INTRAMURAL 4-on-4
FLAG FOOTBALL RULES

TOURNAMENT FORMAT:

- Single elimination tournament
- Teams will be placed in the bracket based on time of registration

GAME TIME REGULATIONS:

- Each game will consist of (2) 15 minute halves with a 3 minute halftime
- Running clock until the last minute of the 2nd half
- Each team will be allowed one time-out, which will stop the clock.
  The time-out will last one minute; after that minute expires, the clock will resume.

GAMES WILL START PROMPTLY AT THE SCHEDULED TIME. IF A TEAM IS LATE TO THE GAME, IT WILL RESULT IN A FORFEIT FOR THAT TEAM.

FIELD AND DOWNS:

- The field will be 40 yards in length (goal line to goal line) – two 20 yard zones and two 10 yard end zones.
- The width of the field is ~30 yards
- When there is a change of possession, the offensive unit will take over at the loss of down.
- The offensive has 4 plays to get to, or inside the 20 yard line. Once inside the 20 yard line, they have 4 plays to score.
- Keep in mind that an offensive unit can have renewed downs as a result of a defensive penalty.

THE GAME:

- A coin toss determines first possession.
- The offensive team takes possession of the ball at their 10-yard line and has three plays to cross midfield. Once the team crosses mid-field, they have three plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on their 10-yard line.
- The ball will be placed at the 10 yd line at the beginning of each half, each new possession, touchback or safety.

PLAYERS:

- Teams will consist of four players
- Any number of subs may be made during game when stops of play occur

ADVANCING THE BALL:

- All offensive plays are passing plays.
- Special plays such as double passes and hitch & trailers are allowed as long as the captains inform the officials and league supervisor prior to the game, and they are legally performed in accordance to the rules.
- Run plays such as toss, options, and halfback passes are illegal.
- The defensive team can advance the football on an interception. Control is gained at spot of catch.
- A defender cannot pitch the ball to his teammate.
THE USE OF AN ILLEGAL PLAY WILL RESULT IN A 3-YARD PENALTY FROM THE LINE OF SCRIMMAGE AND A LOSS OF A DOWN.

DOWNING THE BALL CARRIER:

- The ball carrier is down at the point at which his/her flag is removed.
- The ball will be positioned where the flag belt is pulled, example: If the ball is just over the first down line and the belt is pulled on the other side of the line, a first down would be awarded. The ball becomes dead when any part of the ball carrier’s body, other than the hands and feet, touch the ground.
- The runner may not protect or guard his/her flag with their arms or by running with head and shoulder down.

KEEP IN MIND THAT THIS IS A NON-CONTACT LEAGUE. ANY AGGRESSIVE BEHAVIOR TOWARDS THE BALL CARRIER WILL NOT BE TOLERATED.

- The first infraction by a player will result in a 5-yard penalty and a first down. If the infraction occurs inside the 20, it will be ½ distance to the goal and a first down.
- The second infraction by the same player will result in his ejection.
- The third infraction by the same team will result in a forfeit of the contest.

BLOCKING:

- Blocking is not permitted at any time.

IF BLOCKING OCCURS ON OFFENSE, IT WILL BE A 5-YARD PENALTY FROM THE SPOT OF THE BLOCK, AND A LOSS DOWN. A BLOCKING VIOLATION WILL NULLIFY A SCORE. IF BLOCKING OCCURS DURING AN INTERCEPTION RETURN, THE PLAY IS DEAD AND THE DEFENSE WILL RETAIN POSSESSION.

DEFENSIVE BUMPING:

- No defensive bumping allowed.

IF AN ILLEGAL BUMP OCCURS, IT WILL BE A 3-YARD PENALTY FROM THE LINE OF SCRIMMAGE, AND A FIRST DOWN. IF THE INFRACTION OCCURS INSIDE THE 10 IT WILL BE ½ DISTANCE TO THE GOAL AND THE FIRST DOWN.

DIVING:

- NO DIVING IS ALLOWED.
- PLAYERS MAY LAND ON KNEES, ANYTHING’S OTHER THAN THAT IS CONSIDER A PENALTY.

ANY DIVING BY EITHER OFFENSIVE OF DEFENSIVE PLAYERS WILL RESULT IN A 5-YARDS PENALTY AND LOSS OF DOWN.

FUMBLES:

- If the offensive unit fumbles the football, they will retain possession where the player has last control.
- If the defensive unit fumbles the football during an interception return, they retain possession at the spot the ball was fumbled.
- The recovery of the football is not necessary.

THE CLOCK ON THE QUARTERBACK:

- The Q.B. will have 5.0 seconds to get the pass off. This will include all types of passing schemes.
- The Q.B. clock will take precedence over outcome of the play.
- The Q.B. clock will nullify the outcome of the play.
IF THE QUARTERBACK CLOCK GOES PAST THE ALLOWED 5.0 SECONDS, IT WILL BE A 3-YARD PENALTY FROM THE LINE OF SCRIMMAGE AND A LOSS OF DOWN.

HUDDLE:

- The offensive team is allowed 30 seconds to huddle.
- They may however, snap the ball when they are ready to do so.
- The use of the No-Huddle is allowed, however, coaches are not allowed on the field at this time.

IF THE OFFENSIVE UNIT GOES OVER THE 30 SECONDS LIMIT, IT IS A 3-YARD PENALTY FROM THE LINE OF SCRIMMAGE.

SCORING:

- Touchdown will be worth 6pts
- A PAT try from 3yards is worth 1pt, PAT from 10yards is worth 2pts
- If the defense returns an interception for a touchdown, they now must go for a conversion

OVERTIME:

- If a tie occurs during the game the following will be done to break the tie:
  - The ball will be placed at the 20 yard line.
  - Each team will have 4 offensive plays to score and go for the conversion.
  - Keep in mind that the offensive team can have renewed downs as a result of a defensive penalty.
  - If the ball is intercepted, the defense takes over at the 20, and it is a touchdown for the defense.

- If it is still a tie after this process, the following will occur:
  - The ball is placed at the 20 yard line.
  - The offensive team will have 2 plays to gain as many yards as possible.
  - The defensive team will then take over at the spot and will attempt to move ball past the 20 to win.
  - An interception returned past the 20 is a win.

FORFEITS:

- A team will forfeit a contest if it cannot be ready to play within 10 minutes after the scheduled starting time. If neither team can field a minimum line-up, it will be a double forfeit.
- If the game is cancelled within 24 hours of the game, it is a forfeit. If the game is cancelled with prior notice, it is a loss to the canceling team.

PLAYER UNIFORMS:

- Game flag belts and pinnies are provided by the Athletic Center.
- No pants or shorts with pockets
- Shirts must be tucked in so they do not interfere with flag belts.
- Flags are not to be looped around belts or belt loops, etc.
- Players are prohibited from wearing padded suits or special protective devices.
- **No metal spiked or hard soled shoes** – only tennis shoes or rubber soled one-piece soccer shoes area allowed.
- Jewelry such as earrings, necklaces, and watches are to be taken off while participating in the game.
- Baseball caps are not to be worn.

NOTE: Officials have been instructed to eject players who persist in rough and dangerous play. Players removed from any contest for any reason are suspended from all activity and must personally seek reinstatement from the Program Director.

- Please go over rules with your players – especially the downing of the ball carrier, blocking, diving, and QB clock.
• Rules will be reviewed in brief prior to the start of play.

RULE INTERPRETATION PROTESTS:
• Any rule interpretation protest must be made on the field of play by the team manager to the game official. This must occur at the time of the disputed play and before play resumes. The official shall record on the scorecard that the game is being played "under protest". All game conditions at that time will be noted (score, time remaining, etc.). Protests after the fact will not be honored.

• A written protest must then be submitted by the team manager to the Assistant Director within 24 hours after the completion of the scheduled contest, excluding days when the office is closed. A maximum of one week is given to decide each protest. If a formal protest is upheld, the game will be replayed from the point at which the improper decision was made or in its entirety in order to correct the error. If the protest is denied, the game stands.

• Absolutely no protests on judgment calls by an official will be considered.

IF YOU HAVE ANY QUESTIONS PLEASE CALL HEATHER, THE ASSISTANT DIRECTOR AT 568-3257 OR STOP BY HIS OFFICE – ROOM 104 AT THE ATHLETIC CENTER.

The following will result in a **5 yard penalty and loss of down**
1. Offensive pass interference
2. Unsportsmanlike conduct
3. Hurdling, diving, stripping and stiff arming if contact is made
4. Defensive pass interference (automatic first down and placed at the spot of the foul)
5. Flag guarding (includes stiff arm, jumping, swiping at a defenders hand)

The following will result in a **3 yard penalty** (repeat the down)

**Defense**
1. Off sides
2. Illegal contact (holding/grabbing a player, clothing etc./blocking)
3. Illegal rushing (start rush from inside 7 yard zone)

**Offense**
1. Delay of game
2. Illegal forward pass (beyond line of scrimmage)
3. Illegal contact (blocking, illegal pick play, holding, grabbing etc.)
4. False start