



NFL Blitz Flag Football Rulebook

Indoor Flag Football (4v4 / 3v3)

Field Setup

- Indoor field markings shall be done with cones and pylons.
- Safety areas are required.
- Shoes appropriate to the facility must be worn.
- Outdoor field markings will be done with painted lines, cones, and pylons.

Gameplay Modifications

- Games follow standard NFL Flag Football rules with the following adjustments:
- The field of play length is reduced to available space.
 - **Maximum field:** 20 x 25 yards with 7-yard end zones.
 - **Minimum field:** 15 x 20 yards with 4-yard end zones.
- Teams consist of:
 - **4v4:** Maximum of 4 players on the field.
 - If one team has only 3 players, both teams will play **3v3**
 - **3v3:** Maximum of 3 players on the field.

- In **3v3 play**, both teams drop the center, and the quarterback self-snaps
- Team rosters may have up to 8 players.
- Total playing time is **36 minutes** (two **18-minute halves**).
- **Halftime: 1 minute (Indoor) / 2 minute (Outdoor)**

Game Rules

1.1. STARTING THE GAME

- The **home team** always starts with the ball.
- The offensive team begins at its own **3-yard line** and has **four (4) downs to score**.
- First downs are only awarded if there is a penalty; no first downs can be earned otherwise.
- Rushing is permitted for 10U and above, **except on the first down unless earned by penalty.**
- **3v3**: Self-snap by the quarterback.
- **4v4**: Requires a center to snap the ball.

1.2. TURNOVERS

- If the offense fails to score after **4 plays**, it is a turnover on downs.
- Following a turnover on downs, the ball is reset to the **3-yard line**, maintaining the direction of play.
- After a **safety**, the ball is put in play by the **scoring team** at their own **3-yard line**.
- After a **touchback**, the ball is put in play by the **defending team** at their own **3-yard line**.

1.3. SCORING

- Touchdowns are worth 6 points.
- No extra points are awarded after touchdowns.
- The mercy rule is in effect at **42 points**. The game ends if a team leads by 42 points or more, though play may continue without recording further points.
- Forfeits are scored as 35-0.
- All scoring must be verified by coaches, officials, and the scorekeeper.¹

Equipment

- All players must use official NFL FLAG belts and flags.
- Mouthguards are mandatory during play.
- Game balls will be provided and must be NFL FLAG approved.
- Electronic communication between players, coaches, or spectators is prohibited.

Field Specifications

3.1. DIMENSIONS

- The field of play length is reduced to available space.
 - **Maximum field:** 20 x 30 yards with 7-yard end zones.
 - **Minimum field:** 15 x 20 yards with 4-yard end zones.

3.2. NO-RUN ZONES

- No-run zones are located 5 yards before the end zone to prevent power running plays.
- Within these zones, all plays must be passing plays, even if a handoff occurs.

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3.3. BOUNDARIES

- Stepping on the boundary line is considered out of bounds.
- The referee places the ball in the middle of the field before declaring it 'Ready to Play'.

Timing and Overtime

4.1. GAME TIMING

- Games are 36 minutes long with a continuous clock (**two 18-Minute halves**)
- **Halftime:** 1 minute (Indoor) / 2 minute (Outdoor)
- The time limit to throw a pass is **7 seconds**
- Teams have **40 seconds** to snap the ball after it's spotted.

4.2. STOPPAGES AND OVERTIME

- **Timeouts:**
 - **Indoor** - None *field reservation doesn't allow extra time
 - **Outdoor** - Each team has one 60-second timeout per half (does not carry over)
- Officials may stop play at their discretion.
- In case of an injury, up to two minutes of bonus time can be added.

Overtime

- If the game is tied at the end of regulation, an overtime period will determine the winner, with one play from the 5-yard line for a chance to score.
- The team with the ball at the end of regulations gets the ball for the OT period.
- If the offense scores they receive 6-points and they win the game
- If the defense stops the offense from scoring, they receive two points and win the game.
- ***The game is over after one play.***

Coaching Guidelines

- Coaches must adhere to NFL FLAG philosophies, guidelines, and codes of conduct.
- 6U and 8U Coaches: Allowed in the huddle before the snap but must be off the field before the snap.
- Only one coach is allowed on the sideline for 3v3 and 4v4.

Play Rules

6.1. LIVE BALL/DEAD BALL

- The ball is live at the snap and remains live until the official whistles it dead.
- A play is ruled dead under several conditions, including the ball hitting the ground or the ball-carrier's flag being pulled.
- The 7-second pass clock is enforced; the play is dead if the quarterback hasn't thrown the ball within this time.

6.2. RUNNING

- The quarterback cannot directly run with the ball.
- Direct handoffs, pitches, and laterals are only allowed behind the line of scrimmage.
- No jumping, leaping, or hurdling is permitted to advance the ball.²

6.3. PASSING

- Only one forward pass is allowed per play from behind the line of scrimmage.
- Passes must be released before breaching the line of scrimmage.
- Shovel passes are permitted if thrown forward behind the line of scrimmage and received beyond it.

Defensive Rules

7.1. RUSHING

- Rushing is permitted for 10U and above, **except on the first down unless earned by penalty.**
- Only one rusher is allowed, starting at least seven yards from the line of scrimmage.
- Rushers must immediately advance towards the quarterback after the snap: delayed rushing is not permitted.

7.2. FLAG PULLING

- A legal flag pull occurs when the ball-carrier is in full possession of the ball.
- Defenders may dive to pull flags but must avoid tackling, holding, or running through the ball-carrier.

Penalties

- Offensive Penalties: 5-yard penalty and loss of down.
- Defensive Penalties: 5-yard penalty and automatic first down for the offense.
- Penalties are assessed from the line of scrimmage unless stated otherwise.
- The game cannot end on a defensive penalty unless declined by the offense.

Game Penalties List

- Pass Interference
- Holding/Illegal Contact
- Stripping
- Screening/Blocking
- Charging
- Flag Guarding
- Unnecessary Roughness
- Unsportsmanlike Conduct
- Offside
- Illegal Rush
- Taunting
- Illegal Forward Pass
- Impeding the Rusher

Outdoor Flag Football (4v4 / 3v3)

Field Setup

- Outdoor games use standard field markings with painted lines, cones, and pylons.
- Field dimensions vary based on available space:
 - **Maximum field:** 20 x 25 yards with 7-yard end zones.
 - **Minimum field:** 15 x 20 yards with 4-yard end zones.
 - **3v3 Games:** 15 yards wide by 25 yards long, with **one 5-yard end zone**.
 - **4v4 Games:** 20 yards wide by 30 yards long, with **two 5-yard end zones**.
- Marking of the field may be done with pylons or disk markers.

Gameplay Modifications

- Games follow standard Flag Football rules with the following changes:
- Teams consist of:
 - **4v4:** Maximum of 4 players on the field.
 - **3v3:** Maximum of 3 players on the field.
 - Team rosters may have up to **8 players**.
- The ball is put in play by a snap at the home team's **3-yard line**.
- Total playing time is **36 minutes** (two **18-minute halves**).
- **Halftime:** 2 minutes.
- Each team has **one 60-second timeout per half** (does not carry over).
- The time limit to throw a pass is **7 seconds**.
- The blitzing distance is **7 yards**.
- If one team has only 3 players, both teams will play **3v3**.
- In **3v3 play**, both teams drop the center, and the quarterback self-snaps.

- After a safety, the ball is put in play by the scoring team at their own **3-yard line**.
- After a touchback, the ball is put in play by the defending team at their own **3-yard line**.

Additional Considerations

- Field dimensions may be altered based on game site or age division.
- Other rules should not be altered for competition games.
- It is strongly recommended that non-competition games adhere to these rules to maintain consistency.