



Fletcher Parks and Recreation 2011 4 -on- 4 Flag Football

# RULES & REGULATIONS



The mission of Fletcher Park Athletics is to provide a recreational environment for the community which is safe and enjoyable. While the game atmosphere is often competitive, ensuring participant safety, providing a fun and social atmosphere, and promoting sportsmanlike behavior among participants are our primary concerns. The game atmosphere should remain good-natured at all times. Participants shall maintain good sportsmanship throughout their participation in all facets of this program.

Fletcher Parks and Recreation has developed Adult Flag Football Rules and Regulations that model the Carolina Panthers Weekend Warrior Flag Football Tournament. We intend for this format to provide players with coherent and consistent interpretations of rules related to the play of game.



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## Team Captain Responsibilities

- Submitting entries on time (**Team roster forms, Player addition forms, registration fees, parental permission slips**).
- Giving team members the opportunity to read and interpret all pertinent information.
- Knowing the rules and regulations, and relating them to team members.
- Ensuring all players are eligible to participate.
- Ensure that the team captain is the only person to address an official on matters of rule interpretations or information.
- Ensures all players display appropriate behavior at all games.
- Makes certain that all players under the age of 18 have a parent/guardian sign a legal form of consent before becoming eligible to play. No players under the age of 15 are eligible to play.
- Communicating to the team that Flag Football is a inherently dangerous sport with a high risk of injury, and should be played at one's own risk!**
- The team captain is responsible for registering all players on their team. Furthermore, the captain is required to make all registration payments before the team managers meeting.

### THE GAME (Carolina 4-on-4 Format)

- No intentional contact allowed.
- NO BLOCKING.
- A coin toss determines first possession. (Teams winning the coin toss may defer possession at the start of the game.)
- Games are (50) minutes REAL TIME with running clock for entire game. **(2 x 25 minute halves) Clock will always be running. There will be a 5 minute half time.**
- Ball may be snapped directly between legs, between legs in shotgun formation, snapped sideways or snapped sideways in shotgun formation.
- The offensive team takes possession of the ball at their 5-yard line and has three (3) plays to cross mid-field. Once a team crosses mid-field, they will have three (3) plays to score a touchdown.
- If the offensive team fails to cross mid-field or score, possession of the ball changes and the opposite team starts their drive from their 5-yard line.
- All possession changes except interceptions start on the offense's 5-yard line.
- Teams change sides after the first (25) minutes; The team possessing the ball in the beginning of the game will defend at the start of the second half.
- Each time the ball is spotted a team has thirty (30) seconds to snap the ball. Failure to snap the ball within thirty (30) seconds will result in a Delay of Game penalty. Officials will give a ten (10) second warning before the ball must be put in play.
- The field size is 25' x 60'. 2- 25' yard zones and 2- 5' yard end zones.

### PLAYERS/GAME SCHEDULES

- Teams must field a minimum of three (3) players at all times.
- Teams consist of a maximum of 8 players (4 on the field with up to 4 six subs).
- Game time is forfeit time.
- The Athletic Supervisor reserves the right to reduce, shorten, or reschedule games due to inclement weather or unforeseen circumstances.

## SCORING

- a. Games are played to 50 minutes, whoever has the most points when time is finished wins. (Please read **OVERTIME** section below regarding ties)
- b. TD=6 points, Extra Point=1 (5 yards out); 2 (12 yards out), Safety=2 points
  - A team who scores 2 points for a safety will also take possession at their 5-yard line.
- c. If defense intercepts an extra point attempt and returns the ball for a score, the defensive team will be awarded points equal to the amount of the extra point attempt.

## TIME OUTS

- a. Each team has one sixty (60) second time out per half. **The clock will continue to run.**
- b. Time outs may not be called within the last five minutes of a game.

## RUSHING THE QUARTERBACK

- a. All players who rush the passer must be a minimum of seven (7) yards from the line of scrimmage when the ball is snapped. Any number of players can rush the QB. The 7-yard rule is also in effect on extra point attempts.
- b. Players not rushing the QB may defend on the line of scrimmage.
- c. Once the ball has left the QB's hand by either hand off, pitch, lateral or pass, the 7-yard rule is no longer in effect and all defenders are eligible to rush.
- d. A special marker, or the referee, will designate 7 yards from the line of scrimmage.
- e. Players may not line up in a three point stance at any time.
- f. Defenders must go for the QB's flag and not his arm.
- g. Defenders rushing the QB are allowed to raise arms to block passing lanes or to deflect a pass. No contact to the passer's arm, hand or head is allowed and will be called a foul.
- h. A defending team may choose to keep all players 7 yards behind the line of scrimmage; therefore, there is no need for a designated rusher. However, in order to be a designated rusher the player must be 7 yard off of LOS before ball is snapped.

## RUNNING

- a. The QB CANNOT run the ball. Exception: if the QB attempts to pass and a defender bats the football, the QB is eligible to catch it and run.
- b. The player who receives the snap is designated as the QB (quarterback).
- c. The player who takes the hand-off or lateral can run with the ball as long as the line of scrimmage is not in a "No-Run Zone."
- d. The player who takes the hand-off or lateral can throw the ball as long as he does not pass the line of scrimmage.
- e. "No Running Zones" are located 5 yards before midfield and 5 yards before the end zone in each offensive direction. All pitches or laterals must be thrown BEHIND the line of scrimmage.
- f. "No Running Zones" are designed to avoid short yardage power running situations.
- g. Spinning is allowed, but players cannot leave their feet to avoid a defensive player.
- h. The team advancing the football cannot dive in order to gain yardage, either for a first down or touchdown.
- i. The ball is spotted where the ball carrier's BALL is when the flag is pulled. **(All ball placements will be made by the discretion of the referee.)**
- j. **The Ball** must break the plane for a first down and touchdown.
- k. Downfield laterals will result in a 10 yard penalty and loss of down.
- l. If a player is running down the field carrying the ball and contact is made with another it is up to referee to call incidental contact or make a call against a defensive or offensive player.
- m. Swatting or stiff arming by an offensive player is considered to be flag guarding. A good rule of thumb is to keep arms and hands above the belt while running with the ball.
- n. The offensive team has the unlimited ability to exchange the ball behind the line of scrimmage.
- o. In the event that a flag falls off a running offensive player without it being pulled by a defensive player, a defensive player must touch him with one hand in order for that player to be considered down.

### PASSING

- a. The QB has a seven (7) second “pass clock”. If a pass is not thrown in seven seconds, play is dead, loss of down, ball returns to line of scrimmage. Once the ball is handed off, the 7-second rule is no longer in effect.
- b. Interceptions change the possession and the ball is placed where the player is downed. Interceptions may be returned. The ball comes out to the 5-yard line if the interception occurs in the end-zone and is downed in the end-zone.
- c. Only one forward pass is permitted per offensive play, even if it occurs behind the line of scrimmage. Two forward passes on one play are not allowed.
- d. No forward pass can take place behind the line of scrimmage.

### RECEIVING

- a. All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage).
- b. Only one player is allowed in motion at a time. Motion must be parallel to the line of scrimmage.
- c. Player must have at least one foot in bounds and control of the ball for a completed pass.
- d. Pass may not be intentionally tipped in any direction to another teammate.
- e. If a receiver goes out of bounds, he/she cannot be the first person to receive the ball.

### SUBSTITUTIONS

- a. Players may substitute freely between plays.
- b. Players experiencing bleeding must step off the field of play until bleeding is stopped.

### DEAD BALLS

There are no fumbles. The ball is spotted where it hits the ground. Anytime the ball touches the ground, it is dead. Play is ruled “DEAD” when:

- a. Offensive player’s flag is pulled.
- b. Ball carrier steps out of bounds.
- c. Touchdown is scored.
- d. Anything other than the ball carrier’s hand or foot hits the ground.
- e. The ball hits the ground.
- f. Ball carrier’s belt falls to the ground.
- g. Receiver’s belt falls to the ground (play is dead at point of reception).
- h. If flag is pulled before the football leaves the QB’s hand, QB is down.

### SPORTSMANSHIP/ROUGHING

- a. If the Athletic Supervisor or Referee witnesses any acts of tackling, elbowing, cheap shots, blocking, flag tying or any unsportsmanlike act, the game will be stopped and the player can be ejected from the game. The Athletic Supervisor has authority to eject players from the tournament. **FOUL PLAY WILL NOT BE TOLERATED.**
- b. Trash talking is illegal. Official has the right to determine language which is offensive. (Trash talk is that which may be offensive to official, opposing team, or spectators). Referee can eject players from the game for trash talking.
- c. The first warning to one team will serve as a warning to both teams.
- d. Do not argue any calls made on the field. Only the captain can request a rule interpretation from the referee. Any player besides the captain questions a call that player is subject to ejection.

### PENALTIES

- a. All penalties will be called by the Referee and may be declined.
- b. All penalties are assessed from the original line of scrimmage.
- c. A penalty will not move the ball more than half the distance to the goal line.

## DEFENSE

- a. Off-sides.
- b. Interference.
- c. Illegal Contact (holding, bump and run, blocking, etc.).
- d. Illegal Flag Pull (before receiver has ball).
- e. Illegal Rushing (start rush from inside 7-yard marker).
- f. All defensive penalties are 10 yards (from line of scrimmage) and automatic first down.

## OFFENSE

- a. Illegal Motion (more than 1 person moving, false start, motion, etc.).
- b. Offensive Pass Interference (illegal pick play, pushing off/away defender).
- c. Flag Guarding.
- d. Delay of Game – Clock will stop/10 yards and loss of down (clock will NOT stop).
- e. All offensive penalties are 10 yards (from line of scrimmage) and loss of down.
- f. Within 10 yards of goal, ball is placed half the distance to the goal.
- g. Referees determine incidental contact which may result from normal run of play!
- h. Only the team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
- i. Games cannot end on a defensive penalty, unless the offense declines it.

## OVERTIME

- a. If the score is tied at the end of (50) minutes, teams move directly into overtime.
- b. Coin toss or “odd/even” number pick determines possession.
- c. Each team receives one play from their 5-yard line.
- d. The team gaining the most yardage on the one play is declared the winner and awarded one additional point even if the result of the play is a touchdown.
- e. Negative yardage on a play is better than an interception, but not an incomplete pass.
- f. Defensive penalties may be accepted resulting in 10 yards and the option to run an additional play if necessary. Result of following play and the 10 yards from the penalty count towards the overall possession’s yardage. A penalty on the offense is deemed as negative 10 yards and loss of down.

## DIVISIONAL TIE BREAKERS

- a. 2 teams tied for one place – whoever won in head to head competition.
- b. 3 teams tied for two places – total points scored will determine the top two places – forfeits are worth 21 points.
  - If two teams have the same point total, head-to-head competition will determine tie breaker.
- c. If a team forfeits a game and they are in a two or three way tie, they are automatically the lowest seed possible within the tied teams.

## EQUIPMENT

- **UNIFORMS & HELMETS:** are NOT required for LEAGUE play; however, team players are required to wear matching colored shirts with numbers on the back.

**Proper athletic shoes are required.** No metal spikes or metal cleats will be permitted.

- **GAME BALLS:** Footballs will be provided by Fletcher Parks and Recreation

- **FLAGS:** Flags will be provided by Fletcher Parks and Recreation