

4 ON 4 FLAG FOOTBALL

Any rules or play interpretations not discussed below will be covered by the National Intramural Recreational Sports Association Flag & Touch Football Rules Book and Official's Manual.

I. GENERAL

A. Rosters

- i. Players may play for only **one** men's or women's team and **one** co-rec team.
- ii. Men's and women's teams consist of 4 players. A minimum of 3 players is needed to start the game.
- iii. Co-Rec teams consist of 4 players, 2 men and 2 women. A minimum of 3 is required to start the game.
 1. Acceptable combinations of males and females included: 2M & 2W, 2M & 1W, 1M & 2W.

B. Roster Restrictions

- i. No current varsity football player may play in intramural sports volleyball.

II. Equipment

A. Footballs will be provided by the FAU staff at the games

- i. FAU will not provide footballs for warm-ups.

B. Flag belts are provided by Intramural Sports.

- i. The proper way to wear the flag belt is with one flag on each side and one in the center of the back.
 1. **NO TYING KNOTS – results in automatic ejection.**

C. All participants must wear the proper athletic attire to participate. This includes:

- i. Closed-toed athletic shoes.
 1. Metal spikes and are not allowed.
 2. Screw in cleats are allowed if the screw is part of the cleat
- ii. Shorts or pants without: an exposed drawstring, pockets or belt loops.
 1. There will be no alterations to shorts with pockets that will allow participant to play
- iii. Team members are requested to wear like colored shirts/jerseys with numbers.
 1. Intramural Sports has pennies for teams without like colored shirts/jerseys.
 - a. Participants must wear a shirt with sleeves underneath the intramural sports pennies.
- iv. Participants must wear T-shirts while participating.
- v. A shirt/jersey must be long enough to remain tucked in or is 4" above the flag belt.
 1. Shirts may not have pockets, exposed drawstrings, holes, and untucked hoods.

- vi. All shirts **must** have sleeves. No cut offs.
- vii. In the event a player does not have the proper shorts, he/she may NOT wear only their compression shorts/boxers.

D. Prohibited Equipment

- i. Participants **may not wear jewelry**.
 - 1. Participants **may not** cover up jewelry with tape, band-aids or other such items.
 - a. The **only** exception to the no jewelry rule is medical alert tags
- ii. Participants **may not wear** hats, caps or bandanas.
- iii. Cast or splints (hard or soft) **are not permitted**.

III. Timing

- A. The game will consist of two 15 minute halves with a 3 minute half-time.
- B. The clock will not stop until the 2-minute warning of the second half except for team time-outs, official's time-outs and injuries.
 - i. The clock will stop during the last 2 minutes of the second half for an incomplete pass, timeout, penalty, out-of-bounds, change of possession, after any score, on first downs and touchbacks. Depending on the situation the clock will either restart on the ready to play whistle or on the snap.
- C. Each team will be allowed 2 time-outs per game, lasting a maximum of 1-minute. 1 time-out is allowed per team during the entire overtime.

IV. Regulations

A. The Game

- i. A coin toss shall begin the game.
 - 1. The options given to the winning team are to receive, defend or defer.
- ii. The ball shall be snapped on the 5-yard line starting a half, following a touchback or safety, and following the extra point try. Unless moved by penalty.
- iii. The offensive team must have at least one player on the line of scrimmage at the time of snap
- iv. The quarterback has a seven second window to throw the ball. This will be counted out by the official, and once the official reaches 'seven', the play is dead if not thrown
 - 1. The offensive team loses the down and starts next down at spotted point
- v. A team has 25 seconds to snap the ball after the referee has signaled ready for play.
 - 1. A snap must happen in one continuous motion
 - 2. Does not have to be between the center's legs
 - 3. Snaps cannot be taken from between the center's legs
- vi. A team in possession of the ball shall have three (3) consecutive downs to advance to the next zone.
 - 1. No 4th Downs.
 - 2. No Punts.
- vii. There are **NO** fumbles. If the ball hits the ground it is considered dead at the spot where it contacts the ground. If the ball is fumbled forward, it will become dead at the spot where the runner lost control.
 - 1. **Exception:** Ball is fumbled into opponent's end zone will result in a touchback.
- viii. Interceptions may be returned in a game, and the ball will be spotted at the point of which a flag is pulled.

1. If a PAT attempt is intercepted, the return will be worth two points
 - a. If the ball is not returned for a touchdown, the proceeding set of downs will begin from offensive team's 5 yard line
- ix. A defender must touch an opponent with one hand between the shoulders and knees, if the ball carrier's flag belt has come off inadvertently.
- x. **Scoring**
 1. Touchdown = 6 points
 2. Safety = 2 points
 3. Extra points
 - a. = 1 point (from the 3 yard line)
 - b. = 2 points (from the 10 yard line)
- xi. Games that end in a tie will remain a tie during regular season.
- xii. **Overtime**
 1. In playoffs, if the game remains a tie, the game will proceed to overtime procedures.
 2. A coin toss will determine offense, defense or direction.
 3. All overtime periods will be played toward the same goal line.
 4. Each team will attempt to score by passing from the 3-yard line for one point or from the 10-yard line for 2 points. If the defense intercepts a pass or fumble, the attempt is over.
- xiii. **Mercy Rule**
 1. If a team is ahead by 50 or more points at half time or 35 points going into the two minute warning, the game will be stopped, and deemed a mercy.
- xiv. **Forfeits**
 1. Ready to Play and Game Time
 - a. A team is considered ready to play when the required minimum number of players for the sport are properly signed-in with IM staff, present at the specific field or court for their scheduled contest, and properly equipped at the designated game time
 - b. If at game time, there is one team ready to play and one team that is not, the captain of the team ready to play will be presented the following options by the Intramural Sports Supervisor:
 - i. Elect to offer the team that is NOT ready to play a 10-minute grace period to acquire the needed amount of players to begin.
 1. If the other team is able to acquire enough players, the game will be played in its entirety, minus the amount of time it took for the team NOT ready for play to field enough players to begin.
 - ii. Elect to NOT offer the 10-minute grace period, and automatically take the win.
 - c. The decision made by the captain of the team ready to play is final. He/she may not change their mind.
 2. Penalty Points

- a. In the event that the team ready for play elects to offer the 10-minute grace period, the Captain will then be presented with the following options by the Intramural Sports Supervisor:
 - i. Elect to start the game tied 0-0
 - ii. Elect to start the game up the following amount of points:
 1. Men's / Fraternity: 9
 2. Women's / Sorority: 9
 3. Co-Rec: 10
- b. The decision made by the captain of the team ready to play is final. He/she may not change his mind.

xv. **Overtime (Playoffs Only)**

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
2. Each team will be given 1 try for extra points. 1 point from 5 yards out, 2 points from 10 yards
3. Each team is entitled to one time-out per overtime period.

B. Rule Clarifications

i. **Snapping the Ball**

1. The player who receives the snap from the center must be at least 2 yards behind his/her scrimmage line.
2. The offensive team must have at least 1 player on the line of scrimmage at the time of the snap. A player in motion is not counted on the line.
3. If on a snap, the ball is fumbled, it is immediately blown dead at the spot upon hitting the ground.
4. The offensive team is responsible for retrieving the ball after a down has ended.
5. The center can snap the ball between his/her legs or stand to the side of the ball. This has to be done in one continuous motion, with the ball starting on the ground.

ii. **Passing the Ball**

1. A legal forward pass is a live ball thrown towards the opponent's goal line, from behind the line of scrimmage. The initial direction of the ball determines whether or not the ball is backwards or forwards.
2. There must be a legal forward pass each down.
 - a. The receiver must catch the ball beyond team A's scrimmage line.
3. Team A has 7 seconds to release the ball on a forward pass.
 - a. If not, it is a loss of down and the ball is next snapped at the previous spot.
 - b. The referee will sound his/her whistle at 7 seconds of the passer has possession of the football.
4. There may only be one legal forward pass per down.
5. All players, with the exception of the passer, are eligible to touch a forward pass after it is thrown.

- a. The passer may catch his/her own forward pass provided another player has touched it first.
 - 6. Players only need one foot inbounds and the ball under control to establish possession.
 - 7. When members of the opposing teams catch a legal forward pass simultaneously, the ball is immediately blown dead and possession belongs to the offense.
- iii. **Rushing and Screen Blocking**
 - 1. Defensive players will not be allowed to rush the quarterback (rush beyond the orange ball spotter) before the ball is thrown.
 - 2. Once a legal forward pass by the offense is thrown the defense may pursue the receiver anywhere on the field.
 - 3. Screen blocking is permitted and shall take place without contact.
 - 4. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back.
 - a. Any use of the hands, arms, legs, elbows, or body to initiate contact by an offensive player is illegal. A player must be on his/her feet before, during, and after screen blocking.
 - b. Defensive players must go around the offensive player's screen block. The arms and hands may not be used as a wedge to contact the opponent.

C. Co-Rec Modifications

- i. There are "OPEN" and "CLOSED" plays in Co-Rec.
 - 1. The term "OPEN" means that any player can complete a legal forward pass to any other player.
 - 2. The term "CLOSED" means that a female player must be involved in the play for positive yardage. NOTE: it cannot be a male QB who throws to a male receiver and he throws or hands-off to a female. The female must be the QB or the receiver AND gain positive yards.
- ii. If a male passer completes a legal forward pass to a male receiver, the next legal pass completion must involve a female passer or female receiver for **positive** yards in order for the next play to be "OPEN".
- iii. A touchdown involving a legal forward pass from a female or if female rushes for a touchdown it counts as 9 points.

D. Fouls and Penalties

- i. No stripping the ball from opponent's arms.
- ii. No hurdling over an opponent.
- iii. A player may not attempt to guard their flag from an opponent by the use of stiff arms, dipping their shoulder, placing the ball over the flag or swinging or placing their hand over the flag or swatting someone's hand away.

V. Sportsmanship Ratings

VI. SPORTSMANSHIP

A. Ratings

- i. FAU Campus Recreation's sportsmanship rating policy has been developed to protect the safety and equity of all participants and those affiliated with supervising our events. The Intramural staff reserves the right to end any intramural contest at any point.

1. The Team Sportsmanship Rating is an objective means for assessing the behavior of teams through an Intramural Sport season.
2. The Intramural staff on duty will grade all teams on their display of sportsmanship before, during and after each game. Failure by the Intramural Staff to give a grade will result in an “5”.
3. Participating in Intramural Sports is **NOT** a right, it is a privilege. Therefore, the Intramural Sports program reserves the right to take away that privilege from any team or individual that does not abide by the governing rules and regulations, as well as does not exhibit good sportsmanship and fair play.
4. Two unsportsmanlike penalties on the same player will result in disqualification from the game. The third unsportsmanlike foul by the same team results in forfeiture of the game. (example 2 technical fouls on one player in basketball results in a player ejection, 3 technical fouls on a team results in a forfeit)
5. Any player that is ejected for any reason must come in to speak to the Assistant Director of Campus Recreation-Intramural Sports before their next game. That player or team is not eligible to play until doing so. Team will forfeit their ensuing game if the ejected player does not meet with the Assistant Director. ***All ejections will warrant a minimum 1 game suspension!***

B. Rating Criteria

- i. **“5” - Good Conduct and Sportsmanship**
 1. Team/fans cooperate fully with the supervisors and officials and show respect for opposing team members. The Team Captain has full control of his/her teammates/fans. If the captain converses with the officials about rule interpretations and calls he/she does so respectfully and calmly. A team winning a game due to a forfeit will receive an “A” sportsmanship rating.
- ii. **“4” - Average Conduct and Sportsmanship**
 1. Team/fans complain about some decisions and or display minor dissent. These complaints may have been voiced verbally or non-verbally toward officials, opposing players or opposing fans. The Team Captain exhibits major control over teammates and him/herself.
- iii. **“3” - Below Average Conduct and Sportsmanship**
 1. Team/fans (on or off the playing area) show continuous or sustained verbal dissent towards officials, supervisors, and/or the opposing team. The Team Captain exhibits minor control over teammates and him/herself. Teams that receive one unsportsmanlike penalty or technical foul during the game will receive no higher than a “C” rating. Each additional unsportsmanlike penalty will result in the grade being lowered by one letter grade.
- iv. **“2” - Poor Conduct and Sportsmanship**
 1. Team/fans complain excessively to officials and/or the opposing team. The Team Captain exhibits little control over teammates and him/herself. Teams that have a player ejected will receive no higher than a “D” rating.
- v. **“1” - Unacceptable Conduct and Sportsmanship**

1. Team/fans are completely uncooperative. Team Captain has no control over team, fans and/or him/herself. Teams that have multiple players ejected, receives three unsportsmanlike penalties or cause a game to be forfeited shall receive an “F”. Any team that does not have the required number of players present at the scheduled game time will receive an “F”.

C. Positive Contributions to Sportsmanship Rating:

- i. The following actions and behaviors by team members, spectators, and/or team followers can have a positive effect on a team’s sportsmanship rating:
 1. Team members cooperate with and demonstrate good sportsmanship toward members of both teams, spectators, officials, and all other IM staff.
 2. The team captain exhibits control over his/her team and spectators, converses reasonably and rationally with officials about rule interpretations/calls, and cooperates by providing any information requested by an IM official/staff.
 3. Team members participate in the spirit and intent of the intramural sport game rules and/or program policies. Team members accept judgment decisions made by the officials during the contest.
 4. Respect is shown for FAU Campus Recreation facilities and equipment.

D. Negative Contributions to Sportsmanship Rating:

- i. The following actions and behaviors by team members, spectators, and/or team followers can have a positive effect on a team’s sportsmanship rating:
 1. Participants / spectators who continually complain about officials' decisions and display dissention which may include derogatory or abusive remarks. Complaints include both verbal and nonverbal behavior. Excessive arguing between opposing teams / spectators might also lead to a lower rating.
 2. Team captain (spokesperson) exhibits little control over his/her team and spectators, converses in a dissenting manner with officials about rule interpretations/calls (discussion is allowed as long as it is done in a mature manner by the team captain), or does not cooperate with game officials or IM staff. Does not provide information requested by any intramural sports official/staff while performing duties.
 3. Having any technical fouls or penalties for unsportsmanlike conduct or having a player ejected for unsportsmanlike conduct.
 4. Taunting an opponent or opposing team spectator (trash talk)
 5. Public indecency, vulgarity, or obscenity including foul or profane language and obscene gestures, incidental or intentional, non-directed or directed at an opponent, official, teammate, supervisor, spectator, or Intramural Sports staff member.
 6. Physical abuse by participants / spectators in the form of fighting with an opponent, teammate, official, or staff member which occurred before, during, or after an Intramural Sports contest.
 7. Any threatening behavior (verbal and/or nonverbal) to any FAU Intramural Sports or Campus Recreation employee, participant, or spectator which occurred before, during, or after an Intramural Sports contest.

8. Individuals / teams played after the consumption of alcohol / drugs. If the contest has begun when this is discovered, the player(s) will be immediately removed from the facility, and the contest will be forfeited to the opponent.
9. Damage to or destruction of any FAU or FAU Campus Recreation facilities including failure to remove trash from the field or court following a game or match.