

MEMORANDUM FOR 4 ON 4 FLAG FOOTBALL TOURNAMENT PARTICIPANTS

SUBJECT: Fort Liberty Sports Program, 2023 4 on 4 Flag Football Tournament

1. Reference. Army Regulation 215-1, 24 September 2010, Military Morale, Welfare, and Recreation Programs and Nonappropriated Fund Instrumentalities.
2. Purpose. To provide policies and procedures to assist ASCs and A&R personnel with the implementation of the Fort Liberty 2023, 4 on 4 Flag Football Tournament to be conducted at Towle Stadium.
3. General.

a. This is a free event. Active Duty personnel only for this event. Teams can register at the Sports Office. The entry deadline is August 24 , 2023 at 1200. PLEASE NOTE: Team names must be in good taste and require the approval of Fort Liberty Sports and Fitness Branch staff. They must not contain profanity, sexual innuendo, inappropriate misspellings, or a play on words which could be deemed disrespectful/offensive to any gender, religion, or ethnic background. Additionally, uniforms which are determined to be offensive in any way will not be permitted and any cost for those uniforms will be the sole responsibility of the team.

b. Player eligibility.

(1) Active Duty ID cardholders are eligible to participate. For all games, team members must have their military identification (ID) card. All participants ID cards will be checked against the roster prior to every game to confirm player eligibility. Players who fail to present their military ID card will not be allowed to participate.

(2) If a protest results from the alleged use of an illegal player, and the protest is upheld, the offending team will be eliminated from the tournament.

(3) Once a player starts with a team, he/she must remain with that team during the entire tournament.

c. Team rosters.

(1) In order to participate, personnel must be identified on the team roster. Use of a non-listed player will be considered use of an illegal player and therefore constitute team elimination from the tournament.

(b) Team rosters must be submitted when registering and rosters are limited to 8 members. Teams will be allowed to revise their roster throughout the tournament.

c. Protests. Misapplication of rules and player eligibility will be the only grounds for protests. Protests involving a rule misapplication must be lodged before play is continued. Judgment calls are final and not subject to protest.

4. Rules.

a. NIRA rules and Fort Bragg Sports by-laws will be used for this tourney. Rules can be located at: <https://nirsa.net/nirsa/portfolio-items/sport-rules-flag-football/>

b. A coin toss will determine initial possession.

c. The game will be divided into two halves with each half being 12 minutes in length. Halftime is 3-minutes. The team which begins the game on offense will open the second half on defense.

d. "Pro Clock" (stopping on out of bounds and incomplete passes) will go into effect during the last minute of the game if the score differential is 16 points or less. The clock will continue to run if the score differential is greater than 16 points.

e. A mercy rule will be in effect once a team accumulates a 30 point lead in the second half.

f. Extra point attempts will be initiated at either the 5 yard or 12 yard line. Converted attempts from the 5 yard line will score 1 point; converted attempts from the 12 yard line will score 2 points.

g. Ties will be broken by an overtime period. If a tie remains after both teams complete their initial OT attempts a subsequent overtime period will be conducted until a winner has been determined.

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SUBJECT: Fort Liberty Sports Program, 2023 4 on 4 Flag Football Tournament

h. The tournament will employ a double elimination format.

i. Equipment.

(1) Metal spikes will not be allowed.

(2) Shirts must be tucked in at all times.

(3) Footballs will be provided, however, as long as both teams agree, another ball or balls may be used.

(4) Flags will be provided.

j. Offense.

(1) At the beginning of the half, after a turnover on downs, after a safety, or after a touchdown, the offense will begin their possession at their own 5-yard line. On interceptions, however, the offense will begin their possession at the spot where the interception was returned.

(2) Teams have three downs in which to advance the ball past mid-field. After achieving a first down, teams have three downs to score a touchdown.

(3) The offense has 20 seconds from the time that the ball is spotted in which to snap the ball. The center will be allowed to snap the ball between his legs or sideways. All players, with the exception of the quarterback must line up on the line of scrimmage.

(4) Players must be beyond the line of scrimmage in order to receive a forward pass. One foot down in bounds with possession of the ball constitutes a reception.

(5) After receiving the snap (as soon as the QB touches the ball), the QB has five seconds to release the pass. Failure to do so will end the play and the ball will return to the original line of scrimmage result with a loss of down.

(6) The QB is the only player who can run with the football without receiving a pass, however, he may not run the ball beyond the line of scrimmage unless a defender rushes and crosses the line of scrimmage.

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SUBJECT: Fort Liberty Sports Program, 2023 4 on 4 Flag Football Tournament

(7) The ball will be spotted at the location of the player's hips were when his flag was pulled.

j. Defense.

(1) Any defensive player can rush the quarterback as long as they start seven yards back from the line of scrimmage. The referee will provide an approximate seven yard spot before each play.

(2) No contact is allowed.

(3) Interceptions can be returned by the defense.

(4) A safety (offensive player downed in own end zone, or penalized in own end zone) will result in two points for the defense, and a change of possession.

k. Penalties – General.

(a) Fighting: Immediate Ejection and a 15 yard penalty.

(b) Taunting: Fifteen Yard Penalty. Expulsion a possibility for multiple repeat offenders.

(c) Unsportsmanlike Conduct/Referee Abuse: Fifteen Yard Penalty. One warning followed by expulsion from game.

l. Penalties – Offensive.

(a) Illegal Snap: Five yards from the line of scrimmage (LOS), repeat down.

(b) Illegal Motion: Five yards from LOS, repeat down.

(c) False Start: Five yards from LOS, repeat down.

(d) Blocking: Ten yards from the point of infraction, loss of down.

(e) Illegal Pick: Five yards (LOS), loss of down

SUBJECT: Fort Liberty Sports Program, 2023 4 on 4 Flag Football Tournament

- (f) Flag Guarding: Five yards from the point of infraction, loss of down.
- (g) Lowering Head/Shoulder: Ten yards from the point of infraction, loss of down.
- (h) Pass Interference: Five yards from LOS, loss of down.
- (i) Illegal Forward Pass: Five yards from LOS, loss of down.
- (j) Forward lateral: Five yards from LOS, loss of down.
- (k) Illegal Run: Five yards from LOS, loss of down.
- (l) Delay of Game: Five yards from LOS, repeat down.

m. Penalties – Defensive.

- (1) Off-sides: Five Yards from LOS, repeat down.
- (2) Illegal Rush: Five Yards from LOS, repeat down.
- (3) Illegal Contact (including roughing the QB): Five Yards from point of infraction (if beyond the LOS), automatic first down.
- (4) Holding: Five yards from the end of the play, automatic first down.
- (5) Pass interference: Spot foul, automatic first down.
- (6) Illegal push: Five yards from the point of infraction, automatic first down.

n. Consumption of alcoholic beverages or drugs by team members is prohibited before or during games.

o. Any player or coach who is ejected from a game, will be ineligible to participate in the next game which his team plays. Any player or coach who intentionally makes physical contact with an official or Sports Branch representative, will be subject to immediate

SUBJECT: Fort Liberty Sports Program, 2023 4 on 4 Flag Football Tournament

o. Any player or coach who is ejected from a game, will be ineligible to participate in the next game which his team plays. Any player or coach who intentionally makes physical contact with an official or Sports Branch representative, will be subject to immediate suspension for an indefinite period. Such an occurrence will be investigated by this headquarters and facts pertaining to the incident will be forwarded to the Garrison Commander for review.

5. Awards. Sports Branch will provide team awards for members of the first and second place teams.

6. For more information or details please contact the sports office at 910-907-5906 or 910-396-1217/18