



# 4-ON-4 FLAG FOOTBALL

## Adult League Rules and Regulations



Updated 9/7/16

- I. Management
  - A. Sponsored by Kearney Park & Recreation Department (Recreation Division)
  - B. League Coordinators: Jade Brown, Recreation Superintendent, 308-440-7783  
Andrew Winscot, Recreation Coordinator, 308-440-1088  
Shane Basford, Recreation Leader, 308-708-9111  
2005 1<sup>st</sup> Ave. Phone: 237-4644
- II. Season Format
  - A. The league will consist of a round robin format and end with a post-season single elimination tournament.
  - B. Two-way ties in the final standings will be decided according to which team won their meeting(s) in league play. Three-way ties will first be decided by head to head record against tied teams, or secondly by winning margin against tied teams.
- III. Eligibility
  - A. Teams must have a minimum of four people on their roster.
  - B. Players must be at least 16 years old at the start of the season.
  - C. All players must sign the roster before they play. Players can be added during the season. A player may only play on one team during the season. Once a team has played their final regular season game – no players may be added.
- IV. General Playing Rules
  - A. The Game
    1. A coin toss or odd/even will determine the first possession.
    2. The playing field will be 30X60 yards with 10 yard end zones.
    3. The offensive team takes possession of the ball at their 5-yard line and has three plays to cross mid-field. Once the team crosses mid-field, they have three plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on their 5-yard line.
    4. All possession changes, except interceptions, start off on the offense's 5-yard line.
    5. Game time is 40 minutes (2-20 minute halves). Running clock except for the last minute of each half, injuries, and timeouts. In the last minute of each half, the clock will only stop on dead ball situations. The clock will start when the ball is snapped or on the official's whistle. The clock will not run during all extra point plays. Teams change sides at halftime. There will be a 5-minute halftime if time allows.
    6. If a team is winning by more than 20 points, the clock will not stop the last minute of the half.
    7. Games tied at the end of regulation will be decided by each team having a chance to score a conversion (point value same as extra points). Each team will decide which conversion amount to attempt. If tied after the first possession the teams will switch attempt order. After third attempt from each team, teams must attempt 2 point conversions until there is a winner. Possession will be determined by a coin flip.
    8. Team will only be given 5 minutes past the start of the game to have the minimum number of players needed before a forfeit is declared.
  - B. Delay of Game, Timeouts and Substitutions
    1. Each time the ball is spotted, a team has 30 seconds to snap the ball.
    2. Each team has three 60-second timeouts per game.
    3. Teams do not have to provide a scorekeeper.
    4. Teams may use their choice of official size football when they are on offense.
    5. Substitutions are permitted after the conclusion of each play. Once the ball has been spotted and been made ready for play, the ball may be snapped.

### C. Players

1. Teams must field a minimum of 3 players at all times.

### D. Scoring

1. Touchdown = 6 pts., Extra Point = 1pt. (5 yards out), 2 pts. (12 yards out), Safety = 2 pts.
2. All forfeits will be counted as a 40-0 score.
3. A game in which a team has pulled ahead by 40 or more points will end at that point regardless of the amount of time left on the clock (Mercy Rule).
4. The football must break the plane of the end zone before the runner's flag is pulled in order to be scored as a touchdown.

### E. Running Plays

1. There is no running the ball from the backfield. All plays will start with a forward pass received **beyond the line of scrimmage.**
2. Down field handoffs and pitches are LEGAL. Pitches must be sideways or backwards.
3. A handoff is transferring player possession from one teammate to another without throwing or kicking it.
4. The handoff must be a complete change of possession.
5. The player who takes a handoff or pitch can throw the ball as long as he does not cross the line of scrimmage and the exchange was backwards or sideways.
6. Once the ball has been handed off, all defensive players are eligible to rush. (7 second pass clock is not in affect after a handoff)
7. **Ball carriers are not allowed to stiff arm, flag guard, dive or hurdle. Jukes that include both of the ball carriers feet leaving the ground momentarily are permitted, as long as they are not jumping over anyone in the process. No excessive spinning (referee discretion).**

### F. Receiving

1. All players are eligible to receive passes, including QB if the ball has been handed off or pitched behind the line of scrimmage.
2. A player must have at least one foot in bounds when making a catch.
3. Receivers who intentionally draw defenders into a collision with another defender by running a crossing route will be penalized (illegal contact-5yds)
4. Players are allowed to dive to catch the ball.
5. If a player is going to the ground in the process of making the catch, they must maintain control of the ball throughout the entire process of contacting the ground in order to be ruled a completion.
6. **Two arm's length must be given to allow defender room to avoid contact during crossing routes.**

### G. Passing

1. **All passes must be forward and received beyond the line of scrimmage.**
2. **Only one forward pass is permitted per play. Forward passes caught behind the line of scrimmage may NOT be passed again and play would be dead.**
3. Shovel passes are allowed but must be received beyond the line of scrimmage.
4. QB has a 7-second pass clock. If a ball is not thrown or handed off within 7-seconds, the play is ruled down and the ball is spotted where the quarterback was. **Referee will notify when there is 3 seconds left to throw.** (If the ball is handed off, there will be no 7-second pass clock)
5. Interceptions are the only change of possession that does not start at the 5-yard line. Interceptions can be returned. **Interceptions on Extra Point attempts cannot be returned.**

### H. Fumbles

1. There are no fumbles. Ball is spotted where the ball carrier lost control. Anytime the ball touches the ground, it is dead.

### I. Blocking

1. Shadow Blocking is like a moving screen in basketball. Arms and legs must be kept in and blocking player must give defense an opportunity to avoid contact. If done legally and the defense initiates contact, the penalty will be illegal contact on the defense. **If the "shadow blocker" moves in front**

of the defender and does not allow the defender time to avoid contact or has their arms or legs out, the penalty will be on the offense for illegal contact.

#### J. Dead Balls

1. To start play, ball must be snapped between the legs or off to one side.
2. Play is ruled over and the ball is spotted when/where: (A) the ball hits the ground, including bad snap; (B) the ball carrier's flags are pulled; (C) the ball carrier's knee, elbow, or bottom touches the ground; (D) the ball carrier steps out of bounds; (E) at the point of a lateral if it hits the ground (where ball hits the ground); (F) whenever an official blows their whistle.
3. Offensive players do not have to be set prior to the snap of the ball, but they may not be moving forward. Only 1 player is allowed to be in motion at the time of the snap. All other players must be set for one second at the time of the snap.
4. If there is an "Inadvertent Whistle" by an official, the play is over and the offense will get the choice of a replay or spot the ball where the whistle was blown.

#### K. Rushing the QB

1. All players that rush the QB must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. Any number of players may rush the QB. The referee will designate the 7-yard rush line.
2. A defensive player not rushing the QB may not cross the line of scrimmage for any reason unless the offense executes a pitch, handoff or lateral.

#### L. Flags

1. Three flags must be worn; one on the left hip, one on the right hip, and a third on the back.
2. If players' flags fall off and he receives a pass, the play is live until the runner is touched with one hand between the shoulder and knee. If your flag is pulled off before you receive a pass, the defense will be assessed with the proper penalty (illegal contact pre pass or pass interference during pass).

#### M. Sportsmanship and Rough Play

1. A high degree of sportsmanship is required of all participants. If the KPR official is aware of any acts of elbowing, cheap shots, intentional or repeated contact, taunting, abusive language and similar or other unsportsmanlike acts, an unsportsmanlike conduct penalty will be called.
2. KPR officials will rate the sportsmanship (0-4 rating with 1 being the worst mark and 4 being the best) of teams at the conclusion of the game. All preseason and regular season games count toward sportsmanship standings. An average is taken from all games.
  - i. 0 – Forfeit
  - ii. 1 – Player(s) ejected.
  - iii. 2 – Repeated negativity/poor sportsmanship toward officials or opposing team; Unsportsmanlike Conduct Penalty.
  - iv. 3 – Some unwarranted negativity toward officials and/or opposing team.
  - v. 4 – Displays good sportsmanship
3. The team with the highest sportsmanship rating will receive a \$50 KPR gift certificate. Ties between teams will go to the team with the worse record. If a team cannot make a game, please call the KPR Office so teams and staff can be notified. If a team calls in, a sportsmanship rating of 2 will be given, if there is no call, a sportsmanship of 0 will be given.
4. Unsportsmanlike conduct by players or fans will NOT be tolerated.
5. Three unsportsmanlike conduct penalties by any one team will result in an automatic forfeit of that game and the next scheduled game. Two unsportsmanlike conduct penalties by any one player will result in ejection from the game and the next scheduled game.
6. **The team captain is responsible and is the spokesperson for the team.**
7. Any player ejected from a game will automatically be suspended for the next scheduled game. Multiple incidents in a season can result in suspension for the entire season.
8. Physically touching an official, staff member, opposing team member, or spectator will result in immediate removal from the game and could result in suspension from the program for multiple games or the entire season depending on the severity.
9. Any player ejected from a game must leave the fenced-in area of the Harvey Park Complex.

## N. Attire

1. Cleats are allowed, except for metal spikes (flat metal tipped cleats okay).
2. Shirts must be tucked in.
3. Bottom of shirt arm holes must be within 4 inches of armpit.
4. Protective mouthpieces and shorts without pockets are recommended.

## O. Penalties

1. **Encroachment:** When a player enters the neutral zone and makes contact with an opponent before the ball is snapped.
2. **Offside:** A player is offside when any part of his body is beyond the line of scrimmage when the ball is snapped.
3. **False Start:** Movement by an offensive player after he has taken a set position.
4. **Safety:** The situation in which the ball is dead on or behind a team's own goal if the impetus comes from a player on that team. Two points are scored for the opposing team.
5. **Unsportsmanlike Conduct:** Any act contrary to the generally understood principles of sportsmanship. Includes but is not limited to tackling, taunting, vulgar language or gestures, refusing to comply with officials and staff.
6. **Delay of game:** Failing to snap the ball within 30 seconds after the ball has been made ready for play.
7. **Helping the runner:** Pushing, pulling or lifting the runner to aid his forward progress.
8. **Illegal Contact** (Includes illegal use of hands and holding)
  1. Offense: Illegal blocking technique, illegal crossing routes.
  2. Defense: Illegal technique, contacts eligible receiver before the pass, attempting to strip the ball, deflating an opponent without the ball.
9. **Illegal Substitution:** Too many players on the field or a deceitful substitution.
10. **Illegal Participation:** Receiver steps out of bounds then participates in the play.
11. **Illegal Motion:** Not set for one second/moving forward.
12. **Illegal Shift:** Movement of two or more offensive players at the same time before the snap.
13. **Illegal Rushing:** Player that attempts to rush the QB and did not start behind the 7 yard cone.
14. **Roughing the Passer:** Any contact with the QB, including pull his flag, after the throw has been made.
15. **Illegal Forward Pass:** Only one forward pass allowed per play. Also shovel passes must be received beyond the line of scrimmage.
16. **Illegal Rush:** Forward pass must occur before team can run the ball beyond the line of scrimmage.
17. **Illegal Equipment:** Flags not properly worn or shirt not tucked in.
18. **Intentional Grounding:** Passer throws the ball without a realistic chance of it being caught or if it does not cross the line of scrimmage.
19. **Pass Interference:** Occurs when a player interferes with a receiver's ability to make a fair attempt to catch a forward pass.
20. **Flag Guarding:** Ball carrier flag guarding or stiff arming.

<b>Defensive</b>	<b>Yards</b>	<b>Spot of Enforcement</b>	<b>Down Indicator</b>
Offsides	3 Yards	Previous Spot	Repeat Down
<b>Encroachment</b>	<b>3 Yards</b>	<b>Spot</b>	<b>Repeat Down</b>
Illegal Rushing	3 Yards	Previous Spot	Repeat Down
Illegal Contact	5 Yards	Spot	Repeat Down
Roughing the Passer	5 Yards	Previous Spot	<b>Automatic First Down</b>
Pass Interference	5 Yards	Previous Spot	<b>Automatic First Down</b>
Illegal Equipment	5 Yards	End of Play	Repeat Down
Illegal Substitution	5 Yards	End of Play	Repeat Down
Illegal Participation	5 Yards	End of Play	Repeat Down
Unsportsmanlike	10 Yards	End of Play or Previous Spot	Repeat Down

<b>Offensive</b>	<b>Yards</b>	<b>Spot of Enforcement</b>	<b>Down Indicator</b>
<b>Offsides/False Start</b>	<b>3 Yards</b>	<b>Spot</b>	<b>Repeat Down</b>
<b>Delay of Game</b>	<b>3 Yards</b>	<b>Spot</b>	<b>Repeat Down</b>
<b>Illegal Motion/Shift</b>	<b>3 Yards</b>	<b>Spot</b>	<b>Repeat Down</b>
<b>Illegal Forward Pass</b>	<b>3 Yards</b>	<b>Spot</b>	<b>Loss of Down</b>
Intentional Grounding	3 Yards	Spot	<b>Loss of Down</b>
<b>Illegal Rush</b>	<b>3 Yards</b>	<b>Spot</b>	<b>Repeat Down</b>
Flag Guarding	5 Yards	Spot	Repeat Down
Pass Interference	5 Yards	Previous Spot	<b>Loss of Down</b>
Illegal Contact	5 Yards	Previous Spot	Repeat Down
<b>Illegal Substitution</b>	<b>5 Yards</b>	<b>Previous Spot</b>	<b>Repeat Down</b>
Illegal Participation	5 Yards	Previous Spot	Repeat Down
Illegal Equipment	5 Yards	Previous Spot	Repeat Down
Unsportsmanlike	10 Yards	End of Play or Previous Spot	Repeat Down
<b>7 second pass clock</b>	<b>SACK</b>	<b>Spot</b>	<b>Loss of Down</b>

**Dead Ball Penalty**