

Christ Community Church
AIR-IT-OUT
4 on 4 Flag Football

The Mission:

- To create an environment where disciples of Jesus Christ are belonging, growing, serving, and reaching.
- To know Christ and make Him known.
- This league has been built with the goal of providing competitive football and an environment where ministry can happen. We want to challenge and encourage men to investigate and apply spiritual truth while they enjoy playing the game. This is not another park district or recreational department, but rather sports with a purpose and competition with character through Christ.
- “For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.” John 3:16
- “I am the resurrection and the life. He who believes in me will live, even though he dies; and whoever lives and believes in me will never die. Do you believe this?” John 11:25 & 26
- “I am the way and the truth and the life. No one comes to the Father except through me.” John 14:6

Location and Time:

- The fields are in the Fox Mill subdivision next to the Congregational United Church of Christ, which is located at **40W451 Fox Mill Blvd. St. Charles, IL 60175.**
- Game details - Saturday mornings at 9 a.m., 10 a.m., and potentially 11 a.m. We play rain or shine. Games will only be cancelled due to lightning, dangerous field conditions, or unforeseen circumstances outside of our control.
- There will be a short devotional either prior to or in between games, which all players are expected to be a part of.

Attire:

- Cleats are allowed with the exception of metal spikes. The referees may conduct inspections prior to the start of each game.
- Shirts must be tucked into shorts, pants, etc.
- No shorts/pants with belt loops. Players in inappropriate clothing will be asked to change or leave the field. Teams may be penalized for inappropriate attire at the referee's discretion.
- Flags are provided by the league.

Rosters:

- Teams must field a minimum of three (3) players at all times. You may borrow one or more players from another team in order to have enough to field a team, though each player being borrowed must first agree to play for your team prior to the start of your scheduled game.

- Teams rosters consist of at least 5 players (4 on the field with 1 or more substitutes).
- If a team is more than 10 minutes late for their scheduled game(s), they will forfeit.
- We reserve the right to reduce, shorten, or reschedule games due to inclement weather or unforeseen circumstances.

Player Changes:

- All player changes must be approved by the league commissioner. Teams will be maxed out at 10 players on each roster. No player changes will be accepted the week the playoffs start. All players will pay a prorated fee in order to play as determined by the team captain and the league commissioner.
- All players on the field must be registered with the league.

The Game:

- NO CONTACT allowed.
- A coin toss determines first possession.
- Ball must be snapped to start play.
- The ball cannot be snapped until the 7 yards (for the defensive rusher) is walked off and the whistle sounds.
- The offensive team takes possession of the ball at their 5-yard line and has three (3) plays to cross mid-field. Once a team crosses mid-field, they will have three (3) plays to score a touchdown. If the offensive team fails to cross mid-field or score, possession of the ball changes.
- All possession changes except interceptions start on the offense's 5-yard line.
- Teams change sides after the first 20-minute half. Inside of 2 minutes of each half, play will stop *if* a player goes out of bounds, on change of possession, and when the referees are setting the ball. On each play, the clock will stop while the ref sets the ball. Once the ball is spotted, the play clock and game clock start.
- Each time the ball is spotted, a team has :20 seconds to snap the ball. This time will start after the ball is set. Teams will receive one warning at 10 seconds before a Delay of Game penalty is enforced.
- Each team is allowed one time-out per half.
- Half time is no longer than 5 minutes. (Can be shortened if both teams agree)

The Field:

- The field is 50 yards long and 25 yards wide, plus 10-yard end zones.
- All necessary lines are drawn on the field: sidelines, goal lines, midfield, 5-yard lines.

Scoring:

- T.D. = 6 points, Extra Point = 1 (5 yards out); 2 (12 yards out), Safety = 2 points
- No running on extra points (regardless of if they are 5 yards out or 12 yards out)

- No points are awarded for returning an interception on an extra point.

Pre-Snap Offense:

- 3 of the 4 offensive players must have their feet set on or behind the line of scrimmage at the time of the snap
- No forward motion is allowed pre-snap
- Only one player can be in (lateral) motion before and at the time of the snap
- The player that receives the snap is designated as the QB. He is not allowed to break the line of scrimmage while carrying the ball unless he has first pitched it to another teammate behind the line of scrimmage
- The snap cannot be made until the whistle sounds signaling the ball is set and 7 yards has been marked off.

Pre-Snap Defense:

- Any players who are rushing on the play must remain on or behind the 7-yard mark (as designated by a ref pre-play) until the ball is snapped.

Defense:

- One or more players have the option of rushing the QB on each play, so long as they begin from 7 yards back. There is no requirement for any player to rush the QB at any time.
- The rusher has the right of way to his rushing lane. He cannot be intentionally interfered with or stopped from his route to pursuing the QB.
- Once the ball leaves the QB's hands for any reason, the 7-yard rule is no longer in effect, and all defenders are eligible to pursue any player they wish. The referee will designate 7 yards from the line of scrimmage prior to the snap.
- Players not rushing the QB may defend on or after the snap behind the line of scrimmage. No contact, no bumping, no picks.
- Pulling an offensive player's flags when he does not have the ball will result in a penalty.
- When the ball is in the air, make every effort to play the ball and not the player.

Running:

- The Quarterback CANNOT run the ball upon receiving the snap.
- Hand-offs, laterals, or pitches behind the line of scrimmage are legal. Offense may use multiple hand-offs.
- The player who takes the hand-off or backward lateral can throw the ball as long as he does not pass the line of scrimmage. The original QB is then an eligible receiver.
- "No Running Zones" are located 5 yards before midfield and 5 yards before the end zone in each offensive direction and 2-point conversions.
- "No Running Zones" are designed to avoid short yardage power running situations.
- Spinning is allowed. Stiff arming will result in a "flag guarding" penalty.
- The ball is spotted where the ball carrier's belt is when the flag is pulled, not where the ball is. The player's hips and flags must break the plane for a 1st

down and touchdown. It is not a touchdown if only the ball crosses the plane of the end zone or 1st down.

- For safety reasons, jumping or diving to advance the ball is not allowed.

Passing:

- Shovel passes and passes behind the line of scrimmage are allowed.
- QB has a 7-second "pass clock". If a pass is not thrown within the 7 seconds, the play is dead, there is a loss of down, and the ball returns to the line of scrimmage. Once the ball is handed off, the 7-second rule is no longer in effect.
- If flag is pulled before the football leaves the QB's hand, the QB is down.
- An interception is a live play except on a PAT.
- Only the QB and the first player to receive the pitch are eligible to pass the ball downfield, assuming they are behind the line of scrimmage at the time of the pass

Receiving:

- All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage).
- Player must have at least one foot in bounds when making a catch.
- Pass may be intentionally tipped in any direction to another teammate.
- Receivers can crisscross, but not stop and pick.
- If a receiver is coming in from out of bounds, he must establish himself with two feet in bounds.

A Play Is Marked Dead When:

- Offensive player's flag is pulled.
- Ball carrier steps out of bounds.
- Touchdown is scored.
- Ball carrier's knee, backside, elbow, or forearm hits the ground.
- The quarterback takes a snap without all flags, the ball is dead where he receives the snap. However, if any player's flag falls off without being touched after the ball is snapped and that player receives the ball at any point during that play, he MUST be touched with at least one (1) hand in order for him to be down/the play to be dead. Referees and Team Captains should check to ensure that all players are wearing flags prior to snapping the ball.
- The ball touches the ground (on a fumble, or if a player uses the football to avoid falling down).
- The ball is snapped before the whistle sounds signaling 7 yards is marked off (replay down).

Safety:

- If the ball is fumbled, a player's flag is pulled in the team's own end zone, or if a player steps out of the back of the end zone with possession of the ball, it is ruled a safety, and 2 points are awarded to the other team. The ball is then turned over at the other team's 5-yard line.

Sportsmanship/Roughing:

- If the referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped, and the player may be ejected from the game. Referees or the League Commissioner may decide to eject players. **FOUL PLAY WILL NOT BE TOLERATED.**
- Trash talking is illegal. Officials have the right to determine language which is offensive. (Trash talk is that which may be offensive to the official, opposing team, or spectators). Referees can eject players from the game for trash talking.
- **All actions, attitudes, and words should honor God and respect each man created in His image.**
- Only each team's captain is allowed to respectfully ask for a clarification or an explanation of a penalty/perceived rules violation. No other players should speak to the referee.
- All players are expected to respect the ruling of the referees.
- Breaking of any of the above rules may result in ejection at the discretion of each team of referees or the league commissioner.

Overtime:

- If the score is tied at the end of 40 minutes, teams move directly into overtime.
- Coin toss determines possession.
- Each team starts at mid-field and will have (3) plays to try and score.
- College Rules -The team gaining the most points after each team has had a possession is declared the winner. If both teams score equally or not at all on their possession, then a 2nd overtime will ensue and follow the same protocol beginning with another coin toss. This process will continue until a winner has been determined.

Penalties:

- All penalties will be called by the referees and may be declined.
- Within the final 2 minutes, any accepted penalties will stop the clock.
- Games cannot end on a defensive penalty, unless the offense declines it.
- Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls. Players breaking this rule can be ejected without warning at the discretion of the team of referees.
- See chart below

Penalties	Consequences
All Play	
Unsportsmanlike conduct	Player ejected from the game
Defense - All defensive penalties result in an automatic 1st Down.	
Shielding; blocking; holding; picking	Enforced at the spot of the foul and automatic first down
5 men on the field during the snap	5-yard penalty from line of scrimmage and automatic first down
Roughing the passer/Contact with the quarterback's arm	5-yard penalty added to the end of the play; automatic first down
Defensive Pass Interference	Enforced at the spot of the foul and automatic first down
Illegal Contact (bump and run; holding; blocking)	5-yard penalty from the line of scrimmage; automatic first down
Illegal Flag Pull (pulling flag before receiver has the ball)	5-yard penalty from the line of scrimmage; automatic first down
Illegal Rushing (Inside of 7 yards)	5-yard penalty from the line of scrimmage; automatic first down
Offense- Loss of a down refers to the down currently be played.	
5 men on the field during the snap	5-yard penalty from line of scrimmage and loss of down
Offensive Pass Interference (pushing off a defender; etc.)	5-yard penalty from the line of scrimmage; loss of down
Impeding or Picking (the rusher, or trailing defenders)	5-yard penalty from the line of scrimmage; loss of down
Illegal Motion (More than one person or forward motion)	5-yard penalty; replay down
Hurdling/diving to advance the ball	5-yard penalty from spot of the foul and loss of down
Flag guarding/Stiff Arming	5-yard penalty from spot of the foul and loss of down

Offsides/false start	5-yard penalty; replay down
Delay of game	5-yard penalty; replay down
Improper flag placement (flags not on hips; shirt untucked)	1 warning. Player is down at the spot they catch the ball after all further infractions. Will not be called if flags move or shirt comes untucked during game play.