



LOWER VALLEY

LVFL

FOOTBALL LEAGUE

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4 MAN FLAG RULES

Section 1 - The game (Basic rules of 4 on 4):

- Article 1 - Playing rules can be modified:
 - Any rule may be altered to suit the needs of the LVFL 4 on 4 programs.
- Article 2 - Coin toss:
 - A coin toss shall begin each game. The captain winning the toss shall choose one of the following options.
 - Offense
 - Defense
 - Designate which goal his team will defend.
 - Defer choice to the second half
 - Loser of the coin toss shall make the choice of the remaining options
- Before the start of the second half, the choice of options shall be reversed • Article 3 - Possessions:
 - First Down/ Zone-Line-To-Gain - The offensive team takes possession of the ball at their 5 yard line and has 3 plays to cross midfield. Once the team crosses midfield, they will have 3 plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on their 5 yard line.
 - All players must start with their flag belts on. If a player starts without their flag belt properly secured with all flags attached, their team will be assessed a 5 yard penalty and a Loss of Down Penalty.
 - If the offensive team fails to cross midfield, possession of the ball changes and the opposite team starts their drive from their 5 yard line.
 - All drives and possession changes, except interceptions, start on the 5 yard line.
 - Exception: On interceptions, the team will take possession of the ball where the defenders flag was pulled. Penalties on interceptions will be assessed where the interception occurred.
 - Exception: If the referee judges that a player intentionally or flagrantly commits a penalty, then the penalty will be at the point of the foul, no less than the point of interception.
 - Teams will switch ends after the first half
- Article 4 - Snaps:
 - Ball must be snapped between the legs, not off to one side, to start the play. Direct snaps are legal.
 - Centers whole body must be behind the line of scrimmage.
- Article 5 - Huddle Clock:
 - 25 second clock - Each time the ball is spotted, a team has 25 seconds to snap the ball.
- Article 6 - Blocking:
 - No moving blocks. No contact allowed
 - Once a offensive player has control of the ball passed the line of scrimmage all players on offense Must stop and stand still with hands at their side or straight up in air. If a defender runs in to a offensive player unintentionally there will be no penalty. If a defender intentionally runs through a offensive player to make the tackle the defense will be penalized
 - If the offensive player moves to make contact with the defender the offense will be penalized.
- Article 7 - Interception:
 - Interceptions may be returned.
- Article 9 - Age requirement
 - To play in the adult 4v4 league you must be at least 18 years of age, and sign a liability waiver. (no exceptions) If there is a youth league available there will be separate rules better suited for youth.
- Article 10 - Eligible players:
 - All Players are eligible in the 4 on 4 program
- Article 11 - No Tolerance policy:
 - The LVFL. Will provide an atmosphere where the players, friends and families can feel comfortable enjoying a day of football. Any players, teams or family members that jeopardize that environment may be asked to leave. The LVFL operates under a NO TOLERANCE POLICY.

Section 2 Field Dimensions

- Article 1 -Field Dimensions (see fig 1)

- Field Size - 60 yards in length; 25 yards wide.
- End Zones - (2) 7 yard end zones ●
- Article 2 - No Run Zones:
 - No run zones are in place to prevent teams from using power run plays. While in the No Run Zones (a 5 yard imaginary zone before midfield and before the end zone.) Teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff. No Run Zone come into effect only when offensive team is approaching the first down or end zone.
 - Exception: If the offensive team has already achieved a first down, but has been pushed back into a No Run Zone, then the No Run Zone is no longer in effect
- Article 3 - Out of Bounds
 - Stepping on the boundary Line is considered out of bounds.
 - If at any time an offensive player steps out of bounds they will be ineligible for the rest of that play.
- Article 4 - Team Area
 - Team areas are located between the 5 yard lines.

Section 3 - The Players

- Article 1 - Roster Size
 - Team Consist of a total of 10 players on the roster. Teams must have a minimum of 6 players on the roster
 - A player may only appear on one roster. No Exceptions, even if the other team approve it. If a player is found playing on a team illegally, the team will forfeit the game in which the illegal player participated.
- Article 2 - Number of Players on the Field:
 - Four players on the field at a time.
- Article 3 - Forfeits:
 - To avoid a forfeit, you must have at least 2 players to begin the game.

Section 4 - Equipment

- Article 1 - The Ball:
 - Balls will be provided and maintained by the league. If teams want to use their own ball they can only if approved by the other team and that fields head official. (all adult league game must be played with official adult footballs) ● Article 2 - The Flags:
 - All flags used in the 4 on 4 Programs shall be an provided by or must be approved by L.V.F.L.
- Article 3 - Shoes:
 - Cleats are allowed but they must be rubber. No metal spikes are allowed. Screw-in cleats are allowed if the screw is part of the cleat. Inspections will be made. Tennis shoes are permitted.
- Article 4 - Jerseys:
 - All jerseys shall be tucked in the pants or shorts. No waist length or half jerseys allowed.
- Article 5 - Mouthpiece:
 - All players must wear a protective mouthpiece. If you do not have a mouthpiece, there will be one available on-site to buy.
- Article 6 - Optional Protective Wear:
 - Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metal are not allowed and must be taped. All protective wear must be approved by game Officials prior to game time.
- Article 7 - Jewelry:
 - Players must remove all watches, hard brimmed hats, earrings or any other jewelry that officials deem hazardous.
- Article 8 - Pants:
 - Pants or shorts with belt loops or pockets must be taped. Pant or shorts must be a contrasting color to the flags.
 - Note: Referees will check each team before the game to confirm mouthpiece and no pockets/taped pockets.

Section 5 - Timing & Overtime

- Article 1 - Game Length:
 - League play - 24 minute game length - (2) 12 minutes halves with a running clock. The clock stops only for timeouts.
 - One Minute Warning - When there is 1 minute left in the game, the game clock shall stop for incomplete passes, out-of-bounds, timeouts and scores (Clock starts on snap), and change of possessions, penalties and first downs (clock starts on the ready whistle).
- Article 2 - Halftime:
 - Halftime is 1 minute long.

- **Article 3 - Huddle Clock:**
 - 25 seconds long. Each time the ball is spotted, a team has 25 seconds to snap the ball. If not a delay of game penalty will be enforced.
- **Article 4 - Time outs**
 - Each team has (2) 30 second timeouts per game.
 - Each team has (1) 30 second timeout per overtime period.
 - Officials can stop the clock at their discretion.
 - In the event of an injury, the clock will stop and restart when the injured player is removed from the field of play.
- **Article 5 - Overtime**
 - Each team receives an overtime extra point attempt.
 - Coin Flip - 3 choices- offense, defense, type of extra point (1, 2, &3).
 - If the score is tied at end of first O.T., Repeat second O.T., reversing choices, etc.
 - If score is tied at the end of the second overtime, teams must go for a 2 or 3 point extra point. Overtime will continue until a winner is declared. Choices will continue to be reversed per overtime period.
 - 1 timeout per team, per overtime period
 - Interceptions on returned overtime extra points are worth the value of the attempted overtime extra point (1, 2, & 3).
 - Penalties are administered as in regular game.

Section 6 - Scoring:

- **Article 1 - Scoring Values:**
 - Touchdown = 6 points
 - Extra point
 - 1 point (5 yard line - pass)
 - 2 points (12 yard line - run or pass)
 - 3 points (18 yard line - run or pass)
 - Note: A team that scored a touchdown must declare whether it wishes to attempt 1, 2, or 3 point conversion. Any change, once a decision is made to try for a extra point, requires a charged timeout. Decisions cannot be changed after a penalty.
 - Interceptions that are returned (for td) on extra points are worth the value of the attempted extra point (1, 2, & 3 points).
 - Extra point attempts - if the attempting team throws an interception and commits an infraction after the interception, the opposing team takes offensive possession of the ball at the attempting team's respective 5, 12, 18 yard line, depending on the try attempt. They will then get assessed the penalty yards and have one attempt at the extra point. If made, they will receive 1, 2, 3 points, then take possession at their own 5 yard line.
 - Safety = 2 points
 - Forfeited game = 28 points
 - Overtime = 1 point (In league play overtime will only be enforced during playoffs, All regular season games that are tied at the end of regulation will be a tie)

Section 7 - Live Ball & Dead Ball

- **Article 1 - Live Ball:**
 - The ball is live at the snap and remains live until the official whistles the ball dead.
 - One Foot In-Bounds for Legal Catch- A player who gains possession in the air is considered in-bounds as long as one foot comes down in the field of play
 - Imitating Offensive Signals - The defense may not imitate the offensive teams signals by trying to confuse the offensive players while the Quarterback is calling out signals to start the play. This will result in a Unsportsmanlike Conduct Penalty.
- **Article 2 - Dead Ball**
 - The ball is ruled dead when
 - A snap to a quarterback hits the ground
 - A fumble hits the ground(No fumble recoveries allowed)
 - A ball carrier's knee, elbow or any part of his torso touches the ground
 - A ball carrier steps out-of-bounds
 - A ball carrier's flags are legally removed
 - The 7 second pass clock expires (ball is placed at the line of scrimmage)
 - A touchdown, point after touchdown or safety is scored ■ Any official can whistle the play dead ■ Substitutions may be made on any dead ball.
- **Article 3 - Inadvertent Whistle**

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- A Ball is in player possession - the team in possession may elect to put the ball in play where declared dead or replay the down.
- The ball is loose from a fumble, backward pass or illegal forward pass - the team in possession may elect to put the ball in play where possession was lost or replay the down.
- During a legal forward pass, the ball is returned to the previous spot and the down replayed.
- Note: If a foul occurs during an inadvertent whistle, an accepted penalty shall be administered as in any other play situation. When the foul is accepted, disregard the inadvertent whistle. Section 8 - Running:

- **Running Plays:**

- The ball will be spotted wherever the ball was at the time of a flag pull.
- The quarterback cannot directly run with the ball. The quarterback may scramble in the backfield but cannot advance the ball beyond the line of scrimmage. The quarterback is the offensive player that receives the snap.
- Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in the front, behind or to the side of the offensive player but must be behind the line of scrimmage. The offense may use multiple handoffs.
 - Center Sneak - the ball must completely leave the centers hands on the snap and he must step backwards off the line of scrimmage in order to receive a direct handoff from the quarterback before advancing the ball.
- Laterals and pitches are not allowed anywhere on the field.
- The player who takes a handoff can throw the ball as long as he does not cross the line of scrimmage.
- Once the ball is handed off, all defensive players are eligible to rush
- The No Running Zone is designed to avoid short yardage power running situations. No run zones are located 5 yards from each end zone and 5 yards on either side of midfield. No player is allowed to run inside the No Run Zone.
- Runners may not leave their feet (diving) to advance the ball.
- Spinning is allowed. Lateral moves to the left or right are permitted.
- Runners may leave their feet if there is a clear indication that he has done so to avoid collision with another player without flag guarding penalty enforced.
- No Blocking or is allowed at anytime. Refer to blocking rule. Penalty will be a judgment calls by refs.
- Offensive players 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 jerseys hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding. Section 9 - Passing:

- **Passing Plays**

- All passes must be from behind the line of scrimmage, thrown forward and received beyond the line of scrimmage.
- Underhand shovel passes are allowed but must be received beyond the line of scrimmage.
- Backward passes and laterals are not permitted
- Only one forward pass per down.
- If a passer crosses the line of scrimmage, comes back behind the line of scrimmage and throws a pass, it's an illegal forward pass.
- Interceptions change the possession of the ball at the point of interception. Interceptions are the only change of possession that do not start on the 5 yard line. Interceptions can be returned.
- If a penalty occurs on an interception return by the return team, the penalty will be assessed from the spot of the foul.
- If a penalty occurs on a interception return by the defensive team, the penalty will be assessed from the end of the run.
- Quarterback 7 Second Pass Clock - If a pass is not thrown within the 7 seconds, play is dead, the down is counted and the ball is returned to the line of scrimmage. The referee shall count 7 seconds. Once the ball is handed off, the 7 second rule is no longer in effect.
 - If the quarterback is standing in the end zone at the end of the 7 second clock. The ball is returned to the line of scrimmage.
 - Intentional grounding –There will be no intentional grounding as long as the ball passes the line of scrimmage.
 - Exception: in the last minute of the game, a passer may spike the ball to stop the clock.

Section 10 - Receiving:

- **Receiving Plays**

- 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 towards the line of scrimmage.
- A player must have 1 foot inbounds to make a legal reception.
- In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.

Section 11 - Rushing the Passer:

- Defensive players who 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. Players not rushing may defend on the line of scrimmage.
- Once the ball is handed off the 7 yard rule is no longer in effect.
- The official will designate a rush line 7 yards from the line of scrimmage.
 - A legal rush
 - Any blitz from behind the 7 yard blitz marker. (see fig 2)
 - A blitz from anywhere on the field after the ball has been handed off by the quarterback.
 - Blitzer must have whole body behind blitz line before the play to be eligible to blitz
 - If a Blitzer leaves the rush line early and the ball is handed off before they cross the line of scrimmage, they may legally rush the quarterback.
 - A penalty may be called if:
 - A rusher leaves the rush line before the snap and crosses the line of scrimmage before a handoff or pass - Illegal rush 5 yards from the line of scrimmage and first down.
 - Any defensive player crosses the line of scrimmage before the ball is snapped - Offside 5 yards from the line of scrimmage and first down.
 - Any defensive player not lined up at 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.
 - Special Circumstances:
 - Teams are not required to rush the quarterback - 7 second clock in effect
 - Teams are not required to identify their rusher before the play, however, if they do send a rusher must verify with the official that they are in the correct position.
 - If the rusher leaves the 7 yard line before the snap, he may immediately drop back to act as a defender with no offensive penalty enforced.
 - If the offense draws any rusher to commit or jump the 7 yard marker, that rusher cannot rush during that play. However, any other defender that is 7 yards back may rush instead.
 - Ball spotter - a ball spotter shall be used to mark the line of scrimmage.
 - Rush spotter - a official shall mark the rushers starting point 7 yards from the line of scrimmage in the defensive backfield.(see fig 2)
- 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 of the Passer Penalty. Players must go for the Quarterbacks flags.
- The rusher cannot run straight into the center - the center has the right of way (1 yard on either side until the blitz line) from the spot of the snap. If contact is made with the center by the rusher inside the centers lane(1 yard on either side of where the ball was snapped) , a defensive holding Penalty will be called.(see fig 2)
- No player will be allowed to impede the Blitzer between the line of scrimmage and the blitz line. If this occurs an impeding penalty will be called on the offense. Exception- refer to prior bullet point.
- Impeding will be defined as any offensive player that runs into or slows the Blitzer while the Blitzer is on his way toward the line of scrimmage. Impeding will not be called behind the line of scrimmage. Impeding will not be called if the Blitzer does not cross the line of scrimmage unless it was deemed by the official that the impeding prevented the Blitzer from crossing the line of scrimmage. .
- A sack occurs if the quarterback flags are pulled behind the line of scrimmage. The ball is placed where the ball is at when the flag is pulled. A safety is awarded if the sack takes place in the offensive team's end zone.
- Players not rushing the passer may defend the line of scrimmage as long as he is at last 1 yard from the line of scrimmage.

Section 12 - Flag pulling

- De-flagging: de-flagging is the legal removal of a flag from an opponent in possession of the ball. Pushing, striking, holding, slapping, stripping or tripping when attempting to pull a flag is not permitted. Defensive players may leave their feet to pull a flag. Offensive players are not permitted to protect or guard their flags.
 - 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 flag is removed illegally, play should continue with the option of the penalty or the play
 - If a player's flag inadvertently falls off during the play (and the player is in possession of the football) the player is marked down at the point the ball was when the flag fell off.

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- If a player's flag inadvertently falls off during the play (and they are not in possession of the ball yet), the de-flagging reverts to a 1 hand touch of the runner between the shoulders and the knees.
- A defensive player may not intentionally pull the flag off a player who is not in possession of the ball.
- Tampering with the flag in any way to gain an advantage including, tying the flag, cutting the flag, using foreign materials or other such acts are illegal.
- Flag guarding is an attempt by the ball carrier to obstruct the defender's access to the flags by stiff arming, dropping the head, arm or shoulder, or intentionally covering the flags with football jersey.

Section 13 - Unsportsmanlike Conduct:

- If the referee witnesses any acts of intentional tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be ejected from the game. The decision is made at the referee's discretion. **No Appeals will be considered. FOUL PLAY WILL NOT BE TOLERATED!**
- Offensive or confrontational language is illegal. Officials have the right to determine offensive language. If offensive or confrontational language occurs, the referee will give 1 warning. If it continues, the player or players will be ejected from the game.
- Players may not physically or verbally abuse any opponent, coach or official.
- Ball carriers **MUST** make an effort to avoid defenders with an established position.
- Defenders are not allowed to run through the ball carrier when pulling flags.
- Fans must also adhere to good sportsmanship as well.
 - Yell to cheer on your players, not to harass officials or other teams.
 - Keep comments clean and profanity free
 - Compliment all players, not just one player or team
- Fans are required to keep field safe and kid friendly
 - Keep younger kids and equipment such as coolers, chairs and tents to a minimum of 10 yards off the field.
- Teams/Players leaving the bench area during a fight:
 - If either team leaves the bench during a fight, the game will immediately be forfeited.
 - Any player that comes off the sideline during a fight will be ejected, sit out the next game and pay a reinstatement fee.

Section 14- Penalties:

- **Article 1 - General:**
- The head referee will call all penalties.
- Captains have the option to decline penalty.
- Referees determine incidental contact that may result from normal course 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 judgment calls.
- Games may not end on a defensive penalty unless the offense declines it.
- Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
- If there are offsetting live ball fouls the down will be replayed from previous spot.
- If there is a dead ball penalty on the defense after a touchdown or extra point. The penalty will be assessed on the following possession. (half the distance to the goal)
- Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.
- Flagrant fouls - flagrant contact fouls will not be tolerated. Offending player(s) will be ejected from that game, sit out the next game and pay a re-instatement fee. Article 2 - Spot fouls

Defensive Pass interference	Automatic First Down
Defensive Holding	+5 yards & automatic First Down
Stripping	+5 yards & Automatic First down
Defensive Unnecessary Roughness	+10 yards & Automatic First Down
Blocking or Running with the Ball carrier	-5 yards & Loss of Down
Charging	-5 yards & Automatic First Down
Flag guarding	-5 yards & Loss of Down

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Offensive Unnecessary Roughness	-10 yards & Loss of Down
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Article 3 - Defensive Penalties:

Offside	+5 yards from the Line of scrimmage & Automatic First Down
Illegal Rush	+5 yards from the Line of scrimmage & Automatic First Down
Illegal Flag Pull	+5 yards from the Line of scrimmage & Automatic First Down
Roughing the Passer	+10 yards from the Line of Scrimmage & Automatic First down
Unsportsmanlike Conduct/Taunting	+10 yards from Line of scrimmage & Automatic First Down
Defensive Pass Interference	Spot Foul, Automatic First Down
Holding	Spot Foul, +5 yards & Automatic First Down
Stripping	Spot Foul, +5 Yards & Automatic First Down
Defensive Unnecessary Roughness	Spot Foul, +10 yards & Automatic First Down

Article 4 - Offensive Penalties

Offside/False Start	-5 Yards from Line of Scrimmage & Loss of Down
Illegal Forward Pass / Intentional Grounding/ Pitching	-5 yards from Line of scrimmage & Loss of Down
Offensive Pass Interference	-5 yards from Line of scrimmage & Loss of Down
Illegal Motion	-5 yards from Line of scrimmage & Loss of Down
Delay of Game	-5 yards from Line of scrimmage & Loss of Down
Impeding the Rusher	-5 yards from Line of scrimmage & Loss of Down
Blocking or running with Ball Carrier	Spot Foul, -5 yards & Loss of Down
Charging	Spot Foul, -5 yards & Loss of Down
Flag Guarding	Spot Foul, -5 yards & Loss of Down
Offensive Unnecessary Roughness	Spot Foul, -10 yards & Loss of Down

Fig 1

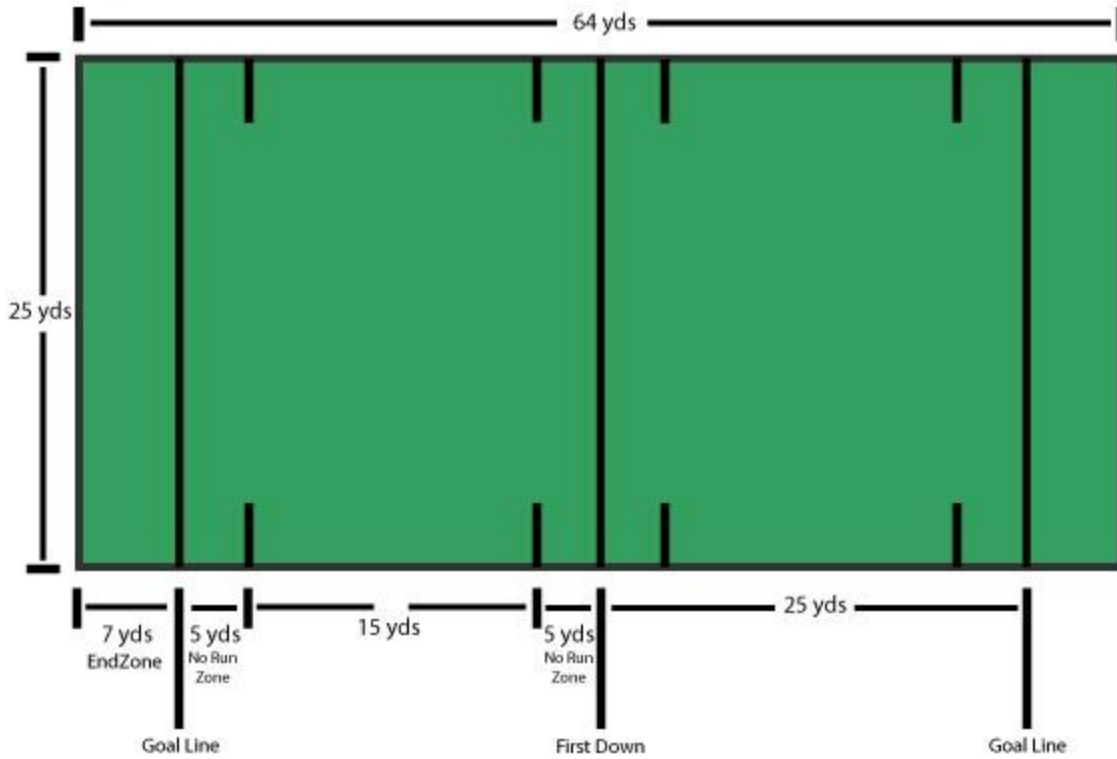


Fig 2

