



Official Pickup Football League Rulebook

1. FIELD & GAME FORMAT

- Teams: Variable (5v5, 6v6, 7v7, etc.)
- Field length: 50 yards
- End zones: 10 yards each
- Field width: Adjusted to number of players
- First down: 25 yards (half field)
- Downs: 4 downs to gain 25 yards

2. START OF POSSESSION

- Offense always starts at their own goal line.
- If offense fails to convert a first down:
- Opposing offense starts at their own goal line.
- Interceptions are live:
- Ball is spotted at the end of the return or at forward progress.

3. SCORING

- Touchdown: 7 points
- Safety: 2 points
- Game ends at 28 points.

Fair Possession Rule: - If the team that started without the ball is trailing when the opponent reaches 28, they receive one final possession to tie.

4. OVERTIME (COLLEGE STYLE)

- Ball starts in the red zone.
- 4 plays to score.
- Both teams get one possession.

5. RUSH RULES

- Choose one before the game:
- 9-yard rush rule

- 4-second rush rule
 - If using 4 seconds, one blitz per drive is allowed without announcement.

6. QUARTERBACK RUNNING

- QB may run only after the defense crosses the line of scrimmage.

7. BALL HANDLING

- Laterals allowed.
- Hand-offs allowed.

Fumbles

- Flag football: fumbles are live and returnable.
- Two-hand touch: no contact allowed; punch-outs only.

8. CATCH RULES (NFL SIDELINE RULES)

A catch is complete when: - Two feet land in bounds, OR - One foot plus body control (knee, elbow, etc.) - Receiver maintains control through the catch. - Receiver does not touch out of bounds while catching.

9. FLAG FOOTBALL RULES

- No flag guarding, stiff arms, or pushing defenders.

Penalty: 5 yards from end of play plus loss of down.

10. PENALTIES

- Flag Guarding / Stiff Arm / Push: 5 yards from end of play plus loss of down.
- Pass Interference: 10 yards from original line of scrimmage plus replay down, or 5 yards added to catch spot if applicable.
- Holding: 5 yards added to where the ball ends up (spot after play).

11. OPTIONAL FUN RULES (AGREE BEFORE GAME)

- Punt Return Start: Teams may start their first drive as a punt return.

- Extra Points & Kicking (if using goal posts):
- Extra point kick = 1 point
- Go for 2 points from the 5-yard line
- Field goal = 3 points; if missed, opposing team starts at kick spot.

12. QUICK REMINDERS

- No contact blocking.
- Screens only (no pushing).
- Forward progress counts.
- Keep it safe and fun.

This document serves as the official league rulebook for all pickup games.