**Team Formation**

- Games will be played 4 on 4.
- Up to 12 players can be checked in per game.
- All players must show their KSU ID to the Intramural Sports Staff to sign-in for each game. Players without their KSU ID will not be permitted to play.
- If one or both teams do not have the minimum number of players ready to play, the grace period will begin at game time, please see the grace period table in the IM Handbook.
  - If a team does not have the minimum number of players at the end of the grace period, that team will forfeit the match. If neither team has the minimum number of players, the game will be ruled a double forfeit.
- If a team knows that they will not be able to field a team for their upcoming game, they must complete the default form at www.ksuimsports.com by noon on the day of their game to report a default. The team will still be given a loss, but will not lose their forfeit deposit. A team can only default once per season.
  - 1 forfeit or 2 defaults in a season result in loss of forfeit deposit and removal from league
  - Following a forfeit, teams must call the Intramural Sports Office by 12:00pm the next day to remain in league
- Intramural Sports Participant must complete the Spectator Request form by 5pm to receive a Spectator Pass for their Guest at the Perch

**Player Equipment and Behavior**

**Player Equipment**

- Players must wear athletic pants or shorts without pockets, exposed drawstrings or belt loops.
- A player may not turn their clothes inside out or tape pockets closed.
- Rubber, plastic molded, or metal tipped cleats will be allowed.
- Screw in cleats are allowed
- Players must wear closed-toed athletic shoes
- All jewelry must be removed.
  - Medical alert jewelry is the only jewelry allowed and it must be taped down
  - If jewelry is seen by a staff member, it must be removed. It cannot be taped over.
- All teams must provide and wear the same color shirts or jerseys
- All shirts must be tucked in or cut off with a minimum of 4 inches clearance above the flag belt
- Flag belts will be provided by KSU Intramural Sports.
- Knit caps, stocking caps, or a headband no wider than 2” are the only headwear allowed to be worn
- Intramural Sports staff reserve the right to not allow an injured player to play or continue playing in a match
  - A player who is in obvious pain or discomfort by performing basic sport-specific skills will not be allowed to continue
  - A player bound by medical equipment meant for the recovery from an injury will not be permitted to play
  - Braces made of hard, unyielding material are not allowed to be worn unless covered with at least 2 inches of slow recovery rubber or other similar material.

**Player Behavior**
Unsportsmanlike conduct will not be tolerated. The following behaviors will result in a technical foul:
  o Refusal to comply with or abide by a request or decision of an official
  o Intentionally kicking, spiking, or throwing the ball aside from game play
  o Attempting to influence the decision of an official
  o Disrespectfully addressing an official or an opponent
  o Playing or attempting to play without signing in with their KSU ID
  o Participating in a fight (AUTOMATIC EJECTION)
  o Any act deemed by an official to be unsportsmanlike

Officials should not be pursued off the court to discuss game issues. Harassment of an official or Intramural Staff member will result in suspension from play.

If a team accumulates 3 unsportsmanlike penalties in a game, they will forfeit the contest.

The team captain is responsible for the conduct of his/her spectators. A team can be penalized for the actions of their spectators, including influencing the sportsmanship rating for the game.

Intramural Sports staff reserve the right to not allow an injured player to play or continue playing in a match.
  o A player who is in obvious pain or discomfort by performing basic sport-specific skills will not be allowed to continue

Game Length and Timing

Playing Periods
  • Game will consist of two ten minute halves, with a 3 minute halftime.
    o Clock will stop only for time-outs, injuries and unusual delays during the first half and the first 11 minutes of the second half.
    o If clock is stopped for an injury, injured player must leave play for at least one play
  • In last minute of the second half, play clock will stop based on NIRSA Flag Football rules.

Timeouts
  • Each team will have 1 time-out per half.

Overtime
  • Regular season games may end in a tie
  • Each team will have 1 attempt to score from the 3 or 10 yard line for 1 or 2 points respectively
  • Each team will have an equal number of attempts to score, once the tie has been broken after each team has had an even number of attempts, the game is over.
  • If the ball is intercepted on an attempt, the play is over.

Mercy Rule
  • There is no mercy rule

Facility Specifications

• The field will be 40 yards long-separated into 2-20 yard sections and 30 yards wide; end zones will be 10 yards deep.

Rules of Play

Series and Downs
  • Teams will start possession on their 10 yard line and have 3 downs to progress the ball to the next zone line to gain on the field.
  • If the defensive team intercepts the PAT attempt the play is over.

Team Area and Substitutions
Both teams will have team areas on the opposite sides of the field, team boxes will be set up between the 10 and 10 yard line on each side of midfield. Failure to remain within the team box will result in a 5 yard penalty.

**Offense**
- Line of scrimmage/starting a play
  - The offense will have a 25 second play clock from the referee’s ready signal.
  - Offensive team must have 1 player on line of scrimmage and within 15 yards of the ball when snapped.

**Moving the ball**
- The ball can only cross the line of scrimmage by means of a legal forward pass, the ball cannot be run across the line of scrimmage
- Ball can be progressed by ground or air; ball can be handed off or pitched as long as it is not run across the line of scrimmage. A dropped handoff or pitch is dead as soon as it hits the ground. A fumbled or pitched ball can be recovered by the defense before it hits the ground.
- Ball can be passed backwards at any time during a play.
- A backwards pass or fumble into a team’s own end zone will result in a safety.

**Passing**
- The passer has 5 seconds from the snap to release the ball. If this is not accomplished, the play will be blown dead, the offense will lose the down, and the next play will start from the previous line of scrimmage.
  - Backwards passes behind the line of scrimmage do not reset the 5 second pass clock.
- All offensive players are eligible receivers.
- Pass must be made from behind the line of scrimmage
- Only one forward pass per play.
- The passer cannot catch his/her own untouched pass.
- One foot must land in bounds for a complete pass
- A catch by a kneeling or prone player inbounds is a legal catch; ball is dead at the spot caught.
- A ball caught by the offense and defense simultaneously is blown dead immediately and remains in possession of the offense.

**Punting**
- There is no punting in 4 on 4 Flag Football, on 3rd down the offense must attempt to advance the ball into the next zone.

**Defense**
- Defense may not cross their scrimmage line (yellow cone) until the pass is released.
- The play will end when the flag belt is pulled from the person in possession of the ball.

**Fouls and Yardage**
- All traditional 10 yard penalties will be 5 yard penalties, all 5 yard penalties will be 3 yard penalties

---

**CoRec Modifications**

**Teams**
- A team can have no more than 2 of any one gender on the field at once and no fewer than 1 of any one gender

**Scoring**
- If a female is involved with scoring by either running the ball across the goal line, catching a touchdown, or throwing a touchdown pass, the points awarded will be 9.
- If no female is involved with the play, the points awarded shall be 6.
- Point after tries will be awarded same as single gendered, regardless of female involvement.
Any rules not specifically covered by this document will refer to the NIRSA rule book for clarification and ruling.