



Intramural 4 on 4 Flag Football Rules



Intramural Sports Handbook

- All participants are required to adhere to the policies of the Office of Campus Life. Our policies are located online at [http://www.umdrsop.org/\(RSOP%20Web\)/Intramurals/handbook.html](http://www.umdrsop.org/(RSOP%20Web)/Intramurals/handbook.html).
- In the Intramural Sports Handbook, you will find important information regarding:

Team Information	Participant Information
• Registration	• Eligibility
• Forfeit Procedure	• Participation
• Team Jerseys	• Valid ID's
• Tie Breaking Procedure	• Participant Conduct
• Sportsmanship Rating	• Safety
• Protest Procedure	• Alcohol and Drug Policy

Fields

- All games will be played on Griggs Field in Malosky Stadium.

Timing

- The game has no time limit.
- Each team will receive 5 possessions to score as many points as possible. Teams will alternate possessions of the ball.
- Each team will receive 1 time-out per game

Overtime

- A coin toss will be conducted at midfield with the following options: offense/defense.
- Each team will attempt to score by passing from the 3-yard line for one point or from the 10-yard line for two points. If the defense intercepts a pass or fumble, the attempt is over.
- Teams will receive one time-out in an overtime situation.

Players

- Four players per team are allowed on the field at a time. A minimum of three players is necessary to begin and continue play.
- Offensive players are responsible for helping retrieve the ball after a down has ended.
- All players not in the game and spectators must remain two yards off the sideline.
- Any number of substitutions may be made during a game when a stoppage in play has occurred.
- Rosters are limited to a maximum of 10 players.

Start of Play

- Games will begin with a coin flip at midfield.
- The team winning the coin toss will have to choose between starting on offence or defense.
- Once decided, each possession at the 30 yard line (unless changed by penalty) with a first down.

Equipment

- No belt loops or pockets are allowed on pants.

- Shirts must be worn, with either tails tucked inside pants or short enough to be a minimum of four inches above the belt. Jerseys that have been altered in any manner that produces a knot-like protrusion or creates a tear-away jersey are illegal.
- Pants/shorts must be a different color than the flags.
- All players are required to wear flag belts the entire game. Belts must be one piece without any knots. Belts must have three flags and are to be secured around the waistline, with one flag positioned on each player's side and one directly in the center of the back. The belt may not be wrapped around itself.

CoRec Modifications

- A Max of two players of each gender may be on the field.
- Women running, catching or throwing a touchdown will be awarded 9 points. P.A.T.'s remain the same.

Snap

- All plays must originate with a snap from the center. This snap must be received at least two yards behind the offensive scrimmage line. The snap can be made between the legs of the snapper or on the side but must originate from the ground.
- Anytime on or after the ball is marked ready for play, each offensive player must momentarily be within 15 yards of the ball before the snap.
- The offense must have at least one player on the offensive line of scrimmage.
- Only one offensive player may be in motion when the ball is snapped. This motion must be parallel to the line of scrimmage (no motion toward the line).
- No defensive player may be closer than one yard to the line of scrimmage during all scrimmage downs. Defensive players may not break the neutral zone until the ball is snapped.

First Downs

- A first down is awarded to a team after crossing the 20 yard line.
- Four downs will be allowed to complete the task.
- Only one first down can be awarded per possession. A team may have anywhere from one inch to 19 yards to get to reach the first down.

Carrying the Ball

- No offensive player may advance the ball beyond the offensive scrimmage line unless it has already been broken by a forward pass.
- A ball carrier may not deliberately guard their flags. Actions such as slapping with the hand or stiff-arming are examples of flag-guarding. Spinning or jumping to avoid being deflagged is legal.
- A ball carrier may not hurdle a player to avoid deflagging. Hurdling is interpreted as an attempt by a runner to jump over another player.
- If a player inadvertently loses their flags or it is pulled by the opposition before gaining possession of the ball, the play will continue and the player must be downed by a one hand touch, between the shoulder and knees, including the hand and arm. Any player who pushes instead of touches will be called for a penalty.
- A player will be ruled "down" when any part of the body other than the hand or foot touches the ground.
- The defender may not hold or tackle the runner while deflagging the ball carrier. It is illegal to attempt to steal a ball in player possession. The object of the game is to deflag a ball carrier, not steal the ball.
- A fumbled or muffed ball is dead when it strikes the ground.
- Forward progress is determined by where the ball is at the time the runner is deflagged.

Blocking & Rushing

- No part of the body except the feet shall be in contact with the ground and the feet must remain on the ground for the duration of the block.
- Blocking will be by SCREENING ONLY. That is, a blocker must hinder a defender's movement through positioning rather than body contact.
- During a block, the body must remain upright with elbows and hands touching the body at the side or behind the back.
- While incidental contact may occur, blocking/rushing penalties will be called against the player who initiates contact. The defense may not use hands, arms, or legs as a wedge to gain an advantage over a blocker.

Passing

- A forward pass may be thrown from any point behind the line of scrimmage.
- All incomplete backward passes shall be marked down at the point of ground contact.
- Only one forward pass may be attempted from behind the line of scrimmage on a given play.
- A forward pass is illegal if:
 1. It is thrown from beyond the line of scrimmage.
 2. It is intentional grounding.
 3. It is thrown after a change of possession.
 4. The passer catches his/her untouched forward/backward pass.
 5. It is the second forward pass during a play.
- All players except the passer are eligible to receive a pass.
- A player must have complete possession of the ball and land with the first part of their body inbound (normally one foot) to be a legal reception.
- A pass intercepted in the end zone may be advanced.
- If the passer is deflagged prior to releasing the ball, the ball is dead at that spot and the down has ended.
- If an offensive player goes out-of-bounds on their own volition and returns inbounds, it is an illegal participation foul if they participate in any way with the play.
- Roughing the Passer: defensive players must make a definite effort to avoid charging into a passer after it is clear the ball has been thrown. No defensive player shall contact the passer who is standing still or fading back as he/she is considered out of the play after the pass.

Kicking

- There are no kickoffs or punts. After a touchdown or change of possession the ball will start on the 30-yard line.

Scoring

- Point values will be as follows:
 1. Touchdown: 6 points
 2. P.A.T.'s: 3-yard line = 1 Point; 10-yard line = 2 Points
 3. Safety: 2 points
 - The 40 yard line serves as the offensive team's own goal line. If the offensive team is downed behind the 40 yard line, a safety is called, the defensive team receives 2 points and their possession of the ball begins at the 30 yard line.
 4. Defensive player intercepted pass on anywhere on the field: 2 points
 - Interceptions may not be returned and will result in an immediate dead ball and two points awarded to the defense. The offensive team will lose possession and the defensive team will take over at the 30 yard line. This includes passes intercepted in the offensive team's own end zone.

- Touchdown Verification: The player scoring the touchdown must raise his/her arms so the nearest official can deflag the player. If the player is not deflagged with one pull or the official determines the flag belt has been secured illegally, the touchdown is disallowed, the player is disqualified and an unsportsmanlike conduct foul will be assessed.
- Mercy rule: If the point differential is too great to recover from after 4 possessions the game will be called due to the mercy rule. (example: team A is leading by leading by 11 or more points and team B has 1 possession remaining)

Penalties

- When both teams commit an infraction during the same live ball period, regardless of the severity, the down is automatically replayed, provided there is no change of possession. If an ejection is warranted, this may occur even though no yardage is assessed.
- When a live ball and dead ball penalty occurs, each is handled on its own merit, regardless whether the penalties are on the same or opposing teams.
- All unsportsmanlike conduct penalties are penalized as a dead ball foul.
- Any player from either team who comes on to the field during any kind of altercation will be disqualified and a 5-yard unsportsmanlike conduct penalty will be enforced from the succeeding spot.
- The second unsportsmanlike conduct penalty by the same player or nonplayer results in disqualification.
- Live ball fouls committed by either team after a turnover during a try or overtime shall be enforced at the succeeding spot (where the ball will next be snapped or free kicked).
- Delay of Game: the offense has 25 seconds from the time the ball is marked ready to play to snap the ball.
- When an inadvertent whistle occurs, the offensive team will have the option of taking the play with the ball spotted at its location when the whistle blew or replay the down. If the ball is loose following a backward pass or fumble, the team will have the option of taking the ball at the spot where possession was lost or replay the down. During a legal forward pass or any kick, if an inadvertent whistle occurs, the ball is returned to the previous spot and the down replayed.

Sportsmanship Guidelines

- A:** Team members participate with excellent sportsmanship within the established rules.
- B:** Team members occasionally complain to the official or supervisor about rule interpretations. Sportsmanship and understanding of the rules is acceptable, but could be better.
- C:** Team members consistently complain to the official or supervisor about rule interpretations. Sportsmanship and understanding of the rules is below expectations. A team or team member receives a penalty flag for unsportsmanlike conduct.
- D:** A team or team member receives two penalty flags for unsportsmanlike conduct. Any player is ejected from the game for unsportsmanlike conduct.
- F:** A team or team member receives three or more penalty flags for unsportsmanlike conduct. Two or more members of the team are ejected from the game for unsportsmanlike conduct.

****Please see the Intramural Sports Handbook for detailed information regarding sportsmanship.***



***All rules not specifically covered in this document will be enforced as NIRSA Flag Football Rules.
All rules are subject to change by the Intramural Coordinator.***

