once the ball is handed off the 7 second rule is no longer in effect.

## **Snapping and Passing the Ball:**

1. The offensive team will have 25 seconds to hike the ball from the time the referee blows the whistle to begin the play.
2. The ball may be snapped between the legs or to the side of the snapper.
3. During a down in which a legal forward pass crosses the offensive line of scrimmage, contact or action that interferes with an eligible receiver who is beyond the line of scrimmage is pass interference. It is also defensive pass interference if an offensive player is intentionally de-flagged prior to touching the ball.
4. All players are eligible to catch a pass.
5. The only person required on the line of scrimmage is the person snapping the ball.
6. The passer may not intentionally ground the ball to avoid a sack.
7. Anytime on or after the ball is marked ready for play, each offensive player must be within 15 yards of the ball before the snap.
8. One offensive player may be in motion, but not toward the opponent's goal line at the snap. Other offensive players must be stationary in their positions without movement of the feet, body, head, or arms.
9. All offensive players must come to a complete stop and remain still for one second prior to the snap.

## **Substitutions**

1. Players may enter or leave the game an unlimited amount of times.
2. Substitutions may only enter during a dead ball provided the substitution does not delay the game.
3. No offensive player substitute may enter the game unless he/she joins the huddle and is part of the huddle at the time when it breaks.

## **Overtime**

1. In the event of a tie at the end of regulation, overtime will commence.
2. Each team will alternate plays from the 10 yard line until a winner is declared.
3. In overtime, any interception is immediately ruled dead and results in a change of possession.

## **Penalties**

### **5 Yard Penalties**

1. Delay of game
2. False start
3. Player out of bounds when ball is snapped
4. Illegal forward pass (loss of down)
5. Illegal Lateral
6. Intentional grounding (loss of down)
7. Illegal equipment
8. Encroachment
9. Illegal motion

### **10 Yard Penalties**

1. Pass interference offense (loss of down)
2. Pass interference defense (automatic first down)
3. Attempt to strip the ball
4. Trip an opponent
5. Blocking
6. Drive or purposely run into a player
7. Attempting to strip or steal (the object is to de-flag your opponent)
8. Roughing the passer
9. Guarding the flag belt
10. Stiff arm
11. Holding a runner
12. Spiking, kicking, or throwing a dead Ball

### **15 Yard Penalties**

1. Unsportsmanlike Conduct/ Illegal Equipment