

**Florida Atlantic University
Intramural Sports
4 on 4 Flag Football**

Each player must present an FAU ID card before each contest to be eligible to participate. No Exceptions.

All intramural participants are responsible for their own medical expenses. Any student unsure of their physical condition should check with their physician before participating in intramural sports.

Game time is forfeit time.

The officiating will be done by an official who is in absolute control of the game. Teams are responsible for keeping their spectators under control. Misconduct of spectators, players or coaches can result in assessment of a penalty, ejection or forfeiture of the game. Spectators must also remain in the area designated by the officials. The officials shall have the power to make decisions on any matters or questions not specifically covered in the rules.

NIRSA Flag Football Rules will govern play for any rule not mentioned in the following 4-on-4 rules:

1. Team Requirements

1.1 A team shall consist of four players. 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 20 yards wide with 10 yard end-zones. There will be a first down line at midfield.

1.3 Players are able to play on 1 co-rec team, and 1 (wo)men's team. They CANNOT play for 2 (wo)men's teams or 2 co-rec teams.

1.4 Varsity football players are ineligible. They must be one full academic year removed from the last football season they participated with the team. Please check the Intramural Sports Handbook for more details.

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.

2.3 No jewelry may be worn. Exception: Medical Alert tags may be worn. No hats or bandannas may be worn by any player on the field.

3. Game Timing

3.1 Games will consist of two 15 minute halves with a two minute half-time. Timing will be continuous for the entire first half and the first 13 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 or more after the first half, or leading by 35 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** Two time-outs per game is permitted for each team. Any time-outs do not carry over into overtime.
- 3.3** Once the official whistles the ball ready for play, the offense will have 25 seconds to snap the ball.
- 3.4** Each half shall start with a captains meeting. Before the start of the game the Referee shall toss a coin in the presence of the opposing field captains, after first designating which captain shall call the coin flip. The captain winning the toss shall have first choice of options for either the first or second half. The loser shall have the first choice of options for the half the winner of the toss did not select. The options for each half shall be:
- a) To choose whether his/her team will start on offense or defense.
 - b) To choose the goal his/her team will defend. The captain, not having the first choice of options for a half, shall exercise the remaining option.
 - c) The winner of the coin toss shall also be able to defer his/her option to the second half.

4. Scoring

- 4.1** Touchdowns will be worth 6 points. A PAT try from 5 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 line for a first down. After crossing midfield, they have 3 downs to get to the endzone to score.
- 5.3** There are no punts/kickoffs. If a team fails to cross mid-field or the endzone after 3 tries, the ball is placed at the offensive team's 5 yard line.
- 5.4** The ball must be snapped in one continuous motion, not necessarily between the center's legs. A snap cannot be taken from directly under the center.
- 5.5** The ball is put into play at the five yard line after a score and the PAT attempt.
- 5.6** A team scoring a safety will receive two points and the ball on its own 5 yard line.
- 5.7** There will be no punts. If the offense fails to convert on third down, the ball will be placed on the defense's own 5 yard line with a change of possession.
- 5.8** The ball must be snapped from the spot designated by the ball marker.
- 5.9** There must be a legal forward pass each down. The receiver must catch the ball beyond the offensive scrimmage line.
- 5.10** Only one forward pass is allowed per play, no matter if a pass is thrown forward to a person behind the line scrimmage.
- 5.11** The offensive team must have at least one player on the line of scrimmage at the snap.
- 5.12** The quarterback has a 7-second clock to throw the football, which the referee will count out loud. As soon as the referee says "Seven," the play is ruled dead if the ball is still in the quarterback's hands, and the offensive team loses that down and starts at the same line of scrimmage.
- 5.13** Interceptions may be returned in a game. When the player's flag is pulled, the ball is spotted at the point where the flags were pulled. On extra point attempts, interceptions may be returned for two points, but if the person does not run it all the way back to the other end zone, the ball will be spotted at the offensive team's 5-yard line.
- 5.14** Only one person may be in motion when the ball is snapped. The person in motion cannot be moving towards the line of scrimmage.
- 5.15** A player must have at least one foot in bounds when making a catch. All players are eligible receivers.
- 5.16** There are no fumbles. The ball is dead where it hits the ground, unless there is a forward gain, which will then place the ball at the spot where the ball came loose.
- 5.17** If a player's flag inadvertently comes off during a play, he or she must be touched with one hand between the shoulders and knees to be considered "down."

6. Overtime

6.1 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 1 try for extra points. 1 point from 5 yards out, 2 points from 10 yards.

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

Summary of Fouls and Penalties

Loss of 3 Yards:

1. Required equipment worn illegally.
2. Delay of game.
3. Illegal advancement - running the ball past line of scrimmage (Loss of down, assessed from the line of scrimmage).
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.

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 3 yards.
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. (Illegal Contact)
10. Hurdling.
11. Illegal contact of any sort.
12. Roughing the passer. (Automatic first down)
13. Defensive illegal use of the hands.
14. Flag Guarding.
15. Illegal batting.
16. Personal foul.
17. Flagrant unsportsmanlike conduct. (Disqualification)
18. Flagrant personal foul. (Disqualification)
19. Intentional tampering with the flag belt. (Disqualification)
20. Illegal equipment.

Co-Rec Modifications

Players:

A full team consists of 2 males, 2 females. Teams can play with 1 male, 2 females, or 2 males and 1 female, no other combinations are allowed. Any touchdown scored involving a female passer or receiver for positive yardage gets 9 points.

On Open Plays: All receivers are eligible. Male to Male receptions cause for the next play to be closed.
On Closed Plays: Only plays involving a female passer or receiver are allowed.
There must be one and only one legal forward pass (past the line of scrimmage) on each down.