

4-PERSON PASSING FOOTBALL LEAGUE

RULES

9/5/2018

**City of Fridley
Parks & Recreation Department
6431 University Ave. NE
Fridley, MN 55432**

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RULE I. THE GAME, FIELD AND EQUIPMENT

- A. Game...4-person football is a touch football activity designed to keep the "rough" style of play to a minimum. No running plays are allowed in this all-passing game. There are 4 players on each team and a maximum roster of 8 players. Points are scored by a touchdown, extra point, or safety. There will be no referees at the game; therefore, **the teams are responsible for the officiating of the game.**
- B. Field...the playing field shall consist of a 60-yard playing area in addition to the 2 ten yard end zones. All games will be played at Community Park. (7000 University Ave NE Fridley, MN 55432)
- C. Equipment...each team can use their own ball. **(NFL Regulation Balls will be supplied)** Regulation sized balls must be used, unless both teams agree otherwise. Pennies can be checked out from the Field Supervisor for game use. The home team is responsible in ensuring that opponents are not the same color.
- D. Prohibited Equipment...players may not wear shoulder pads or other protective equipment. No shoes with metal cleats may be worn. Touch football shoes with rubber cleats are acceptable. Players are not permitted to play barefoot.

RULE II. PERIODS, TIME FACTORS AND SUBSTITUTES

- A. Periods...each half starts with a kick-off or punt. The teams shall determine by coin flip who kicks off and which end to defend prior to the game. Teams will switch ends and kick off responsibilities for the second half. Kick-offs will originate from the **20-yard line** (on a 60 yard field).

...if time runs out in the first or second half and a team has started a series of downs (completed or started at least one play), they will be permitted to finish that series of downs.

...if time for the half has expired during a series of downs in which a touchdown is scored, the scoring team will be allowed the extra point attempt.

- B. Time factors...games shall be played in two, 23-minute straight running time halves. There will be a five minute half-time. To allow games to remain on schedule the following procedure will be used in keeping time for the games.
1. Two minutes before game time, the field supervisor will announce on the P.A. system, "Games will begin in two (2) minutes"
 2. At game time, the field supervisor will announce the start of the first half.
 3. At halftime, the field supervisor will announce that 23 minutes have elapsed. If a team has started a series of downs, they will be permitted to complete the set of downs.
 4. The same procedure will be used for the second half.

5. There will be no time outs (except for injuries).
6. Overtime will not be played. (Only in playoffs/Championship. NCAA overtime rules from 30yd line)

NOTE: Because of this timing procedure, it is imperative that all teams are ready to play at game time. If a team does not have at least 3 players present at game time, a forfeit will be declared.

- C. Substitutes...free substitution is allowed in this game, however, these changes must be made between downs.
- D. Time Between Plays...teams will be allowed no more than 40 seconds between plays. Time starts when the previous down has been completed. Managers are responsible for monitoring play clock between plays.

RULE III. BALL IN PLAY, DEAD BALL

- A. Ball in Play...to start each half and to resume play after a touchdown, the ball shall be put in play by a kick-off from the 20-yard line. After a safety, a free kick from the 20-yard line shall put the ball in play.
- B. Dead Ball...a dead ball results from a pass, fumble, or hand-off that touches the ground. A kick-off or punt is not a dead ball until a receiver has dropped or touched a ball, which then hits the ground. The kicking team can down a kick-off or punt. A kick-off is not considered a "free" ball.

...if a lateral or hand-off touches the ground, the new line of scrimmage becomes the point where the ball hits the ground (this is not a free ball).

...if the quarterback drops the centering pass, the play is dead at the spot at which it hits the ground.

...the play shall be dead when a player's knee touches the ground. The ball is dead at the spot where the knee was downed.

RULE IV. SERIES OF DOWNS

- A. Downs...each team will receive 4 downs to score. After 4 downs, the other team takes over control of the ball. **There are no first downs awarded in 4-Person Football.**

RULE V. KICKING THE BALL, FAIR CATCH

- A. Kick-offs...a kick-off begins each half of the game. The kick-off is made from the 20-yard line. **On kick-offs out of bounds, the receiving team may get the ball at mid-field or accept a 5-yard penalty and re-kick.**

Touchbacks will result with first down at the 20-yard line.

Punts...on fourth down, teams may punt the ball. There may be no rushing by the defensive team on

punts. At least two defensive players must remain on the line of scrimmage until the ball is punted. The offensive team may not move past the line of scrimmage to cover punts until the ball is kicked.

Free kick...following a safety, the team that allowed the safety will free kick from the 20-yard line. This may be a kick-off or punt.

- B. Fair Catches...one hand raised above the head while the ball is in flight signals a fair catch. A player signaling for a fair catch shall be given unmolested opportunity to catch the ball. The ball will be spotted at the exact spot the catch was made.

RULE VI. TOUCHING

- A. The Touch...a play is dead when the ball carrier is touched anywhere on his body below his neck with one or more hands by the defense. **NOTE: Diving touches are allowed.**

RULE VII. SCORING

- A. Touchdown = 6 points
- B. Safety = 2 points
- C. Points After Touchdown = 2 points (must be a passing play, initiated from the 5-yard line)
If defense obtains possession, ball is dead.

RULE VIII. BACKFIELD PLAY AND PASSING

- A. Backfield Play...no running plays are allowed.
...the quarterback may scramble behind the line of scrimmage, but may not advance beyond the line of scrimmage before throwing a pass.

Note: After dead ball the quarterback is responsible for the line of scrimmage marker (Bean Bag)

...all centering (snaps) must be to the person directly behind the center. This player cannot be in motion prior to the snap.

...the initial quarterback is the only person who cannot run the ball. After the first forward pass (even those caught behind the line of scrimmage), the receiver may run the ball.

...One offensive player may be in motion backwards or laterally when the ball is snapped.

...After a pass is caught, the receiver may not use stiff-arming to avoid being touched.

- B. Passing...all players on both teams are eligible receivers.

...all passes may be run back if intercepted.

...a backward pass or lateral is dead where the ball hits the ground.

...multiple-pass plays are permitted, provided the first pass or passes of the series are thrown and caught behind the line of scrimmage. Once the ball is advanced beyond the line of scrimmage, forward passes are not allowed.

...an offensive player who leaves the field of play may not return and catch a ball unless it is first deflected by a member of the defensive team.

...only one foot must be in bounds when catching a pass to be declared a legal catch.

RULE IX. DEFENSE

- A. The defensive team may rush the quarterback immediately upon the snap of the ball.
- B. Bump and Run pass coverage is allowed. The one bump may only take place in the area that is within 5 yards on either side of the line of scrimmage.

RULE X. SPORTSMANSHIP AND CONDUCT OF PLAYERS

- A. Sportsmanship...any unsportsmanlike conduct involving unnecessary roughness or fighting will not be tolerated. With this non-officiated league it is necessary for you to police yourselves. Please report any rough play and/or fighting to the league director.
- B. Player Conduct...all players are expected to conduct themselves in a responsible manner while participating in the 4-Person Football League.
- C. Players can only participate on one team.
- D. Protests on rules will not be allowed. Team captains are expected to come to an agreement concerning these matters at the field.

RULE XI. PENALTIES, PENALTY YARDAGE, BLOCKING

- A. Penalties...will be determined by agreement of the two teams. If there is no agreement on the call, the down will be replayed. In keeping with the concept of the self-officiated sports, it is requested that the team committing the violation call the penalty.

If a defensive team commits a penalty, the offensive team can:

- (1) Take the play (if the pass was completed), or...
- (2) Take the penalty yardage and re-do the down.

If an offensive team commits a penalty, the defensive team may:

- (1) Decline the penalty and take the play, or...
- (2) Take the penalty yardage and re-do the down.

- B. Penalty Yardage

5 Yards:

- Offside
- Illegal procedure

10 Yards:

- Roughing
- Illegal blocking

- Offensive pass interference (replay down)
- Defensive pass interference (spot of interference and count down) (1 yard line if in end zone.)
- Clipping
- Holding
- C. -Blocking...a blocker must be on his/her feet before and during the contact made with his/her opponent.
- D. -Downfield blocking is allowed, should be more of screening defensive players as opposed to actual physical contact
- Blocks not allowed: Blocks to the back**, below the waist and to the head area.
(Letting the defensive rusher go by you and then blocking him/her in **the back is an illegal block.**)
- E. Loss of down: more than 40 seconds between plays.

RULE XII. CAPTAIN'S MEETING, INCLEMENT WEATHER

- A. Captain's Meeting...the team captains should meet before each game to go over any rule changes or rule clarifications. The decisions of the two captains will govern play throughout the game. The home team captain shall flip a coin to determine the kick-off and receiving teams.
- B. Team managers are to call the City of Fridley "HOTLINE" at 763-572-3578 no more than two (2) hours before their scheduled game to see if the games are called off.

FORFEIT POLICY

A \$10 fee will be charged to teams that forfeit a scheduled game. This fee must be paid prior to the team's next scheduled game or that game becomes a forfeit. Three forfeits will result in removal from the league.

PLAYER ELIGIBILITY

The Fridley Recreation and natural Resource Department will enforce the eligibility requirements of football participants with the following procedure:

1. If a team or any player thereof is found to be in violation of the eligibility requirements, you will be assessed a \$25 penalty fee, payable before your next scheduled game (your team will not be allowed to play until this is paid).
2. If a team or any player thereof is found in violation a second time, the team will immediately be removed from the league with all fees forfeited.
3. Any team protesting the eligibility of an opponent will be required to follow the official protest procedure as established by the Fridley Recreation and Natural Resource Department.

PLAYERS PROTESTS

On protests involving player eligibility, the protesting team must file an official protest form, along with a \$20 per player protest fee, the next working day. The team filing the protest then has 24 hours to prove the eligibility of its entire roster before the protest will be considered. After this is complete the player(s) being protested has 24 hours to prove their eligibility. Protest forms are available at the press box.

LEAGUE FORMAT

- A. Teams will play 7 games.

- B. T-shirts to the League Champion / \$25 Gift Card (max. of 8)
- C. Play will begin September 9th, 2018.
- D. Maximum of 8 players per team.
- E. Rosters must be turned in before the team will be allowed to participate (they may be turned in to the Field Supervisor prior to your first game). ***Final Rosters will need to be completed 10/01/2018***
- F. If a team forfeits three games, the team may be removed from the league with their fees forfeited.

AFTER THE GAME:

- Turn in score to the field supervisor.
- Turn in any equipment that you have checked out.
- If you are the last team scheduled, please assist the field supervisor in picking up the markers.
- * PLEASE PICK-UP TRASH & NO ALCOHOLIC BEVERAGES ON PARK GROUNDS!!