

Christ Community Church

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 located at **Primrose Farm Park**, which is located at **37 W 755 Bolcum Rd. St. Charles, IL 60175.**
- Game details - Saturday mornings at 9 a.m., 10 a.m., and then potentially 11 a.m. and/or 12 p.m. We play rain or shine. Games will only be canceled due to lightning, dangerous field conditions, or unforeseen circumstances outside of our control.
- There will be a short devotional in between games, which all players are expected to attend.

Attire:

- Cleats are allowed except for metal spikes. The referees may conduct inspections prior to the start of each game.
- You only need to wear a shirt of any appropriate kind matching the color of your team. If you prefer, you may also wear team jerseys/custom shirts matching your team color - also of any appropriate kind.
- 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/commissioner along with extra footballs.

Rosters:

- Teams must always field a minimum of three (3) players. You may borrow one or more players from another team to have enough to field a full team, though each

player being borrowed must first agree to play for your team prior to the start of your scheduled game. The captain or players from your opponent must also agree to your borrowing of another team's players.

- Team 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/Details:

- All player changes must be approved by the league commissioner. Teams will be maxed out at 10 players on each roster.
- Subs who are not on the roster are ONLY allowed during the regular season.
- No player changes will be accepted the week of the playoffs. Only registered players on a team's roster will be allowed to play in the playoffs.
- All players will pay a prorated fee to play, as determined by the team captain and the league commissioner.

The Game:

- NO CONTACT allowed.
- A coin toss will determine Offense/Defense and/or field direction. The winner of the coin toss will begin by choosing one of these options or deferring to the opposing team.
- Each half is 24 minutes long with a maximum of 5 minutes for half-time (can be shortened if needed).
- Teams may change sides after the first 24-minute half. Inside the last 2 minutes of each half, the game clock will stop **if/when** the ball-carrier steps out of bounds, on change of possession, on incomplete passes, and if/when the referee is setting the ball. The clock will then start on the ready whistle.
- The game clock is a continuously running clock (outside of penalties, injuries, or special circumstances) up until the last 2 minutes of each half.
- Ball must be snapped to start play.
- The ball may be held above the ground for the snap.
- The ball cannot be snapped until the 7 yards (for the defensive rusher) is walked off/marked 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 for interceptions, will start on the offense's 5-yard line.
- Each time the ball is spotted, the offense has :20 seconds to snap the ball. The time will start after the ball is set. Teams will receive at least one warning at 10 seconds before a Delay of Game penalty is enforced.
- Each team is allowed one time-out per half.

- Any inadvertent whistles from the referee(s) will result in a replay of down.

The Field:

- The field is 50 yards long (goal line to goal line) and 25 yards wide, plus 10-yard end zones.
- All necessary lines are drawn on the field: sidelines, goal lines, midfield, 5-yard line(s), and the initial defensive rush line(s).
- Cones are provided at the first down marker, as well as at each corner of the end zones.

Scoring:

- T.D. = 6 points, Extra Point = 1 (5 yards out); 2 (12 yards out), Safety = 2 points
- No hand-offs/running back plays 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. The center is allowed to have one foot over the line of scrimmage for balance/stability when side-snapping the ball.
- No forward motion is allowed pre-snap.
- Only one player can be in (lateral) motion before and/or 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 player or players who are rushing on the play must remain on or behind the 7-yard mark until the ball is snapped.
- The referee will designate 7 yards from the line of scrimmage prior to the snap.

Defense:

- One or more players have the option of rushing the QB on each play, so long as they begin from at least 7 yards back. There is no requirement for any defensive player to rush 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.
- Players not rushing the QB may defend on or after the snap if they are behind the line of scrimmage at the time of the snap. 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. The 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 along with the football. It will not count if only the ball crosses the plane of the end zone or 1st down line.
- 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.
- The QB has a 6-second "pass clock". If a pass is not thrown within the 6 seconds allowed, 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 6-second rule is no longer in effect.
- If the 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).
- Players must have at least one foot in bounds when making a catch.
- Passes 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, leg, 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 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).
- 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(s) may be ejected from the game. The 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 - language that may be offensive to the official(s), any team, or spectators. Referees can and will 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 clarification or an explanation of a penalty/perceived rules violation. No other players should question or contest the issue.
- 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 regulation, teams move directly into overtime.
- A coin toss will determine Offense/Defense and/or field direction - same exact format as when beginning the game. 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 format 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 team captains may ask the referee(s) questions about clarifications and interpretation. Non-captains 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 quarterback's arm (referee discretion)	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	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. Will not be called if flags move or shirt comes untucked during game play.