

CITY OF GREELEY

4 ON 4 FLAG FOOTBALL LEAGUE RULES

The Game:

- No contact allowed
- No blocking
- A coin toss determines first possession
- The offensive team takes possession of the ball at their 5-yard line and has three (3) plays to cross 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 on the offenses 5-yard line
- Teams change sides after the first 18 minutes. The team that started the game with the ball will begin the second half on defense. There will be a 2-minute half time. The clock does not stop during the game with the exception of overtime and the last 2 min of the game if a incomplete pass is thrown or a player runs out of bounds (only applies if game is within 14 points).
- Each time the ball is spotted a team has: 30 seconds to snap the ball. Teams will receive one warning (per game) before a Delay of Game penalty is enforced

Attire:

- Cleats are allowed, except for metal spikes (Inspections can and will be made)
- Shirts must be tucked in shorts, pants, etc.
- Players on teams must wear same color shirts

Player Changes:

- All player changes must be made prior to your fourth scheduled game and must be approved by City of Greeley personnel

Running:

- The quarterback Can Not run the ball
- Only direct hand-offs behind the line of scrimmage are legal. No laterals or pitches of any kind. Offense may use multiple hand-offs.
- The player who takes the hand-off can throw the ball as long as he does not pass the line of scrimmage
- “No Running Zones” are located 5-yards before midfield and 5-yards before the end zone in each offensive direction
- “No Running Zones” are designed to avoid short yardage power running situations
- Spinning is allowed but players cannot leave their feet to avoid a defensive player
- The ball is spotted where the ball carries belt is when the flag is pulled, not where the ball is. Ball and flags must break the plane for a 1st down and touchdown

Passing:

- All passes must be forward and received beyond the line of scrimmage
- Shovel passes are allowed but must be received beyond the line of scrimmage
- QB has a 7 second “pass clock”. If a pass is not thrown within the 7 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 Once the ball is handed off the 7-second rule is no longer in effect

-Interceptions can be run back. All players on the intercepting team the must freeze aside from the ball carrier. Failure to freeze will result in player being down at the spot of the foul.

Receiving:

- All players are eligible to receive passes (including the QB if the ball has been handed off behind the line of scrimmage)
- Only one player is allowed in motion at a time
- Player must have at least one foot in bounds when making a catch
- Pass may not be intentionally tipped in any direction to another teammate

-Player changes may be made with the Site Supervisor at the fields on the roster

Players / Game Schedules:

- Teams must field a minimum of three (3) players at all times
- Regular play is with four (4) players on the field at a time.
- Coed teams must field two (2) female players at all times
- If a team or teams are more than 5 minutes late for their scheduled games they will be forfeited
- We reserve the right to reduce, shorten, or reschedule games due to inclement weather or unforeseen circumstances

Scoring:

- Games are 38 min long. Or if a team leads by more than 40 points.
- TD=6 points, Extra Point=1 (5 yards out); 2 (12 yards out), Safety=2 points

Time Outs:

- Each team has one (1): 60 second time out per game, in which the clock stops
- Officials can stop the clock at their own discretion

Rushing the QB:

- All players that rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. Any number of players can rush the QB
- Players not rushing the QB may defend on the line of scrimmage
- Once the ball has been handed off the 7 yard rule is no longer in effect and all defenders are eligible to rush
- A special marker, or the referee, will designate seven (7) yards from the line of scrimmage

Dead Balls:

- Player is ruled "DEAD" when:
 - *Offensive player's flag is pulled
 - *Ball carrier steps out of bounds
 - *Touchdown is scored
 - *Ball carrier's flag falls out
 - *Receivers flag falls out (play is dead at point of reception)
- If the QB takes a snap without both flags, the ball is dead where he or she receives the snap
- There are no fumbles. Ball is spotted where it hits the ground. Anytime the ball touches the ground it is dead

Sportsmanship / Roughing:

- If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act; the game will be stopped and the player can be ejected from the game. League supervisor may decide to eject players from the league. Foul play will NOT be tolerated!!
- 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

Overtime:

- If the score is tied at the end of thirty eight (38) minutes, teams move directly into overtime
- Coin toss determines possession
- Each team receives three (3) plays from their own 12-yard line.
- Each team gets a chance to be on offense. If the game is still tied, during the regular season overtime is repeated twice, after that it is a tie. In playoffs game is continued until an offense scores

Penalties:

- All penalties will be called by the referee and may be declined
- All penalties are assessed from the original line of scrimmage

Defense:

- Offside
- Interference
- Illegal Contact (holding, bump and run, blocking, etc.)
- Illegal Flag Pull (before receiver has ball)
- Illegal Rushing (start rushing from inside 7 yard marker)
- All defensive penalties are 10 yards (from the line of scrimmage) and automatic 1st down

Offense:

- Illegal Motion (more than 1 person moving, false start, motion, etc.)
- Illegal Forward Pass (pass received behind the line of scrimmage)
- Offensive Pass Interference (illegal pick play, pushing off / away defender)
- Flag Guarding
- Delay of Game – Clock will stop / 10 yards and loss of down
- All offensive penalties are 10 yards (from the line of scrimmage) and loss of down
- Within 10 yards of goal, ball is placed ½ distance to the goal
- Referees determine incidental contact, which may result from normal run of play
- Only the Team Captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls
- Games cannot end on a defensive penalty, unless the offense declines it

Divisional Tie Breakers:

- 2 teams tied for one place – whoever won in head to head competition, if they have played twice and split then point total will determine place
- 3 teams tied for two places – point differential in head to head games – forfeits are worth 14 points
- 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

Others:

- 1 and 2 point conversion do not count as timed plays – clock stops. The clock starts back up on the referees whistle
- If flag is pulled before football leaves the QB's hand, QB is down
- Protests must be made at point of infraction. State protest and finish game. Then come to the Downtown Recreation Center or the Funplex and pay the \$35.00 protest fee by 5:00PM by the next day. If the protest is found valued than the \$35.00 fee will be returned. If the protest is not found valued then the \$35.00 fee will not be returned.

Tournament:

- A bye in the tournament will count as 1 of the 2 game guarantees.
- Awards will be given to top finisher of the tournament.