

4 on 4 Football Rules Summary

- The game is played between 2 teams of four players each and 3 players are required to avoid a forfeit.
- The field measures 40 yards in length, goal line to goal line, 30 yards in width. There shall be 1 inbounds line dividing the field in halves.
- Normal Coin Toss
- The ball shall be placed at the team 10 yard line to begin each half of game and following a try, touchback or safety, unless moved by a penalty. There are no kicks.
- Two 12 minute halves.
- Clock runs continuously for the first 11 minutes and in the final minute of each half shall use the stop/start method.
- Tie Breakers shall be used in the following ways, each team will attempt to score by passing from the 3 yard line for 1 point or from the 10 yard line for 2 points. If the defense intercepts a pass or fumble the attempt is over.
- Each team gets one timeout PER game including OT.
- A team shall have 3 consecutive downs to advance the ball to the next zone by scrimmage.
- A new series of downs is awarded when a team moves the ball legally into the next zone or opponent obtains possession of the ball by penalty, pass interception, or failure to advance to the next zone.
- The offensive team must have at least one player on their scrimmage line at the snap.
- A team a runner cannot advance the ball through team A's scrimmage line. There are no restrictions after a change of possession or once a legal forward pass has been touched beyond Team A's scrimmage line.
- There must be a legal forward pass each down. The receiver must touch the ball beyond Team A's scrimmage line. Team A has 7 seconds to release the ball on a forward pass. If not it is a loss of down and the ball is next snapped at the previous spot. The referee will sound his/her whistle at 7 seconds if the passer has possession of the football.
- There is no mercy rule.
- All 10 yard penalties are 5 yards and all 5 yard penalties are 3 yards.