

**ANNE ARUNDEL COUNTY
DEPARTMENT OF RECREATION AND PARKS**

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4-ON-4 FLAG FOOTBALL – 2020 INFORMATION SHEET

1. All leagues are governed by the Anne Arundel County Department of Recreation and Parks Guidelines and Reference Manual.
2. **NO ALCOHOLIC BEVERAGES** are allowed on or near the fields at any time.
3. **NO TOBACCO PRODUCTS** are allowed on or near the fields at any time.
4. All rosters must be in the Recreation and Parks office by the first day of league play. No player may play until he has been officially placed on the roster. After the roster has been submitted, new players can only be added with Sports Add Slip. Players may only play on one 4man team during the season. Players may play on one 8man team and one 4man team during the season. **NO NEW PLAYERS MAY BE ADDED AFTER THE DATE LISTED ON THE SCHEDULE.**
 - In the event that a player's eligibility is questioned, the player(s) must provide proof of Identification.
 - A valid state issued identification card with picture (Driver's License, Military ID, Passport or State ID card) will be accepted as proof. Players must carry proof of ID to every game. Failure to provide identification upon request will result in player not participating in the game.
5. Rosters are limited to ten (10) players.
6. All players must be 18 years of age as of the first day of league play.
7. **Sportsmanship is not an option.** Refer to Anne Arundel County Guidelines and Reference Manual for disciplinary policies. Use of any abusive language is not allowed. Each team is responsible for their spectators.

Language Rule: Any foul language, which can possibly be heard in the stands or through the field area, will result in an ejection from the game and a suspension per the rules and regulations. Any player receiving an ejection will be suspended for 2 weeks from all scheduled games from ALL LEAGUES. The suspended player or coach must leave the park during the suspension. Additional suspensions may be given.

- Foul Language that is regarded as incidental, under the breath, or reflex action, will result in a verbal warning.
- A second instance of the above, by the same person, will result in an unsportsmanlike conduct penalty, which is a 10 yard penalty and player must sit out for 5 minutes. Additional unsportsmanlike conduct penalty from the same player will result in an ejection from the game and suspension for 2 weeks. Additional suspensions may be given.

8. The Recreation and Parks Department does not provide insurance for individuals participating in flag football leagues. It is recommended that each team carry some type of insurance for coaches, players, and managers. Neither the department nor members of its staff will be responsible for injuries incurred in any adult league flag football game.
9. Winning coach is responsible for reporting to the league supervisor the next day with the following:
 - a. result of game/score
 - b. suspended/ejected players

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Any player who is ejected from a game must leave the entire park **immediately**. Ejected players automatically receive a two week suspension from all scheduled games from all leagues, with longer suspensions possible. Coaches are required to call the Recreation and Parks Department the following day to report player ejections. Any coach who does not report ejected players will also receive a suspension. Any coach who plays a suspended player may also receive a suspension.

10. Uniforms:

All teams must have matching shirts with 6" - 8" numbers, preferably on the front and back. **No half shirts!** Shirts must be long enough to be tucked into the uniform.

11. Flag Football is governed by the Anne Arundel County Recreation and Parks Department. Rule books can be obtained from the
12. Each team must pay the head referee the game fee listed on the schedule. Any team not paying the official will forfeit the game. Any team forfeiting three (3) or more games will be disqualified from the league. If the opposing team forfeits, the team ready to play must pay the official. Any team who forfeits 1 game is in jeopardy of not participating in the tournament. Teams must pay the officials on the field for all tournament games. Any team forfeiting three (3) or more games will be dropped from the league. If team drops out in the 1st half of the season, the schedule will be revised. If a team drops out in the 2nd half of the season, teams scheduled to play the disqualified team will receive an automatic win and does not have to show up at the field to pay the officials.
13. **Forfeits:** A team must have a minimum of 2 players to begin a game. Any team who forfeits three (3) games will be dropped from the league.

14. Rain Policy:

- Cancellation notices will be posted on the Recreation & Parks website at: <https://www.aacounty.org/departments/recreation-parks/cancellation-notice/> If games have not been cancelled, the officials decide at the game site if fields are playable. If games have been cancelled, all A.A. County sponsored sports are cancelled for the day.

15. **Take care of the playing fields.** All teams are responsible for cleaning up playing area after the game. Any team who does not adhere to this will be removed from the league. Each team is responsible for setting up cones on one sideline and supplying one regulation adult football.
16. Only Triple-threat clip flags (Alligator Clips) will be allowed, **No Exceptions!** An example of the legal clip flag used in the A.A. County Flag Football League is below:



ANNE ARUNDEL COUNTY R&P
4-ON-4 FLAG FOOTBALL

BASIC RULES:

- A. A coin toss shall begin each game.
- B. The offensive team takes possession of the ball at the 5 yard line and has three (3) plays to cross the mid-field. Once a team crosses mid-field, they will have 3 plays to score a touchdown. If the offense fails to cross mid-field or score, the ball changes possession and the new offensive team takes over on the 5 yard line.
- C. All drives and possession changes except interceptions start on the 5 yard line.
- D. Ball is ruled dead when:
 - 1. A snap to a quarterback hits the ground.
 - 2. A fumble hits the ground (no fumble recoveries allowed).
 - 3. A ball carrier knee touches the ground.
 - 4. A ball carrier steps out of bounds.
 - 5. A ball carrier's flags are legally removed, (Note: If a ball carrier's flags fall off inadvertently, play shall revert to a 2 hand touch between the shoulders and knees.)
- E. 25 Second Clock - Each time the ball is spotted, a team has 25 seconds to snap the ball.
- F. Blocking - No Blocking and No Contact Allowed. **SCREEN BLOCKING ONLY.**
- G. An interception may be returned.

THE FIELD:

- A. Field Size - 40 yards in length, 25 yards in width; End Zone, 10 yards.

SCORING & GAME LENGTH:

- A. Games are played for 25 minutes continuous clock (2 - 12 minutes halves), or 17 point lead with 1 minute left in the game, whichever comes first.
- B. Touchdown = 6 points
Extra Points = 1 point (5 yards) - run or pass - No kicks allowed.
2 points (15 yards) - run or pass - No kicks allowed.
Safety = 2 points
Forfeit Game = 1 point
- C. Overtime: ***There will be a maximum of two (2) overtimes. After the second OT, if the score is still tied, the game will end in a tie. Each team will receive a series of 3 plays from the 10 yard line. If the score remains tied after 2 OT periods, the game will end in a tie.***
- D. Time-Outs: Each team has one 60-second time out per game.

RUNNING PLAYS:

- A. The Quarterback cannot run the ball at any time.
- B. All hand-offs must take place behind the line of scrimmage. Players do not have to line-up behind the Quarterback to receive a hand-off.
- C. No laterals or pitches of any kind are allowed.
- D. The "No Running Zone" is designed to avoid short yardage power running situations. (No Running Zones are located 5 yards from the end zone and 5 yards on either side of mid-field.)
- E. The player who takes the hand-off can throw the ball as long as he doesn't cross the line of scrimmage.
- F. Once the ball has been handed off, all defensive players are eligible to rush.

PASSING:

- A. ***All passes must be forward.***
- B. Quarterback has 7 Second Pass Clock. If not thrown within 7 Seconds, play is dead, loss of down. The ball is spotted at the line of scrimmage.
- C. Only 1 forward pass per down.

RECEIVING:

- A. Eligible Receivers - All players are eligible to receive passes (including the quarterback after the ball has been handed off behind the line of scrimmage).
- B. A player must have at least one foot in bounds to make a legal reception.

RUSHING THE QUARTERBACK:

- A. Defensive players that rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. The 7yard rusher has a direct line to the quarterback. It is considered an illegal screen if rusher is hindered in any way. Any number of players can rush the quarterback.
- B.
 1. Ball Spotter - A ball spotter shall be used to mark the line of scrimmage.
 2. Rush Spotter - A rush spotter shall be used to mark the rushers starting point.
- C. Rushers must go for the Quarterback's Flag and are not allowed to make contact. (Note: You cannot hit the Quarterback's arm to block a pass. You must go after the flag.)

PENALTY ENFORCEMENT (L.O.S. = Line of Scrimmage):

- A. Offensive Penalties --
 1. Illegal Motion - 5 yards from L.O.S. and loss of down.
 2. Illegal Forward Pass - 5 yards from L.O.S. and loss of down.
 3. Offensive Pass Interference - 10 yards from L.O.S. and loss of down.
 4. Flag Guarding - 10 yards from L.O.S. and loss of down.
 5. Delay of Game - 5 yards from L.O.S. and clock will stop until next legal snap.
 6. Encroachment - 5 yards from L.O.S. and loss of down.

7. Illegal Contact - 10 yards from L.O.S. and automatic first down.

B. Defensive Penalties --

1. Offsides - 5 yards from L.O.S. and automatic first down.

2. Defensive Pass Interference – is a spot foul.

3. Illegal Contact - 10 yards from L.O.S. and automatic first down.

4. Illegal Flag Pull - 10 yards from L.O.S. and automatic first down, unless it was a touchdown.

Then offensive has the option of the yardage of the score.

5. Illegal Rushing - 10 yards from L.O.S. and automatic first down.

C. Flagrant Fouls -- and flagrant contact whatsoever. The official will stop the game, eject the player from the game, administer a 10 yard penalty from the L.O.S. with an automatic first down if it was on the defense or a loss of down if it was on the offense, and give the coach a verbal warning. The ejected player will be suspended for a minimum of two games. **FOUL PLAY WILL NOT BE TOLERATED.**