# 4 on 4 Flag Football

Play/Rules default to NIRSA Flag Football rules in regards to any situation not listed below:

I. AREA OF PLAY.
   A. THE FIELD
      1. The field shall be 60 yards long by 30 yards wide. The length of the field shall be divided into two 20-yard zones and two 10-yard end zones.
      2. The 3-yard line shall be marked with a line.
      3. The 10-yard First Possession line shall be marked with an X.

II. PLAYERS & SUBSTITUTIONS
   A. The Players
      1. Gameplay
         a. Each team will play with no more than four (4) players on the field at once.
         b. The minimum number of players required to start and continue a game is three (3). Game may be continued with fewer than three (3) players as long as the team has a chance to win.
      2. The maximum number of players any team roster may have is 8
         a. A team with the minimum amount of players or more must play or the forfeit procedure will go into effect.
         b. During the course of the game, if a team drops below the minimum players that team will receive the loss according to team misconduct scoring rules.
         c. If an injury results in a team dropping below the minimum number of players, play may be continued if the team has a chance to win.
         d. These rules will be applied regardless of game score at the time of incident.
   B. There will be no limit to the number of substitutions a team can make, providing each substitute remains in the game for at least one play and the substitution does not delay the game. PENALTY: Illegal Participation, 5 yards

III. EQUIPMENT
   A. Player Equipment
      1. Any player intentionally violating these equipment rules will receive an unsportsmanlike penalty towards the player. Unintentional violation of these equipment requirements will result in one team warning, followed by a team unsportsmanlike penalty.
      2. Players may not participate with equipment that the Intramural Staff deems to be dangerous to other participants. Hard cast, metal or plastic braces, hats and jewelry of any type are examples of illegal equipment. ALL visible body piercing must be removed.
         a. Bracelets may be taped twice around the wrist. Players must provide their own tape.
      3. Players must wear athletic type shorts/pants. These shorts/pants must not have pockets, pouches, loops, belts, zips, zippers, clips, buckles, buttons, or snaps. Torn shorts/pants may not be worn during play.
      4. Jerseys/Shirts
         a. In order to play teams must wear shirts of identical color and shade/tone.
         b. In the event two teams arrive wearing the same color and are unable to switch to a different color, jerseys will be made available.
         c. There are no shirts/jerseys available for check out.
         d. Player Numbers
            1. All shirts/jerseys must have legible numbers on at least one side (back or front of shirt) that is a contrasting color to the shirt color and must be legible from a distance of 6 feet.
            2. Numbers must be permanent on the shirt in a non-fading medium such as marker or paint. A marker will not be provided. Taped on numbers are not allowed.
            3. Teammates will not share the same shirt/jersey number.
            4. If a player is #0 then that number must appear on the jersey. There can only be one version of #0 per team (i.e. #0, #00, #000, etc.)
            5. Triple digit numbers, or anything greater, are not allowed.

5. Shoes
    a. Each player must wear athletic shoes. They must be made of soft, pliable material that covers the entire foot.
    b. Any exposed metal or other dangerous material will not be allowed.
    c. Tennis shoes and molded plastic cleats are acceptable.
6. Players may wear gloves consisting of soft, pliable and nonabrasive material.
7. Players may wear a knit or stocking cap (without ball/knot at top), headbands, or hair bands. Hats with bills are prohibited.

B. Game Ball
1. A game ball will be made available by Intramural Staff.
2. Teams may choose to use their own ball of regulation size once approved by intramural staff.
3. The Offense will accept full responsibility for the ball.
    a. The offensive team is responsible for retrieving the ball after each play from scrimmage, as well as providing the ball for each new offensive series.
    b. The game/play clock will not stop to retrieve any ball thrown/batted/knocked out of play.
    c. Officials are not required to retrieve any football.
4. Regulation Ball
    a. a full size, NFHS or NCAA regulation ball

IV. TIMING

A. Delay Time - Once at the scheduled game time:
1. If a team does not have any players present at game time, the game will be declared a forfeit without the Delay Time procedure.
2. If a team does not have three (3) players signed in at game time, that team will be given 10-minutes to have three players sign in before the game is declared a forfeit.
3. If neither team has three (3) players signed in, both teams shall have 10-minutes to have three players sign in before the game is declared a forfeit or double forfeit.
4. Time used to wait for the minimum number of players will be off the game clock and delaying teams will receive a Sportsmanship Deduction for delaying the start of the game. The first team ready to play will receive two (2) points for every minute (rounded up) that the game is delayed (up to the end of the Delay Time period). Teams may use their allotted timeouts to save the delay time penalty, but this will not prolong the amount of time until a forfeit is declared.
    a. One team ready to play: Team A has enough players at game time and Team B's fourth player signs in with 5:18 remaining in the first half. Team A will start the game with a 14-0 lead.
    b. Neither team ready to play: Team A's fourth player signs in with 8:00 on the clock, and Team B's fourth signs in with 4:15 left on the clock. Team A will start the game 8-0 with 4:08 remaining in the first half.
5. The clock will not stop to have players sign in, and game play must begin before the 10-minute period has been completed. Once all teams are ready, the ball will be put into play in accordance with the Start of Game rules.
6. A forfeit will be recorded as a win for the team ready to play and any points accumulated will be the final score.
7. Any game forfeit for team misconduct will be scored as 20 points, or the current point total over 20 (whichever is more), for the winning team and zero points for the losing team.

B. Game Timing:
1. The game will consist of two- 12 minute halves.
2. The First Half will have a continuously running clock. There will be two one-minute warnings at the end of the First & Second Half.
3. The last minute of the Second Half will continue under a regularly stopped-clock for all dead-ball situations.
    a. Dead ball, stopped clock situations include:
        1. Out of bounds
        2. Incomplete pass
        3. Change of possession

4. Touchdown; the Point After Try will be un-timed.

b. During live ball situations, the clock may be stopped long enough for the administration of a first down, a penalty, or for ball placement (i.e. moving the chains). The Game & Play Clock will begin when the ball is ready for play.

4. There will be three (3) minutes between halves.
5. There will be two (2) 60-second time-outs per game.
6. There will be a play clock of 25-seconds.

V. SCORING

A. Point Values

1. Touchdown - 6 points
2. Point After Try (P.A.T.)
   a. 3-yard line – 1 point
   b. 10-yard line – 2 points
   c. 20-yard line – 3 points
3. Safety - 2 points

VI. START AND RESTART OF PLAY

A. Start of Game

1. A coin toss or Rock-Paper-Scissors will occur during the Captain's Meeting before the game and before the first Overtime period. The team designated as the Visiting Team will make the call during the coin toss.
2. The winning captain shall have a choice of three options:
   a. To choose to start with the ball
   b. To choose which half of the field to start on
   c. To defer their choice to the start of the second half
3. The captain not having the first choice shall choose from the remaining option(s). To "Defer" will not be a valid option for this captain.

B. After a Point After Try and safeties, unless moved by penalty, the opponents of the scoring team shall receive the ball at the First Possession Line.

C. Tie Breaker

1. Each team will attempt to score by passing from the 3-yard line for 1 point, from the 10-yard line for 2 points, or from the 20-yard line for 3 points.

VII. BALL IN & OUT OF PLAY

A. Dead Ball: The ball is dead when:

1. The ball freely falls to the ground.
2. An opponent legally flags the ball carrier.
3. Any part of the ball carrier touches the ground, other than the ball carrier's hands and feet (the ball is considered an extension of the hand).
4. The ball goes out of bounds.
5. A touchdown, P.A.T., or safety occurs.
6. On a fumble
7. The snap from center touches the ground before being caught by a player.
8. Any pass falls incomplete.
9. The referee rules the ball "not in play".

B. First Downs

1. A first down shall be awarded when a team crosses the next appropriate zone line to gain.
2. A team has three (3) downs to attain a first down.
3. If the offensive team's possession is in a zone behind the original zone, either by penalty or loss of yardage, a first down will be established by crossing the original zone line to gain.
4. If the team A does not make the first down to gain, Team B will take the next series back to their 10 yard line starting point.

C. Punts:

1. No punts are allowed

VIII. GENERAL GAME INFORMATION:

A. Offensive Line of Scrimmage:

1. The offensive line of scrimmage (LOS) will be marked with an orange spot and will represent the result of the previous play or penalty.

2. The offense must be set a full second before the ball is snapped. The only movement allowed after being set before the snap is a legal player in motion. PENALTY: Illegal Procedure, 3 yards (movement must be a simulation of play)
3. The quarterback must be two or more yards behind the center, and receive an airborne snap. PENALTY: Illegal Procedure, 3 yards.
4. One player may be in motion, parallel to and behind the LOS, at the time of the snap. PENALTY: Illegal Motion, 3 yards.
5. The snapper is the only player required on the LOS. There are no other restrictions to this rule.
6. If an offense wishes to shift multiple players, all players must be set a full second before the ball is snapped. PENALTY: Illegal Shift, 3 yards.
7. If an Offensive player lines up in the neutral zone, on the snap the play will be called dead and the offense will be penalized. PENALTY: Illegal Procedure, 3 yards
8. The center may snap the ball between his/her legs or off to the side. The center may adjust the ball once prior to the snap but must remain behind the offensive line of scrimmage. The snap must leave the snapper's hands with a quick and continuous motion. PENALTY: Illegal Snap, 3 yards.
9. If the ball hits an offensive player behind the line of scrimmage and is then caught by a defensive player behind the line of scrimmage, the ball is dead and possession is awarded to the defense.

B. Defensive Line of Scrimmage:
1. The defensive line of scrimmage (LOS) shall be one-yard from the offensive LOS and marked with a yellow spot, thereby establishing a neutral zone. The defensive LOS may extend into the end zone.
2. All defensive players must start behind the defensive LOS at all times. Defensive players may not enter the neutral zone at any time before the snap. PENALTY: Encroachment, 3 yards.
3. Defensive players may not rush the QB or up field.

C. De-Flagging an Opponent
1. An offensive player is considered "down" when a Defensive player pulls the ball carrier's flag belt. The spot of the end of the play is the location of the ball at the time of the de-flagging.
2. Anytime a player carrying the ball has inadvertently lost his flags, the player may continue to advance the ball until touched anywhere below the shoulders with one hand, or until the official blows his whistle.
3. Flag pulling of a player without the ball is prohibited and constitutes un-sportsmanlike conduct, and may result in player ejection from the game.
4. An opponent shall not hold, grasp, or obstruct the forward progress of a runner when in the act of removing the flag belt. PENALTY: Defensive Holding, 10 yards.
5. Physically tackling any participant will result in a player ejection. PENALTY: Unsportsmanlike Conduct, 5 yards, Player Ejection.

D. Running With The Ball
1. An A runner cannot advance the ball through A's line of scrimmage including when an offensive player receives a legal forward pass behind the line of scrimmage.
2. All players are eligible to catch a pass.
3. The QB must release the pass within 5 seconds. Failure to do so will result in the ball becoming dead. The official will indicate the passer's clock with a verbal count.
4. All forward passes must be attempted on or behind the offensive line of scrimmage. Only one forward pass is allowed per down.
    a. It is a forward pass from beyond the line of scrimmage if any part of the passer's foot is beyond the line of scrimmage when the ball is released. The penalty for a forward pass thrown from beyond the line is enforced from the spot where the ball is released.
5. An offensive player, who runs out of bounds before a forward pass is thrown and without influence from a defender, loses eligibility to catch any forward pass.
6. In the event of a simultaneous catch, the offense retains possession the ball.
7. A pass is complete if the receiver has control of the ball and at least one foot is in bounds. If the receiver is in the air and pushed out of bounds by a defender, it shall be ruled a completed pass and illegal contact on the defense.

8. If a passer has started his forward arm motion it is considered a legal pass even if his/her flag is removed during the motion. If the ball is not released, the offensive player will be considered down.
9. Defensive players shall not contact, nor force another player to contact, the passer at any time. Inadvertent contact is defined at the official's discretion. PENALTY: Roughing the Passer, 5 yards, Automatic First Down.
10. The defensive team may advance all interceptions.
11. If the quarterback, before the initial pass, crosses the offensive line of scrimmage, he/she may return to the backfield to throw the initial pass as long as his/her entire body is behind the line of scrimmage.

E. Blocking/Rushing
1. All blocking down field must be a screen block or "non-contact block". The initial position of a blocker determines the point of reference for any penalty.
2. B cannot cross their scrimmage line until the pass is released. PENALTY: Illegal Advancement, 3 yards.

IX. SUMMARY OF PENALTIES: (LOD: Loss Of Down, AFD: Automatic First Down)

A. LOSS OF 3 YARDS:
1. Failure to wear required player equipment.
2. Delay of game
3. Illegal Substituiton
4. Illegal Procedure
5. Encroachment
6. False Start
7. Illegal Snap
8. Illegal Formation
9. Illegal Motion
10. Illegal Shift
11. Illegal Advancement (Co-rec only)
12. Illegal Backwards Pass (LOD)
13. Illegal Forward Pass (LOD if by offense)
14. Intentional Grounding
15. Illegal Male Reception (LOD)
16. Helping the Runner

B. LOSS OF 5 YARDS:
1. Unsportsmanlike Conduct – Illegal Player Equipment
2. Illegal Kick
3. Kick Catching Interference
4. Two or more encroachment fouls during the interval between downs
5. Offensive Pass Interference – contact is required, waving of the arms (face guarding) is no longer considered pass interference.
6. Defensive Pass Interference – contact is required, waving of the arms (face guarding) is no longer considered pass interference.
7. Unsportsmanlike Conduct
8. Stripping or Attempting to Strip the Ball
9. Throwing a runner to the ground
10. Hurdling
11. Contact before or after the ball is dead
12. Unnecessary Contact
13. Drive or run into an opponent
14. Position upon shoulders or body on a teammate
15. Roughing the Passer (AFD)
16. Illegal Contact
17. Interlocked interference
18. Illegal Flag Belt Removal
19. Flag Guarding
20. Holding

21. Illegal Batting – defined as intentionally slapping, striking, or re-directing the ball with the hand or arm
22. Illegal Participation

C. LOSS of 5 YARDS and DISQUALIFICATION
1. Illegally secured flag belt on a touchdown or try (LOD if by offense, AFD if by defense)
2. Flagrant Un-sportsmanlike conduct
3. Intentionally contacting an official
4. Leaving the team box and entering the field during a fight
5. Flagrant Personal Fouls
6. Tackling the Runner
7. Fighting an opponent
8. Intentional tampering with the flag belt (LOD if by offense, AFD if by defense)
9. A non-player de-flagging or interfering with a runner
10. Any player receiving two (2) unsportsmanlike penalties will be disqualified from the game.
11. Teams receiving a total of three (3) unsportsmanlike penalties during one game will forfeit the game.