

2021 JINGLE BOWL
ADULT 4-ON-4 FLAG FOOTBALL
TEAM PACKET



**parks &
recreation**
the benefits are endless...



/AJParksandRec

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Apache Junction Parks & Recreation Department

Adult 4-on-4 Flag Football

Jingle Bowl Tournament Rules & Guidelines

MEN'S

Welcome to the Adult 4-on-4 Flag Football Jingle Bowl Tournament hosted by the Apache Junction Parks & Recreation Department. This program is offered for your enjoyment and therefore, your cooperation and sportsmanship is essential to the overall success of the program. You will find several references to proper sportsmanship in this manual. All players, coaches, managers and spectators are expected to act in an acceptable manner during the entire program. The City of Apache Junction Parks & Recreation Department reserves the right to take any disciplinary action it deems appropriate against players, coaches, managers and spectators not acting in an acceptable manner, including, but not limited to suspension from games, expulsion from the park and future participation in any future programs.

PROGRAM GUIDELINES

-For All Leagues & Tournaments-

CLASSIFICATION

This league is classified as recreational. When registering your team, it is to be understood that you are participating in a RECREATION program. The intent of the City of Apache Junction recreation leagues is for players to have fun and enjoy themselves. Participants are expected to demonstrate sportsmanship before, during, and after all activities sponsored by the City of Apache Junction Parks and Recreation Department.

INSURANCE

Medical insurance is the responsibility of the team or the individuals who participate. The City of Apache Junction does not carry medical insurance for these participants. **PARTICIPANTS PLAY AT THEIR OWN RISK.**

ROSTERS

Each team's roster is due before their first game and all players must sign prior to playing. Awards are based on 4 players

PROTESTS

- A. Only rule interpretations will be justifiable for protest and **not an official's decision on a call, even if a team thinks it is a bad call**. If a team protests, the coach must notify the official immediately. Make sure that the official informs the opposing coach and the site supervisor and it is recorded on the results sheet. No protest will be accepted after the end of the game. **During tournament play**, if the league coordinator is not available to render a decision, then the site supervisor in charge shall have the final say.
- B. Ineligible player protests must be made during the game with the official and site supervisor (play will be stopped). No protest will be accepted after the completion of the game. A team may protest up to two (2) players on an opposing team. The player(s) must then produce identification confirming their identity. If they are unable to do so, they will be ejected from the game. If a team falls below the (3) player minimum the game will be declared a forfeit.

ALCOHOLIC BEVERAGES & TOBACCO USE

Team managers may purchase a beer permit from the Parks & Recreation office. Players must follow all park, permit, and code of conduct rules. They cannot consume any alcohol before or during their team's games. City Ordinance 15-1-3 "Prohibited Activities" prohibits smoking except in designated areas of the park.

PRE-GAME PROCEDURES

Arrival for all players should be 15 minutes prior to game time. There will be no grace period. Game time is forfeit time.

THE FIELD

1. The dimensions of the playing field shall be 25 yards wide by 60 yards long. This includes two 7-yard end zones. (46 yard playing area)
2. The field will be divided in the center at 30 yards including the endzones.
3. No run zones are located 5 yards from each end zone and 5 yards on each side of the centerline and are in effect going towards the end zone and towards the centerline.
4. A hash mark will also be placed 12 yards from each end zone for point after attempts. (2 point conversion, run or pass)

SCORING

1. Touchdown = 6 points
2. Extra Point(s) = 1 point (5 yards out / pass only) or 2 points (12 yards out / run or pass)
3. Safety = 2 points
4. Penetration = 1 point (tie games) ie; total yardage in one play starting from the 5 yard line.
5. Forfeit = 6 to 0

PLAYING RULES

PLAYER ELIGIBILITY:

All players must be **18 years of age** or older to participate. All players are required to have a current photo ID (which includes their photo, full legal name, and date of birth) in their possession at all times.

STEEL OR METAL CLEATS:

No steel or metal cleats will be allowed. Cleats must be of nylon or rubber substance on a single sole (no softball or track shoes). If a player is discovered wearing metal/illegal cleats he will be ejected from the game and will sit out one game not including the game that he is ejected from.

RAIN OUTS:

If there is a threat of rain, call the AJPR rain hotline **480-474-5119**. **The hotline will be updated starting 1 hour prior to your game if there is a threat of rain.** It is your coach or managers responsibility to call team members and inform them of a game cancellation.

UNIFORMS:

Uniforms are not a requirement. If teams wish to wear uniforms it is up to them. Parks and Recreation will provide flags.

Jewelry: Casts (plaster, metal or other hard substance in its final form), exposed jewelry such as wrist watches, bracelets, earrings (including studs) and neck chains or any other item judged dangerous by the official or site supervisor, may not be worn during the game.

GAME BALLS:

The City of Apache Junction Parks and Recreation Department will provide an official (NFL) size game ball for each game. That ball must be returned to the site supervisor after each game. Teams may use their own ball for offense provided: it is official NFL size and both the game officials and opposing team approves.

EQUIPMENT RULE:

All team and personal equipment must be kept off the field of play at all times. Failure to comply will result in a 5-yard penalty on the offending team. Continued defiance will result in forfeiture.

TEAM CAPTAIN:

Only the team captain will be allowed to discuss (not argue) decisions made by an official on the field (rule interpretations). The team captain will be the head coach/manager listed on the team roster. If the head coach is not playing then the assistant coach will assume those duties. If neither of those players is available, the team will pick a representative who will notify the official prior to the game they are the team captain. Any other player could be ejected for arguing or discussing any call made by the officials.

THE GAME

THE GAME:

- * Game time is forfeit time
- * A coin toss will determine first possession. Possession changes at the half.
- * Each game is 35 minutes long. Two 15-minute halves and a 5-minute half time. There is no 2-minute warning.
- * Running Clock. The clock will not stop unless a timeout has been called or the official deems it necessary.
- * Ball & direction will change possession at the half.
- * Mercy Rule will be enforced if a team is up by 28 points or more at halftime, or up by 42 points or more at any point during the game.
- * Each time the ball is considered ready for play, the offense has 30 seconds to snap the ball. Teams will be given one warning before a delay-of-game penalty is enforced.
- * Teams may not snap the ball until the officials are ready. (No Quick Snaps)
- * Each team has one 60 second time out per game. (Clock will stop)
- * Each team shall have a minimum of three (3) players and a maximum of four (4) players on the field at all times.
- * No contact allowed.
- * The offensive team takes possession of the ball at their own 5-yard line, and has three (3) plays to cross mid-field. Once a team has crossed mid-field, it has three (3) additional plays to score a touchdown.
- * If the offensive team fails to score or make it past mid-field, the ball changes possession and the opposing team takes over at their own 5-yard line.
- * All possession changes, with the exception of interceptions, start on the offensive team's 5-yard line.
- * Teams change direction after first half.
- * Interceptions are live and can be returned.
- * The referee will spot the ball where the ball carrier's lead hip is at the time his flag is pulled.
- * There are no fumbles. The ball is spotted where the ball hits the ground. Any time the ball touches the ground it is dead.

ATTIRE:

- * No player will be permitted to play with exposed pockets. Players will be permitted to tape pockets closed using high quality tape that securely adheres to the fabric and will not come off during play.
- * Players are not permitted to wear jewelry while playing.
- * Shirts must be tucked in at all times.
- * It is recommended that all players wear protective mouthpieces.

RUSHING THE QUARTERBACK:

- * All players that rush the quarterback must be a minimum of 7 yards off the line of scrimmage when the ball is snapped.
- * Any numbers of players may participate in the rush.
- * The rusher is allowed a direct line to the quarterback as he rushes from either side of the field and NOT up the middle.
- * Players not rushing the quarterback may defend on the line of scrimmage.
- * The offense must avoid interfering with the rusher.
- * Once the ball is handed off, the 7-yard rule is no longer in effect, and all defenders are eligible to rush.
- * The official will designate the 7-yard neutral zone.
- * The rusher may not hit the quarterback's arm or knock the ball out of the quarterback's hand. The rusher must play the flags.

RUNNING:

- * The Quarterback may not run the ball beyond the line of scrimmage, unless the ball has been handed off to him.
- * Teams may hand-off, pitch, or throw back the football in the backfield only. The player who receives the pitch or handoff may throw the ball, as long as he is not past the line of scrimmage.
- * "No Running Zones" are located 5 yards before mid-field and at both end zones. "No Running Zones" are designed to avoid short yardage power sweeps and are in effect only going towards mid-field and towards the end zone.
- * Spinning is allowed, but the player may not leave his feet to gain additional yardage, the ball will be dead where the player leaves his feet.
- * The ball is spotted where the ball carrier is de-flagged. If a player's flags inadvertently fall off before the catch, the ball will be considered down where the player makes the catch. If a player's flags inadvertently fall off after the catch, the ball will be considered down where the flag(s) fall off.
- * Quarterback may not take a hand off from the center.

PASSING:

- * The Quarterback has 5 seconds to pass the ball if there is no rush. If the ball is not thrown, the play is dead, resulting in a loss of down. The ball returns to the line of scrimmage. Once the ball is handed-off or pitched there is no 5-second count.
- * If the defensive team rushes the quarterback, there is no 5-second count.
- * Interceptions may be returned. The ball is spotted where the flag is pulled.
- * Receiving a pass behind the line of scrimmage is not permitted within the “no-run zones.”

RECEIVING:

- * The ball must be snapped from between the legs.
- * All players are eligible to receive a pass, including the quarterback if the ball has been pitched back or handed off behind the line of scrimmage.
- * Players must have at least **ONE** foot in bounds and control of the ball when making a catch.
- * Play is ruled dead when:
 - Ball carrier’s flag is pulled/receiver’s flag falls off after a catch.
 - Ball carrier steps out of bounds
 - A touchdown is scored
 - Ball carriers knee touches the ground or the ball carrier leaves his feet
 - Receiver catches the ball after his flag falls off prior to the catch
 - Any time the ball touches the ground it is dead.

PENALTIES:

- * The referees will call all penalties.

Defense:

- *Off sides
- *Holding
- *Interference
- *Illegal contact (holding, bump and run, blocking, etc.)
- *Roughing the quarterback
- *Illegal flag pull (before the receiver has the ball)
- *Illegal rushing (starting the rush from inside the 7-yard zone)

- * All defensive penalties are 5 yards from the line of scrimmage and an automatic first down, except holding, which is added on to the end of the play and roughing the quarterback, which is 10-yard penalty and player is ejected.

Offense:

- Illegal motion (more than one person moving, false start, etc.)
- Impeding the rush (the offensive players must avoid the rushers)
- Illegal forward pass (second forward pass from behind the line of scrimmage or pass received behind the line of scrimmage within the “no-run zones”)
- Offensive pass interference (illegal pick, pushing off with the hands)
- Delay of game (clock will stop / 5 yards and loss of down)

- * All offensive penalties are 5 yards from the line of scrimmage and loss of down except flag guarding which is from the point of infraction.

OVERTIME:

If the score is tied at the end of regulation, teams move directly to overtime. A coin toss will determine possession. Each team receives one play from their own 5-yard line. All penalty rules apply. The team that gains the most yards on their one play is declared the winner. Teams cannot score points, only positive and negative yards. This will repeat until one team gains more yards than the other.

FORFEITS-- ALL LEAGUES

Failure to have a legal roster turned in by parks and recreation’s scheduled deadline could result in your team being dropped from the tournament.

CHILD SUPERVISION

Parents are responsible for the supervision of their children. A field supervisor or the league coordinator reserves the right to stop a game in progress and request that a parent/player be removed from the game in order to properly supervise their child. Please understand that field supervisors and the league coordinators are responsible for supervision of the game activities as well as the entire surrounding areas. Staff is not expected to continually supervise children while their parents participate in a game. Staff reserves the right to ask children who are “misbehaving” to sit in a specific area where they can be closely monitored. Furthermore, staff reserves the right to ask a parent to refrain from bringing their child to a game if they cannot be properly supervised or if they continually have problems with that child. Staff also reserves the right to ask that a child be removed from the playing field premises if risk of injury is a concern.

PLAYER CONDUCT GUIDELINES—ALL LEAGUES

*** Refer to the AJPR Adult Sports Code of Conduct for specifics**

* The league coordinator reserves the right to reach a final decision in all matters.

* Any participant who is ejected from a game for conduct related issues will be given **two minutes** to leave the “On Site” area or from the park boundaries. The same ruling applies to a spectator that is causing problems and cannot be controlled.

* If a participant refuses to abide by a decision, he may cause his team to forfeit a game in the staff’s efforts to maintain control of the situation. (NOTE: The Team Manager is responsible for the actions of the players listed on their roster and therefore, is subject to disciplinary action to include forfeiture of a game(s), suspension, and or expulsion.

FREQUENTLY ASKED QUESTIONS (FAQ’S)

1) Is the ball spotted where the flag is pulled or where the ball is once the flag is pulled?

The ball is spotted at the position of where the ball carrier’s lead hip is at the time his flag is pulled.

2) Can the defense score on an extra point attempt that is intercepted?

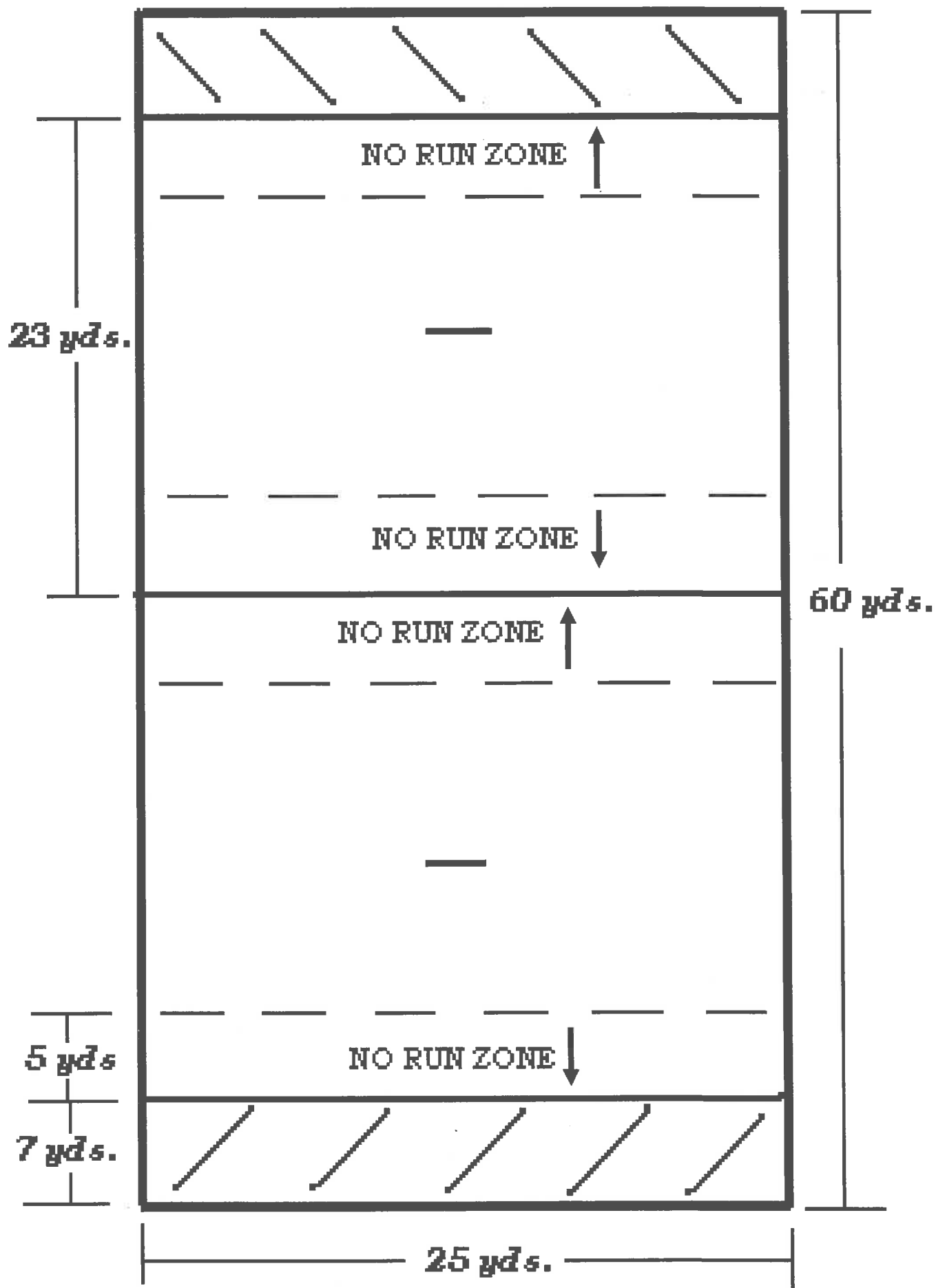
Yes, it is worth two (2) points if they return it all the way to their end zone.

3) Can a team punt?

No. All possession changes start at the team’s own 5-yard line. Exception: interceptions.

4) Can a team place the ball anywhere on the line of scrimmage?

The officials will center the ball on the line of scrimmage. A team may request to move the ball sideways along the line of scrimmage.



**CITY OF APACHE JUNCTION
PARKS AND RECREATION DEPARTMENT
ADULT SPORTS CODE OF CONDUCT**



CATEGORY 1

Minimum Penalty: Warning.

Maximum Penalty: Ejection from game and facility for that date plus probation for the current season.

NO INDIVIDUAL SHALL:

- A. Be guilty of objectionable demonstration of dissent by throwing playing equipment or any other forceful action.
- B. Discuss with an official, in any manner, the decision reached by an official except the manager, coach or captain.
- C. Be guilty of an abusive verbal attack upon any individual on or off the playing field/court. *-excessive could fall into category II or III.*
- D. Use profane, obscene or vulgar language/behavior, in any manner, at any time, on or off the playing field/court.
- E. Unnecessary rough tactics in the play of game. *-intentional/flagrant could fall into category II or III.*
- F. Be involved in any "trash talking" or "taunting" on or off the playing field/court.
- G. Leave behind excessive trash.
- H. Attempt to damage, destroy or steal city/government property.
- I. Drink alcoholic beverages during their specific league or tournament game.
- J. Fail to follow the directions/instructions of league staff and/or officials.
- K. Fail to follow the established/posted City of Apache Junction Park Rules.

CATEGORY 2

Minimum Penalty: Forfeit of game and/or individual suspension plus probation for the current season. *-team and/or individual*

Maximum Penalty: Suspension from all AJ Parks & Rec Adult Sports programs plus probation for the next season of play. *-team and/or individual*

NO COACH, MANAGER, or PLAYER SHALL:

- A. Appear on the field/court of play, at any time, in an intoxicated condition or under the influence of any other type of drug which may infringe upon the safety of the individual or the safety of others.
- B. Be guilty of an abusive verbal attack upon any official or city staff on or off the playing field/court.
- C. Use excessive profane, obscene or vulgar language/behavior, in any manner, at any time, on or off the playing field/court.
- D. Directly or indirectly threaten another individual including officials and/or city staff. *-assault charges may be filed A.R.S. 13-1202.*

CATEGORY 3

Minimum Penalty: Suspension from AJ Parks & Rec Adult Sports programs plus probation for one (1) year.

Maximum Penalty: Banned from AJ Parks & Rec Sports Programs.

NO INDIVIDUAL SHALL:

- A. Lay a hand upon, shove, strike or threaten to strike an official or individual. *-assault charges may be filed A.R.S. 13-1203.*
- B. Be guilty of a physical attack upon any official or individual. *-assault charges may be filed A.R.S. 13-1203*
- C. Be guilty of damaging, destroying or stealing city/government property.

IMPORTANT NOTES

- A. This code of conduct is an attempt to address any and all unsportsmanlike conduct within the AJ Parks & Rec Adult Sports programs. Any unsportsmanlike conduct, even if not specifically mentioned, will be addressed on a case by case basis. Game officials and/or city staff will determine if an act is "unsportsmanlike." Team penalties, in addition to individual penalties, may be imposed if multiple individuals from the same team violate this code of conduct. Managers/Coaches may also have penalties imposed on them for their team/player actions.
- B. Consequences are determined by the type and/or amount of infractions and player/team status. *(ie: is individual or team already on probation?)*
- C. If a player is ejected they are ejected for that day's/night's games. *(i.e.: player ejected from first game of double header, they cannot play in the second game.)* If a player is ejected at or near the end of the second game in a double header the ejection is carried over to the next scheduled game for his/her team.
- D. Any discipline appeal must be made in writing via email to ggartner@ajcity.net, by the player or manager within 24 hours of receiving the Code of Conduct Notice of Consequence by the Apache Junction Parks & Recreation Adult Sports Coordinator.
- E. **By signing your team roster, all players, coaches, and managers attest that they have read, understand, and agree to abide by this Adult Sports Code of Conduct.**

Revised: June 2018

CITY OF APACHE JUNCTION PARKS AND RECREATION ADULT SPORTS TEAM ROSTER

THIS ENTIRE FORM MUST BE FILLED OUT CLEARLY IN PRINT (Blue or Black Ink) OR TYPED. ROSTERS WILL NOT BE ACCEPTED IF THEY ARE NOT PROPERLY FILLED OUT OR READABLE.

**ALL PLAYERS MUST BE
AT LEAST 18 YEARS OLD**

Last Season Information

- 1. Classification Last Season: N/A
- 2. Regular Season Finish (place): N/A
- 3. Team Name Last Season: N/A

Year: 2021

Season: FALL

Sport: FLAG-FOOTBALL

TEAM NAME:

Head Coach/Manager:

Address:

City:

Phone:

Email:

Assistant Coach:

Address:

City:

Phone:

Email:

Zip:

Zip:

Player Name - Print (First & Last) **Email (to be added to our football email list)** **Area Code + Phone Number** **Date of Birth (mm/dd/yy)** ****Signature (see waiver below)**

<u>1</u>				
<u>2</u>				
<u>3</u>				
<u>4</u>				
<u>5</u>				
<u>6</u>				

****LIABILITY STATEMENT/WAIVER:** As the legal guardian for any of the above minors, or myself, I understand in addition to the potential for exposure to COVID-19 and other viral and bacterial infections or disease, classes/activities of a physical nature involve some risks. I further understand that by participating in a class/activity of this nature there is an assumption of risk of injury or exposure to contagious viruses or diseases by the participant or the participant's parent or guardian. I certify that the above minor's or my own physical condition is satisfactory to participate in any physically demanding activities. Medical coverage is the responsibility of the individual participants. Further, I agree to indemnify and hold harmless, the City of Apache Junction, its employees, subcontractors and program volunteers from any loss or liability, which may result from such participation. By signing this roster I attest that I have read and understand the above liability statement and the established AJPR Adult Sports Code of Conduct. I further agree to abide by that Code of Conduct for the duration of the program, that my photo may be taken and used in publication, and to be added to the AJPR adult sports email list. Personal information on this roster will be kept confidential. The City of Apache Junction welcomes participation by people with disabilities in all programs, sites, and facilities. For more information about accessibility contact 480.474.2616 or email ajpr@apachejunctionaz.gov.

COACH OR MANAGERS SIGNATURE: _____ **DATE SIGNED:** _____

Does anyone on your team have a disability and need to request a modification? (pre-approval required) **YES** **NO**

Team Notes: