



3V3 TOURNAMENT RULEBOOK

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BILLINGS, MONTANA

1. GAME PLAY

- 3 vs 3
- 15 minute halves, 3 minute half time
- each team has **two 30-second timeouts/half**
- Roster Size – 3 minimum, 5 maximum
- Field dimensions – 40 yds X 25 yds , 5 yd end zones

1.1 EQUIPMENT

- All players must use the flag belts provided by Montana Flag Football League, and **must return the flag belts when finished.**
- Mouthguards are required during game play
- Game balls will be provided. Other footballs are not allowed to be used for game play.
- All jerseys **MUST** be tucked in (under flags) before play begins

2. STARTING THE GAME

- (determine who starts offense)
- The offensive team takes possession of the ball at it's own 5 yard line and has 4 downs to advance the ball to the next 1st down marker (mid-field) or score. Offense will be awarded another set of 4 downs if a 1st down is successful.
- 3v3 is a “no punt” option – which means that if offense is unsuccessful in advancing to the 1st down marker or scoring before their set of 4 downs expires, it is a turnover on downs and the other team will begin at their own 5 yard line.

2.1 SCORING

- Touchdowns are worth 6 points.
- PAT (point after touchdown) 1 point, 5 yd line, pass only.

3. OFFENSE

- Offense must have a center and the ball must be snapped through the legs.
- Once the ball is snapped, the QB has 5 seconds (sack clock) to get the ball out – by passing, handoff, or lateral pitch. **If the ball is handed off, the sack clock is stopped and play continues – However, the ball must now be ran and cannot be passed.** (If the sack clock expires while the QB still has possession, the ball is placed at the original line of scrimmage)
- Blocking is not permitted at any time.
- The QB cannot directly run with the ball.
- Run plays are allowed and 1 player may be in motion (parallel with line of scrimmage) prior to the snap.
- “NO RUN ZONES” are located 5 yards before each end-zone. Run plays are not allowed in these zones.
- Play is ruled dead when:
 - The ball hits the ground. (If the ball hits the ground as a result of a bad snap, the ball is then placed where the ball hit the ground.)
 - The ball-carriers flag is pulled. **(If the ball-carriers flag inadvertently falls off, he must be physically “tagged” by the defense, in order to be called down.)**
 - The ball carrier steps out of bounds.
 - The ball carriers knee or arm hits the ground.
 - The 5 second pass clock expires. **(If the pass clock expires before the ball is thrown, the ball is placed back at the original line of scrimmage)**
 - Ball carrier leaves their feet. (Diving, Leaping, or jumping to avoid a flag pull is considered flag guarding)

- A player who gains possession of the ball in the air is considered in bounds as long as the first foot or other body part contacts the ground in the field of play –
- **“one foot in”**
- In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- Interceptions are returnable for the amount of points being attempted. (6 points or 1 point) - If the return is unsuccessful, it’s simply a turnover on downs, and the new offense will begin at their own 5 yard line.

4. DEFENSE

- Rushing is permitted, but not required. A rusher must start at least 7 yards from the line of scrimmage. (a sideline official will mark this spot) Players not rushing can defend at the line of scrimmage. (Rushers are NOT REQUIRED to identify themselves before the play)
- Once the ball has been handed off, all defensive players are eligible to rush.
- Jamming, or bumping a receiver is not allowed, and could be penalized.
- The offense cannot intentionally impede the rusher. The rusher has the right to a clear path to the QB. **If the offensive player does not move after the snap, then it is the rushers responsibility to go around the offensive player to avoid contact.**

4.1 SACKS

- A sack occurs if the QB’s flags are pulled behind the line of scrimmage. The ball will be spotted at the point of sack
- A safety (2pts) is awarded if the sack takes place in the offensive teams end zone.
- If the 5 second sack clock expires while the QB still has possession, the ball will be spotted at the original line of scrimmage.

5. PENALTIES

Are simplified as follows: (Warnings may or may not be given at the referee's discretion)

- **Offensive** – 5 yard penalty from LOS and loss of down
- **Defensive** – 5 yard penalty and automatic first down for offense
- Pass interference / Illegal contact
- Screening / Blocking
- Flag Guarding
- Unnecessary Roughness / Unsportsmanlike Conduct
- Charging / Stiff-arm
- False Start
- Taunting
- Illegal Forward Pass
- Impeding the Rusher
- Holding
- Stripping
- Offside
- Illegal Rush

6. 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 regulation gets the ball for the OT period.
- If the offense scores, they receive 6 points and the win the game.
- If the defense stops the offense from scoring, they receive 2 points and win the game.