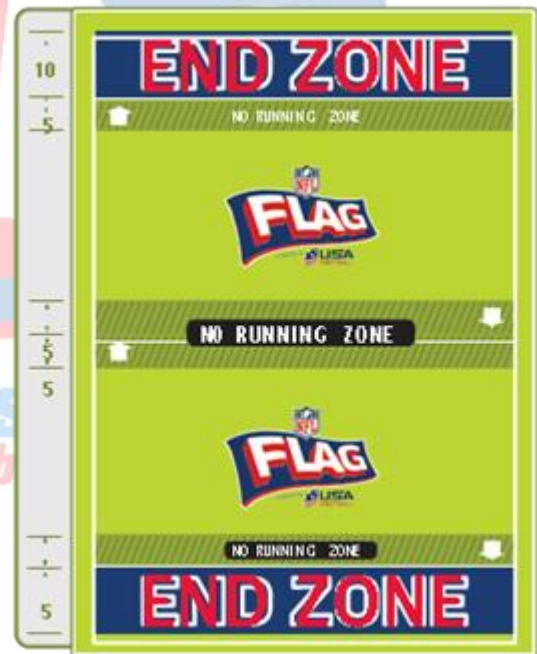


# Black River Falls Parks & Rec

## Freakfest 4 on 4 Flag Football Tourney Rules

1. Sportsmanship and to have fun is the #1 rule of this event. Any unsportsmanlike conduct by players, coaches or fans will not be tolerated and could result in removal from tournament.
2. Start of the Game: "rock, paper, scissors" will determine who starts with ball. Possession changes to start the second half to the other team.
3. Attire
  - Teams must supply their own jerseys/shirts (light and dark colored) and flag belts.
  - Flags and belts will be worn at all times
  - Tennis shoes and rubber cleats only. (No metal spikes, crocs or flip flops)
  - No player may participate in any game action while wearing any jewelry, wristwatch, baseball cap or any other object that could cause injury to that player or others.
4. Playing the Game
  - 3<sup>rd</sup> – 6<sup>th</sup> Grade Divisions
    - Four players will be on the field for both offense and defense. *1 offensive player must be on the line of scrimmage at the snap which is the Center.*
  - Teams will get approximately 20 seconds to be in the huddle and another 10 seconds to snap the ball once the huddle is broken.
  - The offensive team takes possession of the ball at its 5-yard line and has four plays to cross midfield. Once a team crosses midfield, it has four plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its 5-yard line. All possession changes, except interceptions.
  - "No-running zones" located five yards from each end zone and five yards on either side of midfield will be used to avoid short-yardage, power-running situations. In the "No-running zones" the defense can line up at the goal line/first down line but they cannot rush. Exception - one defensive player lined up 5 yards from the line of scrimmage can rush.
    - Applies to the offensive team five yards and in from the halfway line and the opponents goal line.
  - No punting or kick offs.
  - Ball must be snapped directly to the quarterback.
  - Anytime the football touches the ground it is a dead ball.
  - Official(s) will make sure both teams are ready for play before the ball is snapped.
  - Overtime: "rock, paper, scissors" will determine which teams gets the ball first. Team starts with the ball at the opponents 10-yard line and has four plays to score a touchdown. Each team will get to play offense until a winner is determined.



## 5. Length of Game

- Each game will consist of two 20 minute halves and a 2 minute halftime.
- The clock will be continuous unless an injury occurs or a timeout is called.
- Each team will receive one 30 second time-out per half.

## 6. Scoring

- Touchdown: 6 points
- PAT (point after touchdown) 1 point (5-yard line), 2 points (10-yard line) or 3 points (20-yard line)
  - i. Note: 1 point PAT is pass only; 2 and 3 point PAT can be run or pass.
- Safety: 2 points
  - i. A safety occurs when the ball carrier is declared down in his/her end zone.

## 7. Running

- Handoffs and laterals are legal (lateral must be thrown backwards from the quarterback to the running back). Offenses may use multiple handoffs or pitches behind the line of scrimmage. A player who takes a handoff can throw the ball from behind the line of scrimmage.
- Flag guarding is illegal and will be penalized. Spinning is allowed, but runners may not leave their feet to avoid being downed.
- The ball is spotted where the runner's feet are when his flags are removed.
- **Intentional contact is not allowed anywhere on the field and will be penalized. Offensive players will only be allowed to mirror (shadow block) the defensive players. Blockers must keep hands down at waist.**

## 8. Passing

- 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 returned to the line of scrimmage.
  - All players are eligible receivers including the offensive lineman after the ball has been snapped.
- Quarterback can't run unless someone from the defense rushes and crosses the line of scrimmage.
  - If someone rushes the quarterback in the no-running zones the quarterback can run.
- All passes must be forward and shovel passes are legal. Any type of pass in the no-running zone must go beyond the line of scrimmage.
- No more than one player can be in motion at the snap and that player must not move towards the line of scrimmage in his motion.
- A receiver must have one foot in bounds and control of the ball for a reception.
- Interceptions can be returned at all grade levels.

## 9. Defense

- There is no restrictions as to how many players can line up on the line of scrimmage. Players on the line of scrimmage at the snap are not allowed to cross the line of scrimmage until a handoff or lateral.
  - One player can cross the line of scrimmage at the snap but they must line up at least 5 yards off the line of scrimmage prior to the snap.
- Encourage defensive lineman to not "run over" the offensive lineman. Intentional contact will not be allowed.

## 10. Penalties – all penalties will be at the discretion of the officials and will only be called if they directly affect the outcome of the play or create an unsafe situation. All unsportsmanlike conduct penalties will be enforced.

- Defensive: Offside, Pass Interference, Illegal Contact (no bump and run defense), Illegal Flag Pull (pull before receiver has caught the ball), Illegal rushing (lined up inside of 3-yard zone or DB and LB rush before handoff is given)
- Offensive: Offside, Illegal motion, Illegal forward pass (ball caught behind the line of scrimmage), Pass Interference (pushing off), Flag guarding, and Delay of game.
- Unsportsmanlike Conduct: Swearing or fighting will result in a warning and a second warning will result in the ejection from the game.
- All penalties will be 5 yards.
- Unsportsmanlike Conduct will result in a 10-yard penalty
- Excessive celebration will result in the loss of the touchdown and the loss of your next possession

