



**OFFICE OF
CAMPUS RECREATION**

Intramurals Sports
4v4 Flag Football Rules
(Updated 8-1-2016)

1.) CAPTAINS

A) Each captain will be responsible for the behavior and discipline of his/her team & sideline. The captain must have his or her team on opposite sidelines before the game can begin.

B) Team captains are eligible to file protests to the Intramural Sports office regarding player eligibility, but not on matters that concern the judgement of the officials. These types of protests should be done in the form of a typed letter delivered to the Intramural Sports office the next day by 3 p.m.

C) The captain will act as a spokesperson for his/her team in discussion with game officials or in matters concerning the team or individual players unless signified to the Intramural Director, Men's and Women's Coordinator, or to game officials that someone else will be spokesperson. In such a case, the captain will relinquish the rights as spokesman in favor of the person appointed for this stated period. A captain may appoint a co-captain on the field for the purpose of accepting or declining penalties.

D) It will be the responsibility of each captain to keep the players at least two yards off the sideline. Failure to do so will result in a **5-yard penalty**. Unsportsmanlike behavior between players and between coaches and players is also grounds for forfeiture.

E) A single coin toss will determine possession.

2.) PLAYER EQUIPMENT

A) No Player will be permitted to play with shorts with pockets. **NO EXCEPTIONS**

B) **Metal cleats are illegal.** Players may not participate in sandals, boots, dress shoes, or barefoot. Players wearing illegal shoes will be disqualified.

C) Hats with unyielding bills are prohibited.

D) Absolutely NO JEWELRY will be allowed.

3.) THE GAME

A) The game shall be played between 2 teams of 4 players each. Three players are required to avoid a forfeit.

B) The field Measures 40 yards in length, goal line to goal line, and 30 yards in width. There shall be 1 hash mark dividing the field into 2 halves.

- C) Putting the Ball in Play – The ball shall be placed at the 10 yard line to begin each half of the game and following a Try, touchback, or safety, unless moved by penalty.
- D) Game Time – Playing time shall be two 12 minute halves.
- E) Passing – Each offensive play, the offense must throw one legal forward pass ACROSS the line of scrimmage. From the snap of the ball, the offense will have 5 seconds to throw the legal forward pass. If the ball is still in the hand of the quarterback **after 5 seconds** has passed, a whistle will sound and the play will end. The next down will start from the same spot **(a play ended by the 5 seconds rule will count as an incomplete pass for all purposes, including timing).**
- F) First 11 minutes – The clock will start on the snap to begin each half. It will run continuously for the first 11 minutes unless stopped by a team or Referee's timeout.
- G) One Minute Warming – Approximately one minute before the end of each half the official shall stop the clock and inform both teams of the playing time remaining in the half. The clock will start on the snap.
- H) Last 1 minute – A start/stop clock shall be used.
- I) Overtime – Each team will attempt to score by passing from the 3-yard line for 1 point or from the 10-yard line for 2 points. The first team with a successful PAT and a defensive stop, OR the team to convert more points in a series will be the winner.
- J) Time Outs – Each team is entitled to 2 charged time outs per game. Including overtimes.
- K) Series of Downs – A team shall have 3 consecutive downs to advance the ball to the next zone by scrimmage.
- L) A New Series of Downs – A new series of downs is awarded when a team moves the ball legally into the next zone or the opponent obtains possession of the ball by penalty, pass interception, or failure to advance to the next zone.
- M) Minimum Line Players – The offense must have at least 1 player on their scrimmage line (1st orange ball spotter).
- N) Runner – An Offensive player may NOT advance the ball through A's scrimmage line (1st orange ball spotter). There are no restrictions after a change of possession or once a legal forward pass has been touched by a beyond the offensive scrimmage line.
- O) Legal Forward Pass – There must be a legal forward pass each down. The receiver must touch the ball beyond the offensive scrimmage line. The offensive team has 7 seconds to release the ball on a forward pass. If not, it is a loss of down and the ball is next snapped from at the previous spot. The official will sound his/her whistle at 7 seconds if the passer has possession of the ball.
- P) Mercy Rule – The Mercy Rule does not apply
- Q) Enforcement of penalties – All 10 yard penalties from 7v7 are 5 yard penalties, and all 5 yard penalties from 7v7 are 3 yard penalties.
- R) Punting – **No punting will be permitted.**
- S) Fumbles - Any fumble, lateral or forward pass, which is intercepted or caught in the air may be advanced. Any time the ball touches the ground during a play from scrimmage, (excluding incomplete passes) the ball is automatically downed there. Balls may be fumbled backwards for a safety or a loss but not forward for a touchdown or a gain.
- T) Stripping, hitting, or stealing the Ball - An opponent may not snatch, strip, or steal the ball from the ball carrier's hand. There will be a ten-yard penalty awarded against a team that strips or attempts to strip a ball.

U) Scoring – A Touchdown is worth 6 points. A safety is worth 2 points. Points after touchdown options: 1 point attempt from the 3 yard line OR 2 point attempt from the 10 yard line.