



South Suburban
PARKS AND RECREATION

ADULT
4 V 4
FLAG FOOTBALL
RULES

Athletics Department
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ADULT 4v4 FLAG FOOTBALL **RULES AND REGULATIONS**

GENERAL INFORMATION

South Suburban Parks and Recreation District offers a non-sanctioned flag football program for the recreational enjoyment of the participants. South Suburban Athletics Department is the sole governing body of this program.

South Suburban Athletics Department reserves the right to reclassify teams at any point to maintain a fair balance of league competition. They also reserve the right to expel or suspend any team or team member from the league for reasons of conduct or failure to observe to the rules, regulations, or policies outlined in the Rules and Regulations and Code of Conduct. Written notification of such action must be provided by South Suburban Athletics staff.

All leagues will be played according to the South Suburban Rules and Regulations. Since players in flag football cannot have protective equipment, it is essential that necessary safety rules be followed at all times. The Team Manager is responsible for briefing each team member about league rules. League rules are available at: www.teamsideline.com/sspr.

TEAM SPECIFICS

ROSTERS

1. A complete roster is required for all teams. Team rosters must be filled out online and a roster card must be turned in at the Manager's meeting held prior to the beginning of each season.
2. Rosters will freeze at a specific date each season and the date will be announced at the Manager's meeting. A team may add players to their roster throughout the season and up until the roster freeze date.
3. Players may be added to a roster either online through our registration website, in-person between 8:00am-5:00pm, Monday-Friday at the Athletics Office (6631 S. University Blvd.), by phone 303-798-7515, or by e-mailing the League Coordinator.
4. All player information must be filled out completely on the initial team roster list. Falsifying addresses or using inaccurate player information will result in automatic player suspension and potential forfeiture of games.
5. Each player is required to have a photo ID with them at all games.
6. Roster checks will occur at playoff games. Additional roster checks may be done at any time throughout the season by instruction from the League Coordinator.

PLAYER ELIGIBILITY

1. All individuals must be at least eighteen (18) years of age or have completed high school. High school students are not permitted to play.
2. Individuals who are currently playing professional football or affiliated with a semi-pro football team are not permitted to play.
3. Players are not allowed to participate on more than one team in the same division per night. Officials reserve the right to disallow participation of a player due to playing on a different team in the same division on the same night.
4. **Players must be on team's initial roster card or be added to the roster by the Roster Freeze date in order to be eligible for playoffs.**
5. **Use of an ineligible player will result in the forfeiture of the game.**

AWARDS

1. LEAGUE CHAMPIONS: Teams that win the championship of their playoff brackets at the end of the season will receive championship awards for each player on their roster (8 per team max.)

PROTESTS/DISPUTES

1. PROTEST DECLARATION: Team managers must declare a protest at the time of the incident before the ball is put into play. Any protest regarding the eligibility of a player must be done before the ball is put into play. Officials and scorekeeper must be made aware of a manager's official declaration to protest and mark down all pertinent information for the Protest Form. Both managers will be made aware of the declaration and the game will proceed.
2. PROTEST FORM: All protests must be documented using the official protest form. This form includes: the time of the incident, what is being protested, time left in the game, and score. Both managers and all officials must review and sign the protest form.
3. PROTEST FEE: All protests must be accompanied by a \$50 cash protest fee from the protesting team. NO protest will be reviewed without the \$50 protest fee. If the protest is valid, the \$50 will be refunded to the protesting team.
4. PROTEST PROCEDURE: Once the form has been received by the League Director, it will be reviewed within 24 hours following the game. A protest will be considered only if it deals with misinterpretation of a rule or the eligibility of a player. No action can or will be taken involving personal judgment calls of the officials. If the protest is valid and deals with misinterpretation of a playing rule, the game will be replayed from that point on. If the protest is valid and involves an ineligible player, the result will be an automatic forfeit of said game by the team with the ineligible player.
5. DISPUTES: In the case of a dispute, the officials are instructed to talk to managers only. All others will retire to their team benches until instructed by the referee to return to the field and resume play.

TEAM SCHEDULES/INCLEMENT WEATHER

1. All schedules will be published and posted online at www.teamsideline.com/sspr
2. The Weather Hotline (303-794-3338) has a recorded message which informs teams about game statuses for that specific day/evening. Messages will not be recorded until 4:30pm on weekdays and two (2) hours prior to the first scheduled weekend games. Updates are made as necessary.
3. Officials have the authority to delay games due to inclement weather. Officials must check with the League Coordinator prior to canceling any games. A delay shall last no longer than thirty (30) minutes. After thirty (30) minutes, the League Coordinator must be called and a decision will be made regarding the status of games.
4. Teams choosing to leave prior to instructions given by the League Coordinator and games continue as scheduled, will be given a forfeit.
5. All suspended/canceled games will be made up. These make-up games are scheduled for selected weekends, but could be scheduled for any day or night if fields are available.
6. Make-up games will be posted online at www.teamsideline.com/sspr and will be communicated to Team Managers. Team Managers must be sure all teammates are aware of rescheduled games.
7. Make-up games are not guaranteed to be played at the same site as the originally scheduled game. South Suburban will make every effort to accommodate that, but dates and times are dependent on field availability.
8. If a game has to be canceled due to inclement weather, darkness, lightning, etc., it shall be resumed from the exact point where it was stopped.

DEFAULTS/FORFEITS

1. A team is considered to have defaulted their game when they give the League Coordinator advanced notice that their team will not be showing up for their scheduled game. Advanced notice is considered to be 3:00pm on the date of the game.
2. A team that fails to show up for their game or that does not have enough players to play their game is considered to have forfeited that game.
3. Any team that forfeits twice in one season will be removed from the league with no refunds of league fees. League schedules will be redeveloped to ensure all remaining teams still get their required amount of games.
4. All forfeits will be scored 28-0. Double forfeits will be scored 0-0. All forfeits and defaults will be recorded as losses in the team standings. Defaults will be scored 6-0.

GAME SPECIFICS

STARTING THE GAME

1. **START TIME:** Game time is forfeit time. It is recommended that teams arrive at the game site fifteen (15) minutes prior to the scheduled start time of their game.
2. **SCORING:** The officials have the sole responsibility for keeping track of time and score of each game.

3. TEAMS: Four (4) players constitute a team. A team may start with no fewer than three (3) players and may finish with as few as two (2). If a team has two (2) or less players at game time, the opposing team can either: ask for an immediate forfeit or start the game clock and allow that team up to five (5) minutes to get a third player before the forfeit has been declared. If a team cannot field a legal team, a forfeit will be declared and scored as 28-0.
4. UNIFORMS: Teams must wear contrasting color uniforms with numbers preferred on the front or back. No duplicate numbers on the uniforms and the numbers should be permanently attached to the shirt/uniform.
5. JEWELRY: NO jewelry may be worn. Player(s) cannot tape jewelry, it must be taken off. If during the course of the game, a player is found to have jewelry on, the officials will stop the game and remove the player until the jewelry has been removed. *Clarification: Medical alert bracelets are not considered jewelry; they must be taped down with the medical information visible.*
6. GAME EQUIPMENT: Each team must provide their own legal ball to use during the game. If a both teams agree on using one game ball, then that is allowed given the ball meets the legal requirements for regulation football.
7. TRIPLE THREAT FLAG BELTS: Each player on the field must wear a triple threat, one-piece flag belt with a spring clip. Each team is required to provide their own flag belts. Triple threat flag belts can be purchased at any local sporting goods store. Flag lengths must be at least 14.5” in length
8. OTHER EQUIPMENT: Braces or other types of support equipment are not required. **No hard or unyielding substance on the brace such as: leather, plaster, plastic, or metal.**

PLAYING THE GAME

1. GAME TIME: The game will consist of two (2) halves of twenty (20) minutes. The first half will be a running half; the clock will only stop for team & officials timeouts. The second half will be a running clock for the first eighteen (18) minutes dependent on the score.
2. PLAY CLOCK: Once the ball is spotted, the offense has 25 seconds to snap the ball. Failure to snap the ball will result in a delay of game penalty.
3. STOPPING THE CLOCK: If the score is within eight (8) points at the two (2) minute mark of the game, the clock will stop during the last two (2) minutes of the second half when a touchdown is scored or a penalty (non-advantageous) is called. If the point differential reaches 9+ points after the two (2) minute mark a running clock will be in effect. Officials will deem advantage/disadvantage penalties and will make final ruling on the clock being stopped.
4. HALF TIME: Half time will be three (3) minutes in length.
5. TIME-OUTS: Each team will get one (1) thirty-second time-out per half. Time-outs are not cumulative.
6. SCORING: When a team scores a touchdown, they are granted six (6) points. The scoring team has the option to go for one (1) or two (2) extra points. The one (1) point try is attempted from the 5-yard line; the two (2) point try is attempted from the 12-yard line. A safety is worth two (2) points.
7. POINT/MERCY RULE: With four (4) minutes or less left in the game, if a team is ahead by forty (40) points or more at any point, the game shall be declared complete.

8. COIN TOSS: The beginning of the game and beginning of all overtime periods are both started with a coin toss. The winner of the coin toss will have the option to kick, receive, or defer their option to the second half. Teams will change directions in the second half.
9. DEAD BALL SITUATIONS: Play will be ruled dead when the offensive player's flag belt is pulled off, the ball carrier steps out of bounds, a touchdown is scored, the ball carrier's knee hits the ground, or any ball that hits the ground. If a player's flag belt falls off inadvertently, a tag (1 or 2 hands) between the shoulders and the feet constitutes a de-flagging. There are NO fumbles.
10. OVERTIME: *Only playoff games will play overtime.* Ties in the regular season will be scored as a tie in the team records. In the case of a tie, each team will be given one possession (3 plays) beginning from midfield to score. Extra points will be attempted after each score. If the score is tied after the first overtime, the overtime will be repeated. Teams must go for two (2) extra points beginning in the third overtime period.

4 v 4 SPECIFIC RULES

1. FIELD SPECIFICS: The field is sixty (60) total yards in length from the back of one end zone to the back of the other end zone. The field is thirty (30) total yards in width. "No Running Zones" are located five (5) yards from each end zone and five (5) yards on either side of mid-field.
2. POSSESSION: The offensive team will start each possession with the ball at their 5-yard line. The team has three (3) plays to move the ball across the midfield line. Once a team moves across midfield, they will have three (3) plays to score. Failure for the offensive team to move across midfield or score in their three (3) plays will result in a turnover and change of possession. All possession changes, except interceptions, will start on the offense's 5-yard line.
3. STARTING A PLAY: The ball can be snapped between the legs or off to one side of the player snapping to start the play. Only one (1) person is allowed to be in motion at a time prior to the ball being snapped.
4. PASSING: All passes must be forward and the ball must travel beyond the line of scrimmage. The quarterback will be given a seven (7) second pass clock and failure to throw a pass with the pass clock will result in the play being ruled dead and loss of that down. Shovel passes are allowed, but must be beyond the line of scrimmage. **Once the ball is handed off, the 7-second pass clock is still in effect until the runner breaks the line of scrimmage.**
5. RUNNING: The quarterback is **not** allowed to run. Only direct handoffs behind the line of scrimmage are legal (pitches are **not** allowed). Once the ball has been handed off, all defensive players are eligible to rush. The player receiving the handoff can throw the ball as long as they do not pass the line of scrimmage. One (1) backwards lateral after a pass is caught is allowed. Spinning is allowed, but players cannot leave their feet to avoid a defensive player (no diving). The ball will be spotted at the spot of the runner's feet once their flags are removed.
6. BLOCKING/SCREENING: Blocking or screening of any kind is not allowed. If in the referee's judgment, an action by an offensive player is interpreted as intent to impede the defensive player, even if there is no contact, the offense will be penalized for blocking.
7. RECEIVING: All players are eligible to receive a pass. Players must have at least one (1) foot in bounds to make a legal catch. A defensive player that makes an interception becomes a runner and can return the interception until their flags are removed. The ball will be spotted where the flags are removed and possession will change.

8. **RUSHING THE QUARTERBACK:** Any number of players may rush the quarterback. All players that rush the passer must be a minimum of seven (7) yards from the line of scrimmage when the ball is snapped. Players not rushing the quarterback may defend on the line of scrimmage. A special marker or the game referee will designate the seven (7) yard spot for defensive rushers. The offensive players cannot screen or interfere with any rusher.
9. **DIRECT LINE RUSHING:** The rusher is allowed a direct line to the quarterback, as long as they rush from either side of the offensive players and not directly over them. For in-tight formations (Offensive players standing within arm's length of one another), the rusher must line up outside of the formation and establish a clear/direct line of sight to the quarterback. The rusher cannot run through the middle of the in-tight formation. **Note: if a receiver motions into an in-tight formation, it is the receiver's responsibility to avoid the rusher since the clear/direct line of sight to the quarterback was already determined.**

PENALTIES, ENFORCEMENTS, TIE-BREAKERS

1. **PENALTIES IN GENERAL:** There will be zero tolerance for any "trash talking", verbal abuse, or rough play. Offending players will be subject to consequences based on our Code of Conduct. Only the team captain may ask the game official questions regarding rule clarifications and interpretations. Players cannot question a judgment call. Games/halves cannot end on a defensive penalty unless the offense chooses to decline the penalty.
2. **OFFENSIVE PENALTIES:**
 - a. **Illegal Motion** = more than one person in motion, false start, offside, etc.
 - i. **Enforcement = 5 yards and loss of down**
 - b. **Illegal Forward Pass** = pass received behind the line of scrimmage, pass thrown forward after first legal forward pass.
 - i. **Enforcement = 5 yards and loss of down**
 - c. **Blocking/Interference** = impeding/interfering with a defensive player with or without contact.
 - i. **Enforcement = 10 yards from the previous spot, play counts**
 - d. **Flag Guarding** = intentionally blocking/guarding your flags from being pulled.
 - i. **Enforcement = 10 yards from the previous spot, play counts**
 - e. **Delay of Game** = failure to snap the ball before the play clock expires.
 - i. **Enforcement = 5 yards and loss of down**
3. **DEFENSIVE PENALTIES:**
 - a. **Illegal Contact** = pass interference, pushing, holding, etc.
 - i. **Enforcement = 10 yards and automatic first down**
 1. **Exception: Pass interference will be a spot foul and automatic first down**
 - b. **Illegal Rushing** = starting the rush from inside of the seven (7) yard marker.
 - i. **Enforcement = 5 yards and automatic first down**
 - c. **Illegal Procedure** = neutral zone infraction, defensive offside, etc.
 - i. **Enforcement = 5 yards and replay the down**

4. TIE-BREAKING PROCEDURE: When records are tied at the end of League Play, the following procedure will be used to determine playoff seeding:
 - a. Head-to-head result(s)
 - b. Point differential in Head-to-head games
 - c. Total points scored during league play
 - d. Coin toss

ELASTIC POWER

The South Suburban Athletics staff reserves the right to establish guidelines for any and all rules or infractions not covered in the league rules and to refuse participation to any individual or coach if they do not obey the rules and regulations and keep within the spirit of sportsmanship.

CODE OF CONDUCT

The following “Code of Conduct” has been adopted for the South Suburban Parks & Recreation Programs and Facilities. These rules of conduct will be strictly enforced during the playing season/activity/contest. It is the Coach/Managers Responsibility to ensure all players know and adhere to the rules.

Appropriate social behavior is requested for all programs, facility and outdoor use. Individuals are encouraged to act in a way that will not hurt another person physically, mentally, or emotionally. A participant may be asked to withdraw from a class or program, or to leave a facility if behavior does not comply with program and or facility standards.

DEFINITIONS:

Coach/Manager- A person designated as team spokesperson. One who is either a player or non-player.

Players/Participant- A person, who actively participates in the game, sits on the bench or who is on the roster.

Contest or Playing Area - That area, which is designated by the League Director, may include spectator area. Can include parking lots and open space.

Spectator- A person who comes out to watch the games for entertainment with no physical involvement.

Official/Umpire - Person or persons on the field who administer the official rules.

Participation- Any involvement in South Suburban activities such as being a spectator, officiating, playing, coaching or attending non-sporting events. Anyone present at the time of an incident.

League Director - An employee of South Suburban.

Sportsmanship Policy

Each team or individual is responsible for the actions of its members and spectators during competition and all other times while on South Suburban District property. Unsportsmanlike conduct, including intimidation and infliction or threat of bodily harm, will not be tolerated and will result in ejection from competition and/or facilities. This Code of Conduct will be extended to drop in participants of a sporting activity. Additional sanctions may be added at the discretion of the District’s staff.

No contest is important enough to warrant physical or verbal abuse of officials, participants or spectators. Please remember that these contests are not professional sporting events. Please make the utmost effort to win with class, lose with dignity, and treat the contest officials with respect.

Revised September 28, 2016

The following behavior is unacceptable for any players, participants, coaches or spectators:

- Use of alcoholic beverages, illegal drugs or tobacco while in a South Suburban facility or at a South Suburban sponsored event except in authorized areas.
- Pushing, striking, threatening (verbally or physically) another player
- Pushing, striking, and threatening (verbally or physically) an official/umpire or South Suburban staff member.
- Refusal to abide by officials' decisions, including dissent and verbal abuse directed toward officials.
- Failure to follow South Suburban and/or school district regulations.
- Any inappropriate sexual conduct or lewd behavior on the premises or during an event.
- Foul language

CODE:

1. NO PLAYER/COACH SHALL; consume alcoholic beverages without a permit while on South Suburban property.

Minimum Penalty: Ejection from the playing area.

Maximum Penalty: Citation issued by law enforcement.

2. NO PLAYER/COACH SHALL; have three (3) or more team members (players or coaches) ejected from the game.

Minimum Penalty: Shall be penalized with a forfeit.

Maximum Penalty: Suspended from the league for one year. Forfeiture of fees/ no refunds given.

3. NO PLAYER/COACH SHALL; refuse to abide by officials' decisions. Officials are required to immediately suspend the player from further play and report such player to the League Director.

Minimum Penalty: Ejected from that game. Game may be declared a forfeit.

Maximum Penalty: Suspension from the league for two games.

4. NO PLAYER/COACH SHALL; threaten to strike, be involved in a physical altercation or verbally threaten another player, coach, spectator, official, umpire or staff member.

Minimum Penalty: Ejection from that game, receive at least a one-game suspension from the next scheduled game (possible suspension for remainder of the year or longer) and be placed on probation.

Maximum Penalty: Placed on indefinite suspension and/or assault charges filed. Forfeiture of fees/no refunds given.

5. NO PLAYER/COACH; who is ejected from a game may remain in the facility or field. He or she must leave playing area within two (2) minutes.

Minimum Penalty: They must leave facility (official's judgment).

Maximum Penalty: Failure to leave immediately can result in a forfeit. If a forfeit is declared the offending player is suspended for two games and depending on the severity of the offending players actions may result in a suspension for life from South Suburban programs.

6. Teams are responsible for their players and spectators conduct before, during, and after the game. All spectators, as well as participants must conform to all school district regulations and South Suburban Park and Recreation District regulations. Improper behavior will not be tolerated in South Suburban programs.

Minimum Penalty: Verbal warning to the coach, technical fouls/penalties assessed.

Maximum Penalty: Forfeit of the game, possible arrest and prosecution, forfeiture of remaining games, and no refund of fees.

ENFORCEMENTS:

1. All suspensions carry an automatic probation period. Once a player(s), coach, and/or team have been placed on probation, their conduct will be evaluated throughout the remainder of the season. Further conduct violations will result in a minimum suspension extending through the remainder of the season, as well as forfeiting all fees paid to date.
2. Warning methods: verbal and written notices
3. Suspended coach or player: Suspension from the playing area will result in the League Director investigating the suspension.
4. If a suspended coach, player or spectator does not leave the contest area, the authorities will be called.
5. The official, supervisor, league director, or other South Suburban staff shall be responsible for suspending the offending parties from the playing area.
6. The League Director has “elastic power” in determining suspensions, penalties, or rule interpretations. Officials will have the authority to penalize for unsportsmanlike behavior. This is a judgment call by the official and cannot be protested. There will be no tolerance for those that deviate from the league code of conduct.
7. Ejected or suspended, participant(s) in question may not come to contests as a spectator during their suspension or ejection period. This includes parking lots.
8. Correct name and phone number of ejected individual(s) must be given to proper authorities before leaving facility.

DUE PROCESS:

All ejections are subject to review by the League Director or his/her designee.

1. All ejections will be considered final.
2. A Suspension Review Board will be set up to hear any review of a suspension as deemed necessary for due process. The Suspension Review Board will consist of the following:
 - a. South Suburban Sport Coordinator (League Director)
 - b. South Suburban Department Supervisor
3. Notice of suspension must be made immediately by the official or authorized staff issuing an ejection. In the event of an extended suspension, the suspended person will be notified in writing of any disciplinary action taken.
4. A suspended player has three (3) business days from the receipt of the disciplinary notice to make an appeal in writing. Appeal must be submitted in writing to the League Director who in turn has an obligation to submit to the Department Supervisor for review.