4x4 Flag Football Rules Handout

 Eligibility Rules:
1. You must have a Runner ID to participate. NO ID, NO PLAY…NO EXCEPTIONS!!
2. No Person shall play on more than one single sex and co-rec. team per sport. If caught doing so by supervisor or official, Player shall be suspended for remainder of season and that game shall be forfeited. Opposing team does not have to protest if caught by supervisor or official.
3. No person shall use false identification in order to participate. If caught, person will be suspended from Intramural Sports and possibly Campus Recreation activities for a period of time determined by the Coordinator of Intramural Sports and Sport Clubs.

 General Rules
1. Official Team: An official team shall consist of four (4) players. A minimum of three (3) players must be present to start the game and avoid a forfeit.
2. Ready to Play: “Ready to play” means that a team must be on the playing field with a minimum of three players. A team will not be considered as “ready to play” unless they have three (3) players.
3. Claiming a Forfeit: In flag football games the team present and “ready to play” 5 minutes after the game is scheduled to start, may claim a win by forfeit.

 Basic Rules
Overview
1. A coin toss determines first or 2nd half possession.
2. The offensive team takes possession of the ball at their 5-yard line and has (3) plays to cross mid-field. Once a team crosses mid-field, they will have three (3) plays to score a touchdown. If the offense fails to score the ball, there will be a change of possession and the new offensive team takes over on their 5-yard line. If the offensive team fails to cross mid-field, possession of the ball changes and the opposite team starts their drive from their 5-yard line.
3. Interceptions can be returned
4. There will be (2) 15 minute halves, running time. At the 1 Minute Warning for both halves the clock stops for Out of Bounds, Incompletion and scores.
5. When the ball is spotted by the official a team has: 30 seconds to snap the ball.

 Receiving/Motion
1. All players are eligible to receive passes.
2. Player must have two feet in bounds when making a catch.
3. One player is allowed in motion.

 Passing
1. All passes must be forward and received beyond the line of scrimmage
2. QB has a 7 second "pass clock". If the pass is not thrown within the 7 seconds, the play is dead and the offense has a loss of down. The next down will be from the previous line of scrimmage.
3. Interceptions can be returned.
Dead Balls
1. Ball must be snapped between legs, not off to one side.
2. Play is dead when:
   a. Ball carriers flag is pulled.
   b. Ball carrier steps out of bounds
   c. Touchdown is scored
   d. Ball carriers flag falls out—one hand touch
   e. Ball carriers knee hits the ground
   f. No fumbles, ball is spotted where it hits the ground.
   g. Anytime ball touches the ground, it’s dead.

Rushing the Quarterback
1. All players that rush the QB must be 7 yards from the line of scrimmage when the ball is
   snapped.
2. Players not rushing the QB may defend at the line of scrimmage
3. A special marker, or the referee, will designate 7 yards from the line of scrimmage.

EQUIPMENT
1. **Shoes**: Each player must wear athletic shoes. They must be made of soft, pliable upper
   material (molded plastic, canvas, leather, or synthetic) which covers the foot attached to a
   composition bottom.
2. **Jerseys**: For all flag football games, colored jerseys or shirts must be worn to help
   distinguish one team from another. During the game jerseys must be tucked in at all times
   and the entire flag belt must be visible by players and officials.
3. **Illegal equipment**: Pants or shorts must be free of pockets, drawstrings, and exposed belt
   loops. All jewelry must be removed before playing. This includes earrings, necklaces,
   watches, and rings. Sweatshirts must also not have pockets exposed and hoods must be
   tucked inside the shirt. Stocking hats may be worn, but any hat with a hard bill may not
   be. Helmets, casts, shoulder pads, and boots are all examples of illegal equipment. Any
   equipment that in the official’s judgment would be injurious to participants is illegal to
   wear.
4. **Flags**: The intramural sports staff will furnish official Triple Threat Flag belts for all
   contests. The flags cannot be the same color as your shorts. Competing teams should
   wear different colored flags.
5. **Ball**: Men will use a regulation football. Women may use a regulation, intermediate, or
   youth ball. The game official will choose the game ball for each game from among the
   balls he/she brings out from the equipment room or from one of the teams. Teams may
   check out a practice ball from the equipment room.

GAME REGULATIONS
1. **Time Outs**: Each team will be allowed two time-outs per game. The referee may declare
   a timeout for any injury.
2. **Tie Game:** If the score is tied at the end of regulation play during the regular league season, the game will be declared a tie. Overtime procedures will be used in the single elimination playoffs. This procedure will be explained to the team in the event of a tie.

3. **Scoring:** Touchdown - 6 points  
   Safety - 2 points  
   PAT (pass) - 2 points from 10 yd. line; 1 point from 5 yd. line.

**HANDLING AND PASSING THE BALL**

1. **Handing the Ball Forward:** During a scrimmage down, an offensive player may hand the ball forward behind the line only.

2. **Backward Pass:** A runner may pass the ball backward, only after a forward pass from behind the line of scrimmage, or lose player possession by a fumble anytime except if intentionally thrown out-of-bounds to conserve time.

3. **Backward Pass out-of-bounds:** A backward pass or fumble which goes out-of-bounds between the goal lines belongs to the team last in possession at the out-of-bounds spot. If out-of-bounds behind the goal line, it is a touchback or a safety.

4. **Ball Dead:** A backward pass or fumble which touches the ground between the goal lines is dead at the spot where it touches the ground and belongs to the team last in possession unless lost on down.

5. **Eligible Receivers:** All players are eligible to touch or catch a pass.

6. **Legal Forward Pass:** During a scrimmage down a forward pass may be thrown providing the passer’s feet are behind the offensive scrimmage line when the ball leaves the passer’s hand.

7. **Illegal Forward Pass:** A forward pass is illegal if:
   a. The passer’s foot is beyond the scrimmage line when the ball leaves his/her hand.
   b. Thrown after team possession has changed during a down.
   c. Intentionally thrown forward to the ground or out-of-bounds to save loss of yardage.
   d. A passer catches his/her untouched forward or backward pass.

8. **Legal Catch or Interception:** A forward pass is considered a catch as long as the first part of the person to make contact with the ground after the catch touches inbound. One foot must touch inbound to be considered a catch.

9. **Simultaneous Catch by Opposing Players:** If a forward pass is caught simultaneously by members of opposing teams, the ball becomes dead and belongs to the team that snapped the ball at the spot of the catch.

10. **Incomplete Pass:** When a forward pass touches the ground or anything out-of-bounds, it becomes dead.

**RULES OF PLAY**

All play will be based on the NIRSA Flag Football Rules, with certain exceptions, as noted herein.

**CONDUCT**

Please refer to Section 3: code of conduct of the Intramural handbook.