

**Christopher Newport University
Office of Recreational Services
Intramural Sports
Flag Football (4v4)
-Rules of the Game-**

The rules below are specific for the sport indicated above and do not include intramural program policies which all participants must abide by. For a complete description of intramural policies, participants should view the Intramural Program Manual.

National Intramural Recreational Sport Association (NIRSA) rules govern any rule not mentioned in this document.

1. Team Requirements

- 1.1 A team shall consist of four players. No more than six team members can play in any one game. A team must have at least three players to start, and must maintain three players to continue. The game will be considered a default if there are less than 3 players.
- 1.2 The field will be 40 yards long and 25 yards wide with 10-yard end zones. There will be a first down at midfield.

2. Equipment

- 2.1 Rubber cleated shoes will be allowed. Screw-in cleats will be allowed only if the screw is part of the cleat. Open toe, open heel, or hard soled shoes will not be allowed. No metal cleats!
- 2.2 Pants and/or shorts with belt loops and/or pockets are strictly prohibited. A player may not turn his/her shorts inside-out or tape his/her pockets in order to play. Players may NOT wear shorts/pants with zippers or pockets.
- 2.3 No jewelry or rubber bands may be worn. Exception: Medical Alert tags may be worn. No hats or bandanas may be worn by any player on the field.

3. Game Timing

- 3.1 Games will consist of two 20-minute halves with a three-minute half time. Timing will be continuous for the entire first half and the first 18 minutes of the second half. Only team time-outs and official time-outs can stop the clock. Approximately two minutes before the end of the second half the referee shall stop the clock and inform both captains of the time left on the clock. The clock will restart on the snap. If a team is leading by 50 points at halftime or any time thereafter or 33 points or more (Co-ed.-45 points or more) in the final two minutes of the game, the mercy rule will go into effect and the game will be over. The clock will stop during the final two minutes of the second half for:
 - a. Incomplete pass - clock restarts on the snap.
 - b. Out of bounds - clock restarts on the snap.
 - c. Penalties - clock restarts depending on previous play.
 - d. Score - clock restarts on opponent's next snap from scrimmage.
 - e. Time Outs - clock restarts on the snap.
 - f. Touchback - clock restarts on the snap.
 - g. First downs - clock restarts depending on previous play.
 - h. Change of possession - clock restarts on the snap.
- 3.2 One time-out per half is permitted for each team. An unused first half time-out does not carry over into the second half.
- 3.3 Once the official whistles the ball ready for play, the offense will have 25 seconds to snap the ball.

4. Scoring

- 4.1 Touchdowns will be worth 6 points. A PAT try from 3 yards out is worth 1 point while one from 10 yards out is worth 2 points.
- 4.2 The defensive team may return a PAT for 2 points regardless of whether it was a try for 1 or 2 points.

5. Game Rules

- 5.1 The game will start from scrimmage on a team's own 5-yard line.
- 5.2 Teams will have three downs to advance to the mid-field stripe for a first down or to the end zone for the touchdown.
- 5.3 The ball must be snapped in one continuous motion, not necessarily between the center's legs.
- 5.4 The ball is put into play at the five-yard line after a score.
- 5.5 A team scoring a safety will receive two points and the ball on its own 5-yard line.
- 5.6 There will be no punts. If the offense fails to convert on third down, the ball will be placed on the defenses own 5-yard line with a change of possession.
- 5.7 In order to legally rush behind the line of scrimmage before it has been initially crossed, each rusher must be behind the seven-yard cone for at least 1 second during the play or at the snap. Penalty: Illegal rush, 3 yards, repeat the down.
- 5.8 The ball must be snapped from the spot designated by the ball marker. The official due to poor field conditions may move the ball with approval.

5.9 The offensive team is allowed 1 running play per possession. However, the offensive team may have one additional rush if they accept a defensive penalty. Running plays are not allowed during a try. A play is deemed running or passing by the way the line of scrimmage is INITIALLY broken. Penalty: Illegal Procedure, 3 yards, loss of the down.

5.10 When an offensive team is at or inside the opponent's 5-yard line, the defensive team may rush from the line of scrimmage with an unlimited number of defensive players.

5.11 The offensive team can throw multiple passes behind the line of scrimmage per down. If the ball is caught behind the line of scrimmage and the player runs, the play counts as a running play. However, a forward pass completed beyond the line of scrimmage, may be pitched or lateraled behind the line of scrimmage, and still advanced. However, only ONE forward pass can break the line of scrimmage.

5.12 The offensive team must have at least one player on the line of scrimmage at the snap.

6. Overtime

6.1 During the regular season, only one overtime period shall be played. During the playoffs, the overtime format will be repeated until a winner is decided. The winner of the toss shall be given the option of either offense or defense. If additional overtime periods are necessary, captains will alternate choices.

6.2 Each team will be given 3 downs from the same 10-yard line to score a touchdown until the game is decided.

6.3 Each team is entitled to one time-out per overtime period.

7. Co-ed Rules

7.1 A team shall consist of the following combinations: 2 males/2 females, 2-males/1 female, or 2-females/1 male.

7.2 A touchdown thrown, caught, or run into the end zone by female is worth 9 points.

7.3 There may not be 2 consecutive male-to-male completions. For example, if a male passer throws a completed forward pass to another male, the next legal, completed forward pass for positive yards must involve a female as the thrower or receiver. In regards to multiple passes, the final pass across the line of scrimmage will be the determining factor for open/closed. Penalty: Illegal Forward Pass, 3 yards from the point of the pass, loss of down.

7.4 An offensive male runner cannot advance the ball through the offensive team's scrimmage line. There are no restrictions: during a run by a male runner once the ball has been possessed beyond the offensive team's scrimmage line; during a run by a female runner; and after a change of possession. Penalty: Illegal Procedure, 3 yards, repeat the down.

7.5 Mercy rule will be in effect when a team is winning by 45 or more with two minutes left in the game.

7.6 Penalties, whether accepted or declined, have no affect on whether the play is open or closed.

Summary of Fouls and Penalties

Loss of 3 Yards:

1. Required equipment worn illegally.
2. Delay of game.
3. Illegal snap.
4. False start.
5. Encroachment (illegal rush).
6. Illegal procedure.
7. Illegal forward pass (3 yards from the point of the pass and the loss of down).
8. Intentional Grounding (3 yards from the point of the pass and loss of down).
9. Helping the runner: the runner shall not grasp a teammate or be grasped, pulled or pushed by a teammate.
10. Illegal Run (3 yards from the previous spot plus a loss of down).

Loss of 5 Yards:

1. Delaying the start of either half.
2. Two or more consecutive encroachments during the same interval between downs. The initial encroachment will be a 3-yard penalty.
3. Illegal participation.
4. Offensive pass interference. (Loss of down)
5. Defensive pass interference. (Automatic first down)
6. Illegally secured flag belt on touchdown. (Touchdown nullified and loss of down)
7. Unsportsmanlike conduct.
8. Spiking the ball or not returning the ball to the official during the dead ball.
9. Attempt to steal the ball from the carrier.
10. Hurdling.
11. Unnecessary contact of any sort.
12. Roughing the passer. (Automatic first down)
13. Defensive illegal use of the hands.

14. Guarding the flag belt and stiff-arming.
15. Illegal batting.
16. Illegal flag belt removal.
17. Personal foul.
18. Flagrant unsportsmanlike conduct. (Disqualification)
19. Flagrant personal foul. (Disqualification)
20. Intentional tampering with the flag belt. (Disqualification)
21. Illegal equipment.