OFFICIAL RULEBOOK

ALL Chair Football League™

ACFL™

Three-on-Three Passing-Only All-Chair Football

Lincoln Manor Adaptive Sports Center

3100 Tifton Street, Kenner, Louisiana

ACFL-USA.com

Game time: four 4-minute quarters · Doors 5:00 PM · First snap 6:00 PM · 10-minute switch

Revised September 2, 2026

1. Purpose and Spirit

ALL Chair Football League™ (ACFL™) is a passing-only 3-on-3 all-chair football game. Every player must compete in a wheelchair. Athletes do not have to be adaptive athletes. The game rewards throwing, catching, chair control, and sportsmanship. Contact that tips a chair, rams a player, or strips the ball is illegal. Officials' calls are final. ALL Chair Football League™ and ACFL™ are trademarks. Rules, schedule, and updates: ACFL-USA.com.

2. Field, Equipment, and Zones

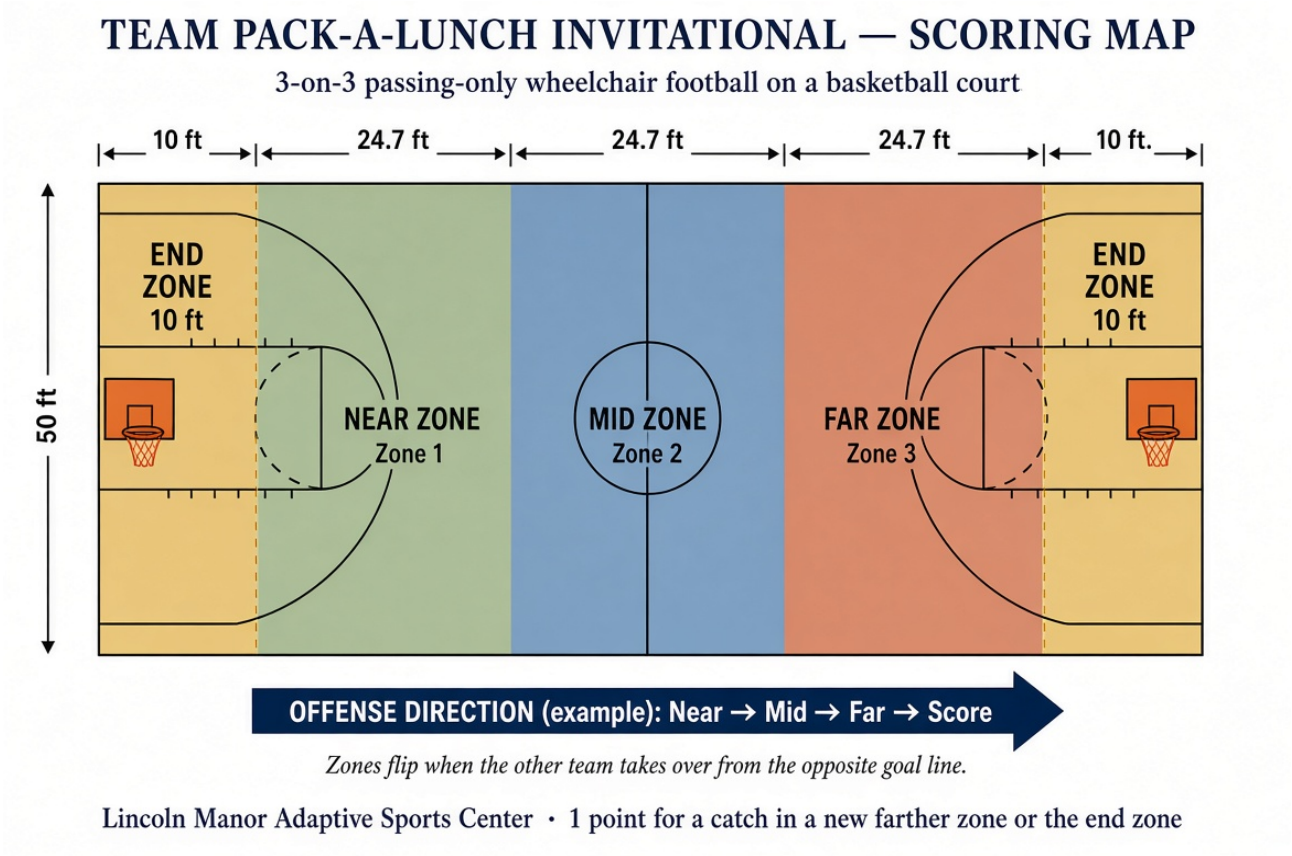
Play is on a standard indoor basketball court. Sidelines and baselines are out of bounds. Each baseline is a goal line. Mark a scoring end zone ten feet deep at each end. Between the two end zones, divide the remaining court into three equal zones: Near, Mid, and Far, as seen from the offense's starting end.

- Near zone — the third of the field closest to the offense's own end zone.
- Mid zone — the middle third of the field.
- Far zone — the third closest to the opponent's end zone.
- End zone — a ten-foot-deep band measured in from each baseline. The baseline is the back of the end zone. The extra taped line is the front of the end zone.

Use a standard or youth foam football that is easy to grip. Manual or sport chairs are allowed. Power chairs are allowed if they can stop and turn safely on the court. Players must remain seated. Helmets are optional unless the host requires them.

The map below uses a 94-foot basketball court as the reference. Tape the two extra end-zone lines ten feet in from each baseline. If the host floor is a high-school 84-foot court, keep the ten-foot end zones and split the middle 64 feet into three

equal zones of about 21 feet 4 inches. Near, Mid, and Far are always named from the offense's starting goal line and flip when possession changes.



Scoring map. Basketball lines stay on the floor as landmarks. Gold bands are the ten-foot end zones. Green, blue, and clay bands are Near, Mid, and Far. On a 94-foot court the three middle zones are about 24 feet 8 inches each.

3. Teams and Roles

Eight teams of three. On every snap the offense lines up one quarterback and two receivers. The defense lines up two defenders and one designated rusher. The rusher may pressure and interfere with the passer, but may not down the quarterback until after the first pass of the down. After a score, turnover, or end of downs, teams switch sides of the ball. Within a team, players may rotate who plays quarterback, receiver, defender, or rusher between possessions.

A team that cannot field three players in chairs at game time forfeits that game. Substitutes are allowed only if listed on the team sheet before the first game. Subs enter between possessions or during the ten-minute switch.

4. Game Clock and Game Time

Game time is four four-minute quarters (sixteen minutes of running play). One-minute break between quarters. No formal halftime. A full game window is about twenty-five minutes of play and breaks. Game clock runs except on scores, injuries, equipment issues, and official timeouts. Each team gets one thirty-second timeout per game. Play clock is twenty-five seconds from the official's ready-to-play signal to the snap.

5. Starting a Possession

Every possession starts at the offense's own goal line, facing the far end zone. The quarterback snaps the ball to himself or takes a short self-snap from the lap or a teammate on the line. The rusher may cross the line of scrimmage on the snap and may interfere with the passer — occupy the throwing lane, contest the release, and force a throw. The rusher may not tag or

down the quarterback until after the first pass leaves the quarterback's hands. After that first pass, any defender including the rusher may make a legal touch. Defenders may cover receivers anywhere on the court.

6. Passing Only — Catch and Two-Yard Rule

This is a passing game. A player may not run the ball up the court. After a legal catch, the receiver may advance no more than two yards (the two-yard rule). During those two yards the receiver may only push and may spin in place once the two yards are used. After the two yards, the receiver must throw the ball — forward, backward, or lateral — before a legal touch or before the official rules the play dead under the two-yard rule. The play stops on a legal touch or when the two-yard rule is used and no throw follows.

A legal catch is control of the ball with hands or arms, with all four wheels in bounds, before the ball hits the floor. If the ball hits the floor, the pass is incomplete or the play is dead. Dropped ball after control is a fumble and a turnover at that spot.

Only one forward pass that travels beyond the line of scrimmage is allowed per down. Laterals and backward passes after a catch are unlimited, still under the two-yard rule.

7. Downs and Turnovers

The offense has four downs to score in the opponent's end zone or to keep moving the ball. A down ends when: the pass is incomplete; the ball hits the floor; a legal touch is made (one hand on the ball-carrier's body above the waist — chair contact alone is not a touch); the two-yard allowance is used and no throw is made; a foul stops play; or the ball goes out of bounds. The play stops on a legal touch or under the two-yard rule. The quarterback cannot be downed until after the first pass of the down.

Turnover on downs: if the offense does not score after four downs, the defense becomes the offense and starts a new four-down series from its own goal line.

Turnover on a drop: if a player who has control drops the ball to the floor, the play is dead and the other team takes over on a new series from its own goal line.

Interception: if a defender catches a pass in bounds, that team becomes the offense. The interceptor may use the two-yard rule and throw. If the interceptor is tagged or drops it, the new offense starts its next series from its own goal line. An interception caught in the opponent's end zone is a score (two points) and ends the play.

8. Scoring — One Point Per Zone, Two in the End Zone

A completed pass awards one point when the catcher's entire chair is in a new, farther zone than the thrower at the moment of the catch. A legal catch in the opponent's end zone is worth two points:

- Catch in the Mid zone (thrown from Near) — 1 point.
- Catch in the Far zone (thrown from Near or Mid) — 1 point.
- Legal catch in the opponent's end zone — 2 points and the possession ends.

A catch in the same zone as the thrower does not score, but the ball stays live under the two-yard rule and the down continues if a throw follows. Multiple zone points can be scored on one possession if laterals or extra throws advance into a new zone. An end-zone catch is two points and ends the possession. After any score, the other team starts a new possession from its own goal line. Highest point total at the end of four quarters wins.

9. Contact, Fouls, and Safety

No ramming, clipping behind the rear axle, holding a chair, reaching over the back, or stripping the ball. Light incidental chair contact while both players chase a ball is legal. A legal touch is one hand on the ball-carrier's body above the waist. Chair-only contact is not a touch. The rusher may interfere with the passer but may not down the quarterback until after the

first pass.

Pass interference is contact that clearly takes away a catchable ball. Penalty: replay the down from the previous spot, or spot the ball at the foul if it is farther downfield. Personal fouls (tipping a chair, targeting, unsportsmanlike conduct): the offended team is awarded one point and the next possession. Two personal fouls by the same player in one game and that player sits the rest of the game. The team may continue with two players if no substitute is listed.

10. Officials

One referee per game. A second official or table person keeps score, downs, and the game clock when available. The referee announces the down, the ready-to-play, scores, and turnovers. No arguing from the chairs. Captains may ask one short question between plays.

11. Tournament Format

Eight teams. Single-elimination bracket. Four quarterfinals, two semifinals, one championship. Optional third-place game if time and both teams agree before the semifinals. Seeding is by draw at check-in unless the host posts a seed sheet.

Tied game at the end of four quarters: one two-minute sudden-death overtime. First point wins. If still tied, each team gets one uncontested throw from mid-court to a teammate in the end zone. First miss loses. If both catch or both miss, repeat.

12. Tournament Play Schedule (Example)

Example one-court evening for an ACFL™ eight-team event. Each game is four 4-minute quarters. After each game there is a ten-minute switch for chairs, water, and the next two teams to roll on. Hosts may shift times; this sample is the ACFL™ standard window.

Time	What happens
5:00 PM	Doors open. Check-in, waivers, chair inspection, warm-up.
5:40 PM	Captains meeting. Bracket posted. Coin-flip order set.
6:00 PM	Quarterfinal 1 — first snap
6:35 PM	Quarterfinal 2 (10-minute switch after QF1)
7:10 PM	Quarterfinal 3
7:45 PM	Quarterfinal 4
8:20 PM	Semifinal 1
8:55 PM	Semifinal 2
9:30 PM	Championship
10:00 PM	Awards, photos, and close. Building target clear by 10:30 PM.

If a game runs long, the ten-minute switch may shrink to five minutes by referee order. The championship will not start later than 9:45 PM.

13. Prizes

Champion, runner-up, and third place receive trophies or medals and a team photo. If a cash or gift-card pot is raised, split it this way after event costs:

- Champion — 50 percent of the prize pool.

- Runner-up — 30 percent of the prize pool.
- Third place — 20 percent of the prize pool.

Example: a two-hundred-dollar pot pays one hundred / sixty / forty. If there is no third-place game, third-place money is split evenly between the two semifinal losers or rolled into the runner-up share, as announced at the captains meeting. ACFL™ may also award a sportsmanship honor that is not tied to the bracket.

14. Eligibility, Waivers, and Conduct

All players sign a waiver at the door. Minors need a parent or guardian signature. Lincoln Manor and ALL Chair Football League™ house rules apply. No alcohol on the court. Respect staff, officials, and every athlete in a chair. Trash talk that targets disability, race, gender, or family is an automatic personal foul and can end a player's night. More information: ACFL-USA.com.

15. Quick Reference

Item	Rule
Players on court	3 vs 3 (QB + 2 receivers / 2 defenders + 1 rusher)
Game time	4 quarters × 4 minutes (16 min play) + 1-minute breaks
Play clock	25 seconds
Timeouts	1 per team per game (30 seconds)
Downs	4; then turnover, new series from own goal line
Ball movement	Passing only; 2 yards after a catch, then throw
Incomplete / drop	Dead ball; drop after control is a turnover
Score	1 point per catch into the next farther zone; legal end-zone catch = 2 points
Play stops	Legal touch or the two-yard rule
Rusher	May interfere with passer; cannot down QB until after first pass
Legal touch	One hand on the body above the waist
Switch	10 minutes between games; doors 5:00 PM; first snap 6:00 PM
Website	ACFL-USA.com

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