

INTRAMURAL 4-ON-4 FLAG FOOTBALL PLAYING RULES

General Information

- 1) **The team captain and all players are responsible for all information contained in the Playing Rules, the Intramural Eligibility, Policies, and Guidelines webpage, and the 4-on-4 Flag Football Event webpage.**
- 2) **Participants must have a valid photo ID with them at all times.**
- 3) Intramural Flag Football is governed by NIRSA – National Intramural/Recreational Sports Association playing rules and any modifications outlined in this document.
- 4) Players should have checked in, shown ID, warmed up, be and ready to play prior to the scheduled game time.
- 5) Each team shall designate to the referee a team captain(s) for the contest. The captain is required to sign the scorecard at the end of each game verifying the final score, and that all participating players have been checked in.

Players

- 1) **Players are required to bring a valid photo ID to all Intramural Flag Football games.**
- 2) All men's and coed divisions play 4 on 4 flag football. The minimum required to play is 3, and each team may have a maximum of 12 players.
- 3) Players must play in at least one pool play game to be eligible for elimination play.
- 4) See attached coed modifications for coed player policies.

Equipment and Uniforms – all equipment and uniforms are subject to the approval of the Intramural Staff on duty.

- 1) Teams are required to wear similar colored jerseys or T-shirts based on their designation of home or visitor on the division's schedule page. Home teams will wear white shirts or jerseys (these shirts may have writing or designs on them). Visitor teams must wearing matching dark color shirts or jerseys (these shirts may have writing or designs on them). A team that has matching shirts or jerseys will be permitted to wear them regardless of their home or visitor designation, however, if they are the home team and the visitor team is wearing the same color, the home team will be required to wear jerseys. **No team may wear gold jerseys or shirts.** Jerseys may not be tied in a manner that creates any type of knot. Jerseys will not be provided at the field. Failure to comply with the team color guidelines will result in a decrease in sportsmanship rating.
- 2) Teams must supply their own game ball. Teams may bring their own ball or use balls provided by RecSports. Men shall use a regular size ball and coed teams may use either a regular or intermediate size ball.
- 3) Flag belts will be provided to each team on site. **Shirts must be tucked in and flag belts must be worn on the outside of all clothing with the clip in front! DO NOT TIE YOUR FLAGBELTS!**
- 4) Only athletic type soccer/football, running, court, or turf shoes with or without molded plastic or rubber cleats are allowed. All cleats must be less than ½ inch, metal/sharp plastic cleats are not allowed. All players must wear athletic shoes. No sandals, boots, bare feet, or five-finger shoes.
- 5) Players must wear athletic apparel with no exposed metal, no belt loops, and no pockets.
- 6) Baseball style hats, bandannas, and sunglasses are not permitted. No other types of headwear with knots or dangerous material are allowed.
- 7) **Religious Headwear** – In the event a participant may not expose his/her uncovered head, the Intramural Coordinator may approve a covering or wrap which is not abrasive, hard, or dangerous to any other player and which is attached in such a way it is highly unlikely to come off during play. Hard items, including, but not limited to beads, barrettes, and bobby pins are prohibited. **Participants must receive approval for headwear from the Intramural Coordinator prior to participating.**
- 8) Players **may NOT** wear casts/splints under any circumstances and all pads/braces must be below the waist. Players who wear a knee brace with exposed metal or metal hinges are required to cover it.
- 9) Players may wear knee pads, gloves, covered knee braces, headbands, and knit caps.

- 10) Players **may NOT** wear any exposed jewelry of any type.
- 11) **Medical Alert and Medical Treatment Religious Medals** – Medical-alert and medical treatment religious medals are not considered jewelry. Religious medals must be taped and worn under the uniform. Medical-alert medals must be taped and may be visible. **The wearing of a religious medal must be approved by the Intramural Coordinator prior to participating in any contest.**
- 12) **Special Event Wristbands** – If participating in a special event, which requires a participant to wear a wristband (ex. OU or ACL wristbands), it is the PLAYER'S responsibility to provide an acceptable method to cover the wristband. Acceptable methods are limited ONLY to the following: Sweat bands or athletic tape, which will NOT be provided by RecSports.

No Show

- 1) If a team is not present and ready to play by **the scheduled game time** (checked in, flags and jerseys on, minimum number of players on the field) the opposing team shall be given the ball and choice of goal, and the choice for the second half.
- 2) If a team is not present and ready to play by **2 minutes** after the scheduled game time the ball is moved to the 19-yard line of the offense. 1st down, line to gain is the 20 yard line.
- 3) If a team is not present and ready to play by **3 minutes** after the scheduled game time the ball is moved to the opponent's 10 yard line.
- 4) If a team is not present and ready to play by **4 minutes** after the scheduled game time the offense is credited with (1) one touchdown and a 3-point extra point (9pts).
- 5) If a team is not present and ready to play by **5 minutes** after the scheduled game time **the game is declared a no show, 9-0, to the team ready to play.**
- 6) Should the game begin after the 9-point penalty has been assessed, the team arriving late shall be given the ball at their 10-yard line, as if they had been scored upon.
- 7) **Note:** If neither team is ready to play by the scheduled game time, and it is less than 5 minutes past the scheduled start time, the teams will be permitted to play. The game shall begin with a coin toss and continue for the remaining time in the first half.

The Playing Field

- 1) 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 fields into halves.
- 2) The side and end lines are out of bounds.
- 3) Two ball spotters (small plastic cones) will be used during play. The **ORANGE** cone marks the offensive scrimmage line, the **YELLOW** cone the defensive line. The ball spotters will always be one yard apart.

Starting the game

- 1) The referee will conduct a coin toss. The winner will select or defer his/her option until the second half, to start on offense or defense, or to defend a specific goal.

Putting the Ball in Play

- 1) The ball shall be placed at the 10 yard line to begin each half of a game and following a try, touchback, or safety, unless moved by penalty.
- 2) NOTE: There are no kicks.

Timing

- 1) Playing time shall be two 12 minute halves followed by a 5-play series. There will be a 5 minute halftime.

Time-outs

- 1) Each team is entitled to two (2) 30 second charged time-outs per game, including overtimes.

Series of Downs

- 1) A team shall have 3 consecutive downs to advance the ball to the next zone.

- 2) A new series of downs is awarded when a team moves the ball legally into the next zone or the opponent obtains team possession of the ball by penalty, pass interception, or failure to advance to the next zone.

Defensive Rush

- 1) The defense may not cross their scrimmage line until the pass is released.

Line Players

- 1) The snapper is the only offensive player required to be on the scrimmage line at the snap.
- 2) One receiver may be in motion (any direction EXCEPT forward) at the snap.

Runner

- 1) An offensive runner cannot advance the ball through his or her own scrimmage line.
- 2) There are no restrictions after a change of possession or once a legal forward pass has been touched beyond the offense's scrimmage line.

Legal Forward Pass

- 1) There must be a legal forward pass each down. The receiver must touch the ball beyond offense's scrimmage line.
- 2) The passer has 5 seconds to release the ball on a forward pass. If not, it is a loss of down and the ball is next snapped at the previous spot. The referee will sound his/her whistle at 5 seconds if the passer has possession of the ball.

Mercy Rule

- 1) The Mercy Rule does not apply.

Tie Breaker

- 1) Every game that ends in a tie will play a tiebreaker. The winner of a coin toss will determine if they want to go first or second.
- 2) 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.
- 3) If the defense intercepts a pass or fumble, the attempt is over. This procedure will continue until a winner is declared.
- 4) If multiple tiebreakers are needed, teams will rotate the order of who attempts first.

Enforcement of Penalties

- 1) All 10 yard penalties are 5 yards and all 5 yard penalties are 3 yards.

INTRAMURAL FLAG FOOTBALL 4-ON-4 COED MODIFICATIONS

All previously listed rules apply to coed games in addition to those listed below.

Number of Players

- 1) For the coed division, at least 1 male and 2 females are required to play.

Touchdown

- 1) If a female scores a touchdown, the point value is 9. If a female player throws a legal forward pass and a touchdown is scored by any player on the offense, then the point value is 9. All other touchdowns are 6 points.

Substitutions

- 1) Substitutions must be man for man or woman for woman only, unless it will bring the ratio of male and female players to 2 and 2.

Forward Pass Completions

- 1) During the offensive team's possession, there may not be two (2) consecutive legal forward pass completions on downs from a same gender passer to a same gender receiver.
- 2) The term **CLOSED** means a male player may not complete a legal forward pass to a male and a female player may not complete a legal forward pass to a female
- 3) The term **OPEN** means any player can complete a pass to any other player.
- 4) If a male passer completes a legal forward pass to a male, the next legal forward pass completion must involve either a female passer or receiver **for positive yards**. If the female is de-flagged before gaining positive yards, the next play remains closed.
- 5) In order for a closed play to become open, the direction of the pass **MUST** be forward.
- 6) Accepted penalties have no affect on open and closed plays. It is possible to lose net yardage on a closed play – then for the next play to be open – if all of the requirements to open a play are met. Positive yards gained are GROSS yards gained, not NET yards gained after the penalty has been enforced.