

2009 EDEN PRAIRIE 4-MAN

UNOFFICIATED FLAG FOOTBALL RULES

League Philosophy

The intent of this program is to keep the passing skills and finesse plays of football but eliminate as much physical contact as possible. Because this program is unofficiated, it is essential that all participants play with integrity at all times. Chippiness and unsportsmanship cannot be allowed. Those individuals/teams will be asked to leave the field immediately. Note: Alcohol is not allowed during the game or on team benches. Teams are allowed to drink beer in the parking lot after games. Remember the park closes at 10:00pm. The spirit of the game should be similar to un-officiated 3-man basketball, where players use the honor system, and remember that this league is set up only for fun and participation.

Field Size

60 yards long x 35 yards wide, with 10 yard end zones. (Outdoor)

Team Roster

10 man maximum.. Teams must have 3 players at game time or a forfeit is declared.

Game Ball

Each team uses their own ball while on offense (must be official weight/size).

Game Time

Game consists of two 25 minute halves (running time) w/ 5 minute halftime.

In the 2nd half only, if a team is trailing by 1 score or less and time runs out & offensive team has begun at least one play, they are allowed to complete their series of downs. The defensive team can run back an interception, but do not get any offensive plays. *The 1st half is over at the supervisor's whistle.*

Captains Pregame Meeting

8-10 minutes before the scheduled game time, team captains will meet on the sidelines of field #10 with the site supervisor, to discuss any situation not covered in the rules & come to an understanding as to how the game will be played. At this meeting teams will flip a coin to determine the choice of starting on offense/defense & which end to start on. Teams automatically switch ends and ball possession in the 2nd half.

Game begins

The 1st and 2nd half both begin on the site supervisor's whistle.

Scoring

- Touchdown 6 points
- Extra point 1 point if initiated from 5 yard line; 2 points if initiated from 15 yard line.
- Safety 2 points (offensive team punts from own 15 yard line).
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- Overtime: Each team gets 4 plays from the same 10 yard line. The team that scores in the fewest # of plays wins. Teams may lose/gain yardage with each play. Interceptions will automatically kill a team's series and cannot be run back for a touchdown. If still tied after 4 downs, repeat process.

Reporting Game Results The winning team should let the field supervisor know who won or call in results to 952- 949-8451.

Inclement Weather

For weather determinations call 952- 949-8449 after 4:00pm. On field weather determinations will be made by the field supervisor.

Player Equipment Players may wear turf shoes (no metal spikes), knee pads, and elbow pads.

Delay of Game A team is penalized 7 points if they are 5-10 minutes late. After 10 minutes a forfeit is declared.

Play-offs /Final League Standings In regards to seeding, if 2 teams have identical records head to head competition will be the 1st tie breaker, if more than 2 teams have the same record total points scored minus points given up between those teams tied will determine a team's seeding or final league standing, if two teams have not played each other and identical records exist a one game play-off for a league championship will be played. A score of 12 to 0 will be recorded for a forfeited game.

PLAYING RULES

Starting the Game & Half

- Teams start play from the 15 yard line. There are no kickoffs.
- **This is strictly a passing league, no running plays are allowed.**

Dead ball

- A dead ball is any pass, lateral, handoff or punt return that touches the ground. The play is always dead in every case.
- On any lateral or handoff the new line of scrimmage becomes the point where the fumble occurred.
- If the quarterback drops the centering pass, the play is dead, and the line of scrimmage remains the same.
- The defensive team can rush the quarterback immediately, but must start at least 10 yards past the line of scrimmage.
- **Bump-n-run defense is not allowed by any member of the defense. Penalty = 10 yards**
- No player except the offensive center may go into a 3 or 4 point stance.
- **Once a player is down, they are down. The flag does not need to be pulled. This helps to avoid rough play.**
- Any pass intercepted in the defending team's end zone is an automatic touchback & may not be returned.

Penalties

- If the defensive team commits a penalty, the offensive team can take the result of the play (completed pass), or re-do the play and take the appropriate penalty yardage.
- If the offensive team commits a penalty, the defensive team can take the result of the play or take the penalty yardage.
- If there is an argument concerning a play and an agreement cannot be reached, the play will be re-played using the following rules. No other recourse.
 - * If the disagreement is that the defensive team possibly committed the penalty, then the offensive team will take 5 yards and re-do the down.
 - * If the disagreement involves the offensive team possibly committing the penalty, they will lose 5 yards and re-do the down.

Penalty Yardage

5 yard penalties * off sides/illegal procedure * penalty disagreements * too long in the huddle (40 second maximum after all players are in the huddle).

10 yard penalties *roughing (plus take play or replay the down * illegal blocking
*offensive interference * defensive interference (plus replay the down)

Any penalty that is within the team's 10 yard line will be half the distance to the goal.

Fighting- Any player that engages in fighting or unnecessary roughness will be expelled from the game as well as his team's next scheduled game. Depending on the severity of the infraction, the player may be expelled for the remainder of the season. Any team that has multiple offenses of fighting or unnecessary roughness will be dropped from the league without refund.

Blocking- Blocking of any kind is not allowed Penalty = 10 yards

Screening- is not allowed. Player may stand still, but can't run interference for the man with the ball Penalty = 10 yards

Downs- Each team will have 4 downs to score. After 4 downs the other team takes over control of the ball (there are no 1st downs).

4th Down Kick

- Teams may punt the ball on 4th down. The punting team must declare if they are going to punt.
- **The punter must punt the ball and may not throw it.**
- The defensive team cannot rush the punting team. The punting team can't cross the line of scrimmage until the ball is punted.
- The receiving team may send all of its players back to receive a punt. No blocking after the punt. Laterals are permitted.
- Punts downed in the end zone will be put in play at the 15 yard line.

Pulling the flag

- The play is dead when the player with the ball flag-belt has been pulled.
- **The defensive player may not hold the offensive player to help pull the flag.**
- The defensive player may leave his feet to dive for the flag.
- The quarterback must release the ball before his flag is pulled.
- **The defensive player may pull the flag of a receiver who is in the act of bobbling the ball= Ball is down at the spot if it is subsequently caught.**
- Pulling the flag before the receiver touches the ball= interference.
- **Continuous Spins – The ball carrier may not continuously spin (more than one spin per run) as he runs down the field. (This helps to alleviate frustrated defenders from grabbing the runner, to pull his flag). Any player that attempts a second spin is down at the place where the 2nd spin occurred.**
- **Any player carrying the ball that doesn't have his shirt tucked in is down on contact!**

Backfield Play

- The initial quarterback may scramble behind the line of scrimmage, but may not advance beyond the line of scrimmage.
- The initial quarterback may be involved in receiving a multiple pass.
- No offensive player may carry the ball across the line of scrimmage.
- Handoffs behind the line of scrimmage are not allowed.
- All centering passes must be made to the person directly behind the center.
- When the ball is snapped, one offensive player may be in motion backwards or laterally.

Multiple pass Plays

- Forward passes are permitted behind the line of scrimmage.
- The receiver must be behind the line of scrimmage if he wishes to throw another forward pass.
- The ball can never cross the line of scrimmage and be thrown again in a multiple pass play.
- There is no limit to the number of passes behind the line of scrimmage, but once the ball crosses the line of scrimmage there can be no further forward passes.
- A player may go over the line of scrimmage and then return to be eligible for multiple pass plays.
- Laterals are legal both behind and beyond the line of scrimmage. Laterals can be either overhand or underhand.

Faircatch

A player signaling for a fair catch shall be given an unimpeded opportunity to catch the ball.

Penalty=10yards

Passing

- All players are eligible receivers
- Any player that leaves the field of play may not return and catch the ball unless it is first deflected by another player.
- A receiver must have one foot in bounds for a legal reception; however the inbounds foot must come down prior to the other foot.

Punt returns

- Any muffed/dropped punt return is dead at the spot.
- The defensive team may only down a dropped punt.
- Screening is not allowed. Player may stand still, but can't run interference for the man with the ball. **Penalty= 10 yards**

Offensive/Defensive line play

- Other than the quarterback, all offensive players must start along the line of scrimmage.
- Offensive receivers (within 5 yards of the center) may not move positions once the team is at the line of scrimmage prior to a play. This rule does not apply to a receiver starting more than 5 yards from the center.
- Any of the defenders may rush the quarterback, provided that they start at least 10 yards beyond the line of scrimmage.
- **Defenders may not bump/touch any offensive receiver. Penalty= 10 yards**
- **Offensive receiver may not push off/touch any defender. Penalty= 10 yards**

Timeouts- There are no timeouts allowed except for an injury timeout.

Protests - Protests are not accepted, this league is for fun. Teams/individuals not willing to cooperate will be asked to drop out.

FINAL NOTE:

The field supervisor has the authority to make any rule interpretations, weather determinations, and player ejections if needed. These rules may be revised if needed by the league director or field supervisor. For further information contact Lyndell Frey (Recreation Coordinator) at lfrey@edenprairie.org or (952) 949-8438.