



# “FFL” League Rules



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## GENERAL

- All games will begin and end on time.
- “Paper/Rock/Scissors” will determine opening possession.
- Offensive team takes possession at their 10 yard line and has 4 plays to cross mid-field for a 1<sup>st</sup> Down. Once a team crosses mid-field, they have 4 plays to score a touchdown.
- If the offense fails to score, the ball changes possession and the new offensive team takes over the ball at the spot.
- A 3 point stance is *optional* for all players.
- Games will be 6-on-6. Teams must have a minimum of 4 players to start a game. If a team does not have 4 players, the game will result in a forfeit... unless alternate terms of play are agreed upon by both coaches.
- All teams must have at least 2 players on the line of scrimmage (LOS) to start a play. Only the center has to be on the ball...the other players may line up anywhere along the LOS. (*LOS extends from sideline to sideline*)

## FLAGS

- Each player will wear a belt at the waistline containing two flags, with the one flag hanging on each side of the body.
- Flags should be different colors from uniform shirts & pants (when possible).
- Wrapping, tying, or permanently securing flags to a belt in any way is illegal.
- Flags will be provided by the Moline Parks & Rec. Department.

## ATTIRE

- Uniform shirts **MUST** be worn to all games.
- Shirts must be tucked in.
- Uniform shirts will be provided by the Moline Parks & Rec. Department.
- Cleats or tennis shoes must be worn. Only molded/rubber cleats may be worn.
- NO POCKETS are allowed on shorts or pants (when possible).

## TIMING

- Games consist of two 20 minute halves with a running clock. Clock will only stop in the last minute of the second half.
- During the last minute of the 2<sup>nd</sup> half, the clock will stop for the referee's time, team timeout, out of bounds, incomplete pass, touchdowns, or P.A.T.
- If the game is tied at the end of regulation, the game is counted as a tie. NO OVERTIME will be played during the regular season.
- Each time the ball is spotted, the offensive team has 30 seconds to snap the ball or a "Delay of Game" penalty will be called.
- Each team has one - 60 second timeout per half.
- Officials may stop the clock at their discretion at any time.
- Halftime will be 4 minutes in length.

## SCORING

- Touchdown = 6 pts.
- P.A.T. (3 yds) = 1 pt.
- P.A.T. (5 yds) = 2 pts.
- Interception return on P.A.T. try = 2 pts.
- Safety = 2 pts.
- In case of a forfeit, the official score will be 21 – 0.

## RUSHING THE QUARTERBACK

- Only the '**Mike**' or '**Sam**' LB's are allowed to rush the QB.
- The '**Mike**' or '**Sam**' LB's must start each play inside the "**Box**". The "**Box**" will be marked on each field by two yellow lines.
- There must be an audible "*5/7 Mississippi*" count on any rush. The LB may take 1 step forward with each "*Mississippi*" count.
- *5 Mississippi* count for 3<sup>rd</sup>/4<sup>th</sup> ; *7 Mississippi* count for 2<sup>nd</sup> & under
- If the QB leaves the "**Box**", the **Mike/Sam** may rush the QB. All "*Mississippi*" counts are off.
- If the QB is not rushed, they may run the ball after the "*5/7 Mississippi*" count has been reached or if they leave the "**Box**".
- Rushers are not allowed any contact to the QB's arm on a pass play.

## RUNNING

- The player who takes a handoff or pitch behind the line of scrimmage is eligible to run the ball. This player may also throw the ball as long as they are behind the line of scrimmage.
- Once the ball has been pitched or handed off, all defensive players are allowed to rush.
- The ball is spotted where the ball is at the time of a flag pull, not where the players' feet are.
- NO FUMBLES. The ball is dead where it hits the ground.
- Ball carriers may not run out of bounds intentionally to avoid a flag pull, unless it is to prevent a collision with another player.
- NO QB SNEAKS allowed. QB must start in the "shotgun" or take a 3 step "drop", then leave the "**Box**" before they can run the ball.
- NO "*Taking a Knee*" in order to run the clock and end a game. The runner must attempt to gain positive yards in order for the clock to run.

## **RECEIVING**

- All players are eligible to receive a pass (including the QB if the ball has been handed off or pitched behind the line of scrimmage).
- Only 1 player may be in motion at a time.

## **PASSING**

- A pass is considered complete as long as the receiver has control of the ball and has one foot completely in bounds.
- Lateral passes/pitches are legal. However, if the pass is incomplete, the play will be treated like a fumble and the ball will be spotted where it hits the ground.
- Shovel passes are allowed. If the ball is dropped, it will be treated as an incomplete pass.
- Interceptions can be returned by the defensive team.
- A pass is a *'live'* ball until it hits the ground.

## **BLOCKING**

- Offensive players may not use their hands to block. (Think *'pick'* in b-ball)
- Defensive players may not use their hands to fight off a block. The defensive player must go *around* a blocker...not through them.

## **DEAD BALLS**

- A fumbled ball is dead where it hits the ground.
- Any time a part of the ball carrier touches the ground (other than his feet or hands) the ball is blown dead.
- When a flag is cleanly removed from the ball carrier, the ball is dead. The defensive player removing the flag should immediately hold the flag above their head to assist the official in spotting the play.
- In the event of an inadvertent whistle by the officials, the offense has the choice of taking the ball at the spot where it was blown dead or replaying the down from the previous spot.
- If a player's flag falls off without being pulled, play is dead when the player is touched with one hand.

## **PUNTS**

- A punt must be declared on 4<sup>th</sup> Down.
- All punts result in the ball being placed on the opposing teams 10 yard line.

## **SUBSTITUTIONS**

- Substitutions must be made between downs.
- All new players must report to their respective huddles prior to a play.
- All players leaving the field must be off of the field before the ball is snapped.
- An injured player must sit out a minimum of one play. Any player who is bleeding or has an open wound will be considered an injured player.

## SPORTSMANSHIP/ROUGHING

- If the referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped. The player will be given one warning and any more such behavior will result in ejection from the game. The league director, upon recommendation from the referees, may assign a one game suspension.
- Officials have the right to determine offensive language. Trash talking that is offensive to the referee, the other players, or the spectators will not be tolerated. A warning will be given for one infraction; any more will result in ejection.
- **Fighting** of any kind will result in immediate ejection from the game and could also lead to removal from the league.
- These rules apply to all coaches, parents, & spectators as well.

## ENDZONE CELEBRATIONS

- Endzone celebrations are **ENCOURAGED!!** ☺
- Celebrations should be done with respect shown towards the other team.
  - i.e. celebrate with your team to have **FUN**, not to mock, taunt, or embarrass other players/teams/coaches/fans.
- Celebrations must not cause damage to any equipment, facilities, players, coaches, fans, or officials.
- All celebrations are subject to unsportsmanlike penalties. (if necessary)



# PENALTIES

- The referees will call all penalties. The non-offending team can decline penalties.

## DEFENSE

- *Off-Sides* – 2 yds. from the Line of Scrimmage (LOS) & replay down.
- *Pass Interference* – 2 yds. from the LOS & replay down.
- *Illegal Contact* – 2 yds. from the LOS & replay down.
  - holding, contact with QB's arm, using hands to avoid a block
- *Illegal Flag Pull* – 2 yds. from the end of run & replay down.
- *Unsportsmanlike Conduct* – 5 yds. from LOS & replay down.
  - personal foul, foul language, unnecessary temper, taunting opposing players, etc.

## OFFENSE

- *Illegal Motion* – dead ball, 2 yds. from LOS & replay down
  - more than one person moving at time of the snap
- *Illegal Forward Lateral* – 2 yds. from spot & replay down
  - forward pitch/pass once beyond the LOS
- *Offensive Pass Interference* – 2 yds. from LOS & replay down
  - illegal pick play, pushing off/away defender
- *Illegal Blocking* – 2 yds. from LOS & replay down
  - using hands to block defender
- *Flag Guarding* – 2 yds. from spot & replay down
  - ball carrier deliberately prevents defender from pulling flag
- *Delay of Game* – dead ball, 2 yds. from LOS & clock stops
- *Illegal Flag* – 2 yds. from LOS & replay down
  - flag attached illegally, tied in knot, only 1 flag on belt, etc.
- *Unsportsmanlike Conduct* – 5 yds. from LOS & replay down
  - personal foul, foul language, unnecessary temper, taunting opposing players, etc.

\* Any of the above infractions can & will result in an ejection if a player continues to be flagged for same infraction.

**\* GAMES CANNOT END ON A DEFENSIVE PENALTY, UNLESS THE TEAM ON OFFENSE DECLINES IT.**