



PFFL Rules



Game

- The field is 50 yards long and 25 yards wide with 7 yard end zones.
- No Contact. This includes accidental blocking, screening, and pass interference.
- Captains will do a coin toss to determine the first possession. The captain that wins the toss can choose the following: offense, defense, defer, or direction.
 - The team that was on defense in the first half will have the ball to start the second half and the direction that you were going in the first half will flip to the opposite direction.
- All possessions, except interceptions, start on the 5 yard line. All interceptions are returnable. If an extra point is returned by the defense two points are awarded.
- Offense has 3 plays to get to mid field and three plays to score. Failure to get a first down within three downs or scoring will result in the defending team receiving the ball on their 5 yard line.
- There are no fumbles. The play is dead where the ball lands.
- There is no stripping of the football from the offensive receiver.
 - In the event of a tie possession of a received ball, the ball goes to the receiver not the defender.
- All players are eligible to receive passes.
- There are unlimited pitches and throwbacks.

Scoring

- Touchdown = 6 points
- Extra point- 5 yards out = 1 point, 12 yards out = 2 points
- Safety= 2 points
- Extra point returned =2 points
- 28-point mercy rule enforced after first half of game

Game Clock Format for Tournament

- Tournament Game is 26 minutes long which equals two 13 minute halves
 - 1st half clock is pro-clock (continuous)
 - 2nd half clock is pro-clock until 1 minute warning. Then if team is within 8 points, the clock will stop on out of bounds, incomplete passes, change of possession, and time outs
- Each Team has one time out per game
- Time outs are only thirty seconds. Offense will be notified when time is up and when they need to begin next play.

Game Clock Format for Season

- Season Games are 30 minutes long which equals two 15 minute halves.



PFFL Rules



- 1st half clock is pro-clock (continuous)
- 2nd half clock is pro-clock until 2 minute warning. Then if team is within 8 points, the clock will stop on out of bounds, incomplete passes, change of possession, and time outs
- Each team has two time outs per game.
- Time outs are only thirty seconds. Offense will be notified when time is up and when they need to begin next play.

Overtime

- Coin toss will be called by captain that did not call first coin toss.
 - Teams will need to choose offense or defense
 - Both teams will decide direction
- Second overtime will reverse ball possession from the start of first overtime decision
- Third overtime – each team will have 2 plays from midfield. Whoever scores first in those 2 plays wins or if neither team scores, the winner will be determined by the greatest advancement from midfield.
- Interceptions are non-returnable in overtime. Play is dead.

Uniform

- All jerseys/shirts must be tucked in at all times.
- Flags must be worn on each side of the player's hips. If this is not the case at the start of the play, flag guarding will be called on the ball carrier. If you flags are positioned on your hips at the start of the play and the defense moves them out of position then no penalty will be enforced.
- No pockets are allowed on shorts or pants. If you do have pockets they will need to be taped up or different attire will need to be worn for play.

Penalty

- Rushing the quarterback
 - Players must be a minimum of 7 yards back from line of scrimmage. This will be noted with a tennis ball.
 - Players not at least 7 yards behind line of scrimmage may not enter the backfield until change of possession.
 - Change of possession can be a handoff or throwback
 - Rushers must pick a side to rush from and must start 1 yard outside of the center. They can NOT rush from the middle.
 - Offense must avoid interfering with the rusher.
 - If a formation is deemed "in tight", the rusher must from the outside.



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Running

- The quarterback may not run the ball unless the ball has been handed off or thrown back to him.
- Pitches are allowed downfield.
- Quarterbacks may set the ball on the back of the center after a hike, show their hands, and then grab the ball and run
- Ball is spotted where the flag is pulled.
- No run zones are located 5 yards before midfield and 5 yards before the end zone. Any forward pass must be completed in front of the original Line of Scrimmage.
- The leading flag must break the plane of the midfield or goal line to be considered a first down or touchdown. The ball does not matter.
- Players may not block at any time. Once a player begins to run all other offensive players must stop until the ball carrier has passed them. The offense may trail ball carrier for pitches.

Passing

- If the quarterback is not rushed, he has 5 seconds to throw, if he goes past this time, the play is ruled dead. Referees will call play based on quarterback's arm forward motion.
- If the quarterback is rushed then the 5 second rule is no longer in effect.
- Intentional grounding is not a penalty.
- If the defensive team rushes the quarterback there is no 5-second count.
- Interceptions may be returned.
- Rushers may not hit the quarterback's arm or knock the ball out of the quarterback's hand, they must play the flags.

Receiving

- All players including the quarterback are eligible to receive a pass, if the ball has been pitched back or handed off behind the line of scrimmage.
- One foot must be in bounds when making a catch.
- Players that run out of bounds during a play cannot be the first player to touch a ball when attempting to make a catch.

Start of a Play

- One official must acknowledge the offense prior to the start of a play.
- Players must not be moving forward when the ball is snapped.
- The ball must be snapped between the legs with the center facing the line of scrimmage to start the play.



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Play is ruled dead when:

- The offensive player's flag is pulled.
 - Note if a defensive player pulls the offensive player's flag before they receive the ball, the defense must pull the second flag to end the play.
 - If a player loses a flag unintentionally, the defense only has to touch the ball carrier, not pull the flag.
- Ball carrier steps out of bounds.
- Touchdown is scored.
- If the ball carrier's hand or knee makes contact with the ground.
- Incomplete pass.
- Ball hits the ground.

Defensive Penalties

- Offside-illegal rush
- Pass interference / Face Guarding (must play/look at ball)
- Illegal contact (holding, bump and run, blocking)
 - Note that the officials will determine incidental contact which may result from normal run of play.
- Roughing the quarterback
- Holding – spot foul from infraction
- Excessive contact – This includes making a play on the ball. If the official determines there was intent to harm, the player will be ejected from the game and may also be removed from the tournament.
- All defensive penalties are five yards from the line of scrimmage and automatic first down except holding which is added on to the end of the play.

Offensive Penalties

- Illegal motion / false start. Not a loss of down.
- Pass interference (illegal pick, pushing off defender)
- Impeding the rush (the offensive players must avoid the rusher)
- Flag guarding (players must keep hands above the waist)
- Charging (the offensive player must avoid the defender if they are set)
- Delay of game (all delay of game penalties stop the clock)
- Blocking – All offensive players must be still if a player is running the ball



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- Excessive contact – if official feels intent to injure a player occurred, player will be ejected from game
- All offensive penalties are five yards from the line of scrimmage and loss of down except flag guarding which is from the point of infraction

Sportsmanship/Roughing

- Trash talking will NOT be tolerated. The official has the right to determine language that is offensive. Trash talking is defined as language that may be considered offensive to the official, opposing team, or spectators.) The officials may eject players for trash talking.
- If the official witnesses any act of tackling, elbowing, cheap shots, or any other unsportsmanlike act, the game will be stopped and the player will be ejected from the game.
 - Unsportsmanlike conduct is a 15-yard penalty.