



QUICK FIELD RULES

Update 01/2025

PENALTIES

- The referee will administer all penalties.
- The officiating crew will determine incidental contact that may result from the normal run of play. Incidental contact that creates an advantage for a player will be penalized. Incidental contact is a judgement call.
- Players or coaches can't question judgement calls. The team captain or head coach may ask the Referee about a rule being enforced incorrectly.
- All penalties will be assessed from either the previous line of scrimmage, the spot of the foul or the end of the run.
- Games cannot end on a defensive penalty unless the offense declines.
- If the distance to the goal is shorter than the penalty yardage, then the penalty will be assessed half the distance to the goal.
- Loss of down means that down is consumed.
- Any loss of down on 3rd/ 4th down results in a turnover on downs and the other team taking possession.

SPOT FOULS

Defensive

- | | |
|-----------------------------------|---------------------------------|
| • Defensive pass interference | Automatic First Down |
| • Holding | +5 yards & Automatic First Down |
| • Stripping | +5 yards & First Down |
| • Defensive unnecessary roughness | +10 yards & First Down |
| • Illegal Contact | +5 yards & First Down |

Offensive

- | | |
|-----------------------------------|--------------------------|
| • Screening, blocking | -5 yards & Loss of Down |
| • Charging | -5 yards & Loss of Down |
| • Flag guarding | -5 yards & Loss of Down |
| • Offensive unnecessary roughness | -10 yards & Loss of Down |
| • Illegal Contact | -5 yards & Loss of Down |

DEFENSIVE PENALTIES

- | | |
|---------------------------|---|
| • Offside | +5 yards from LOS & Automatic First Down |
| • Illegal rush | +5 yards from LOS & Automatic First Down |
| • Illegal flag pull | +5 yards from LOS & Automatic First Down |
| • Roughing the passer | +5 yards from LOS & Automatic First Down |
| • Unsportsmanlike conduct | +10 yards from LOS & Automatic First Down |

OFFENSIVE PENALTIES

- | | |
|-------------------------------|-----------------------------------|
| • Offside / false start | -5 yards from LOS & Loss of Down |
| • Illegal forward pass | -5 yards from LOS & Loss of Down |
| • Offensive pass interference | -5 yards from LOS & Loss of Down |
| • Illegal motion | -5 yards from LOS & Loss of Down |
| • Delay of game | -5 yards from LOS & Loss of Down |
| • Impeding the rusher | -5 yards from LOS & Loss of Down |
| • Illegal Procedure | -5 yards from LOS & Loss of Down |
| • Unsportsmanlike conduct | -10 yards from LOS & Loss of Down |

GAME

- At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.
- The winner of the coin toss has the choice to take offense or defense. The loser of the coin toss chooses which direction it will be defend. There is no option to defer to second half.
- The offensive team takes possession of the ball on its 5 yard line and has 4 downs to cross midfield. Teams must declare 4th down intent "Play or "Punt", when asked by the referee, or risk a delay of game penalty. 'Punt' results in the opposing team taking over at their 5 yard line. 'Play' if unsuccessful the opposing team takes over at that spot.
- Once a team crosses midfield it has 3 plays to score.
- All possession changes, except for failed 4th down conversions or interceptions, start on the offenses 5 yard line.
- All interceptions can be returned out of the endzone for a touchdown or for 2 pts on an extra point conversion.

TIMING

- Games are played to 48 minutes running clock (24 minutes each half) halftime 5 minutes.
- Tournament play 24 minutes (12 minute halves) halftime 1 minute.
- Each time the ball is spotted, the Referee will blow the 'Ready for Play' whistle to begin the 40 second play clock.
- Officials can stop the clock at their discretion. In the event of an injury, the clock will stop and then restart when the injured player is safely removed from the field.
- Tournament play - A 25 second play clock will be in effect, to snap the ball.

OVERTIME

- Overtime winner is determined by whichever Team scores the most points within the Overtime period.
- A coin flip will determine the team that chooses to be on offense or defense first. The Home team calls the toss.
- Each team will take turns getting 1 play from the 5 yard line for (1) point or from the 10 yard line for (2) points
 - **1st OT**- Teams will have the option to go for (1) or (2)
 - **2nd OT**-Teams must go for (2)
 - **3rd OT**-Teams will have 1 play on offense from the 5 yard line going out towards midfield (Most yards gained wins); if both teams score a TD on their 1 play, we will repeat from the 5 yard line until there is a winner. (The team that started 3rd OT on offense will be on defense first in the 4th OT). 1 point will be added to the winning team's score.
- There are no timeouts. Coaches have 1 challenge (Rule Issue Only) for entire Overtime session.
- Interceptions are returnable and worth 2 points.
- If returned for a score in the 1st or 2nd overtime, the game is over.
- If advanced in the 3rd overtime the game is over.

EQUIPMENT

- All players must have mouth guard in use at all times on field.
- Home team wears dark jerseys. Away team wears light jerseys.
- Players jerseys must be tucked in at all times.
- Shorts with pockets must be taped.
- Players must remove all jewelry deemed hazardous by the officials.
- All players must wear shoes. Cleats are allowed. However, cleats with exposed metal are not permitted.
- If a player has a cast, it must be a soft, padded cast with no metal exposed. The cast must be approved by the officiating crew prior to each game played.



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LIVE BALL / DEAD BALL

- The ball must be snapped between the legs to start play.
- Substitutions made be made during any dead ball period. Your team must always substitute from your team's side of the field (team bench area).
- Team must have a minimum of four (4) players but no more than five (5) on the field at a time.
- The play is ruled "dead" when:
 - » Ball-carrier's flag is pulled
 - » Ball-carrier steps out of bounds
 - » Incomplete pass
 - » Ball hits the ground
 - » Touchdown, PAT or safety is scored
 - » Ball-carrier's knee, shin, elbow, arm or wrist hit the ground
 - » Ball-carrier's flag falls out (ball is spotted where the flag is on the ground)
 - » Receiver has one (1) or no flags when catching the ball (ball is spotted where the receiver caught the ball)
- Any player who starts a play without a flag is down where he or she takes possession of the ball.
- Backward fumbles that contact the ground are dead at that spot. A ball fumbled forward will return to the spot of the fumble.
- A backwards pass or pitch that is intercepted in the air, by the defense, behind the line of scrimmage, can be advanced.
- A ball fumbled into the offense's own endzone results in a safety. A ball fumbled into their opponent's endzone results in a touchback.
- In the case of an inadvertent whistle, the offense has two options:
 1. Take the ball where it was when the whistle blew down is consumed.
 2. Replay the down from the original line of scrimmage.
 3. If the defense intercepts the ball and then an inadvertent whistle occurs, the defense will take possession of the ball at the spot of the inadvertent whistle.
 4. If a penalty occurs prior to an inadvertent whistle, the IW is ignored and the penalty will be enforced.

SCORING

- Touchdown: 6 points
- Safety: 2 points
- Extra point: 1 point (from 5-yard line) OR 2 points (from 10-yard line)
- The final score will include any overtime scoring.
- Games are played to 48 minutes, Tournament play 24 minutes, unless one team is leading by a 35 point margin or 28 point margin in tournament play.
- Once a team reaches or breaches the 35 or 28 point margin the game is over. League/team can choose to continue with no additional points added.

PASSING

- All passes must be forward and must be received beyond the line of scrimmage (LOS). Only one (1) forward pass per play.
- Unlimited laterals, pitches and backwards passes are permitted behind the line of scrimmage only.
- Shovel passes are allowed but must be received beyond the LOS.
- The quarterback has seven (7) seconds to throw the ball.
- The referee will be verbally counting out the 7 seconds for the QB.
- If a pass is not thrown within the seven (7) seconds, the play is whistled dead and it's a loss of down. (Treat it like an incomplete pass).
- Once the ball is pitched or passed backwards, any defender may cross the line of scrimmage to pull the ball carrier's flag. The 7 second count for the QB to release the ball will no longer be in effect.
- Interceptions may be returned.
- If a pass is tipped/ blocked by the defender and the QB catches the ball, the play is whistled dead and considered an incomplete pass.
- The QB may throw the ball to avoid a sack. Pass must go beyond the LOS.

RECEIVING

- All players are eligible to receive a pass. (Including the QB, if the ball has been handed off or pitched/passed backwards, behind the LOS)
- Only one (1) player is allowed in motion (parallel or backwards) if they are 1 yard behind the LOS.
- A player must have 1 foot or body part land inbounds for a completed reception.
- Once the ball is advanced beyond the LOS, the current ball-carrier is the only player allowed to have possession of the ball until the play is dead.
- Once the ball is advanced beyond the LOS, the remaining offensive players cannot impede the defense from attempting to pull the offensive player's flag. (No screening or blocking; no running next to the ball-carrier)

RUNNING

- The QB cannot run beyond the line of scrimmage with the ball.
- Only direct handoffs, pitches and laterals behind the line of scrimmage are permitted. Teams may perform multiple handoffs, pitches and laterals as long as they remain behind the LOS.
- The player who receives the handoff, pitch or lateral, can throw the ball as long as he or she remains behind the line of scrimmage.
- The ball is spotted where the BALL is when the flag is pulled
- Center sneak play is not allowed. The QB may not handoff the ball to the center on the first handoff of the play.

NO RUN ZONE

- "No Run Zones" are located 5 yards before midfield and 5 yards before the goal line in each offensive direction.
- If the ball is spotted on or inside the "No Run Zone", the offense must use a forward pass, across the LOS, to advance the ball or score.

RUSHING THE PASSER

- Up to two (2) players may rush, they must identify themselves by raising their hand and leaving their hand up until the ball is snapped.
- Players that rush the passer must be 7 yards from the line of scrimmage when the ball is snapped. If the designated rushers choose to rush, the rush must occur immediately when the ball is snapped.
- Before each play, an official will mark off 7 yards from the LOS.
- The rusher has a clear path to the passer and any interference by the offense to impede his or her path will be considered impeding.
- If the rusher leaves the rush line early (breaks the 7 yard mark), they may NOT reset and are ineligible to rush the passer unless a handoff or pitched backwards is made behind the line of scrimmage.
- Players not rushing the passer may defend on the line of scrimmage but may not enter the backfield unless the ball is handed off or pitched backwards behind the line of scrimmage.
- Players rushing the passer may attempt to block the pass, however, NO contact may be made with the QB unless ruled incidental by the Officials.

FLAG PULLING

- A legal flag pull takes place when the ballcarrier is in full possession of the ball. A defensive player may not pull flags off of a player who does not have possession of the ball.
- Defenders can dive to pull a ball-carriers flag but cannot hold, tackle or run through the ball-carrier when attempting to pull their flags.
- It is illegal to attempt to strip or pull the ball from the ball-carrier.
- Flag guarding is an attempt by the ball-carrier to obstruct the defenders access to the flags by stiff arming, dropping the hand, arm, shoulder, elbow, ball or intentionally covering the flags with the jersey.