4v4 FLAG FOOTBALL RULES
National Federation of High School (NFHS) rules will be used with some in-house modifications.

RULE ONE: THE GAME, FIELD, PLAYERS

Section One: General Provisions
A. Eligibility
1. This activity will be conducted according to the eligibility rules set forth in the Intramural Sports Participant Guide.
2. All participants must sign in with the Sport Supervisor prior to participation in any Intramural Sports contest using their own Stetson ID card. We will not accept any other form of identification. Violators will be deemed ineligible to participate in all Intramurals Sports for a period of time no less than 60 days.
3. The participation by an ineligible player will subject the offending team to forfeiture of the contest and possible removal from the league.
B. Players
1. The game shall be played between two teams of four (4) players each.
2. A team may begin a game with a minimum of three (3) players. A team does not need the minimum amount of players to finish a game, but the officials may declare a forfeit when scoring conditions warrant.
3. A team may have a maximum of 15 players on the roster. Players who have not participated may be removed from the team roster prior to the conclusion of the regular season.
4. The jurisdiction of the Sport Programs staff begins when a team or player enters the facility and ends when the team or player leaves the property. During this time, participants are expected to treat all Sport Programs staff, opponents, and Wellness and Recreation property with respect.
5. The use of alcohol and/or tobacco is prohibited.
C. Sportsmanship Rating
1. The Intramural Sports program expects all participants to conduct themselves in a sportsmanlike manner.
2. In order to be eligible for the playoffs, a team must achieve a cumulative sportsmanship rating of at least 2.75 at the conclusion of the regular season. Additionally, a team must maintain at least a 2.75 sportsmanship rating throughout the playoffs.

A four (4) will be given for excellent conduct. Team was respectful and courteous towards the opposition and/or all Intramural Sports staff.

A three (3) will be given for a contest with moments of questionable activity. In this instance, teams may not always be respectful and courteous towards the opposition and/or all Intramural Sports staff. An Intramural Sports Official must give a warning during the contest for a 3 to be given.

A two (2) reflects a situation where a team explicitly displays actions that are deemed to be unsportsmanlike or unfitting of the game. The team has many moments of questionable activity and shows little respect and courtesy towards the opposition and/or all Intramural Sports staff. Forfeited games will result in the offending team gaining a 2 in sportsmanship for that contest. Teams given one (1) unsportsmanlike penalty/actions will receive a maximum of 2 in sportsmanship for that contest.

A one (1) reflects a team who had little to no control for the duration of the contest. The team constantly showcased questionable activity and showed no respect for the opposition and/or all Intramural Sports staff. The ejection of a player will result in that player’s team gaining a maximum of 1 in sportsmanship for that contest. A team that’s given two (2) unsportsmanlike penalties/actions will receive a maximum of 1 in sportsmanship for that contest.

A zero (0) reflects activity that is completely unacceptable for any participant. A team exhibited blatant actions of disrespect towards the opposition and/or all Intramural Sports staff. Teams that permit the participation of an ineligible player (for any reason) will
receive a 0 in sportsmanship for that contest. A team with three unsportsmanlike penalties/actions will receive a 0 in sportsmanship for that contest. A game that ends in forfeit due to unsportsmanlike penalties will receive a 0 in sportsmanship for that contest.

A team representative will be required to sign the game sheet after the conclusion of a contest, confirming their sportsmanship rating and score for the given contest.

Section Two: Playing Area
A. The field measures 40 yards in length, goal line to goal line, and 30 yards in width.
B. End zones are ten (10) yards in length.

Section Three: Equipment
A. Official Ball
1. Regulation sized footballs will be used for all games.
B. Players
1. All players must wear athletic, closed-toe shoes.
2. Cleats of soft or hard rubber shall be allowed, but metal cleats are not permitted.
3. Players who are caught wearing metal cleats will be automatically ejected from the game.
4. Players must remove all jewelry prior to participation, including (but not limited to) piercings, watches, necklaces, and bracelets.
5. Protective equipment may be worn by any player at all times. Padding must cover splints, braces, and/or casts.
6. The Sport Programs staff may prohibit the use of any type of protective equipment that presents considerable risk to the safety of other players.
7. The Sport Programs staff may prohibit the use of any equipment that may perceptibly affect the game, compromise the safety of participants or fans, or enhance a player’s performance.
8. Equipment that includes computers, electric components, or mechanical devices shall be declared illegal.
9. Each player must wear pants or shorts with no belts, belt loops, pockets, and/or exposed drawstrings. A player’s pants/shorts color may not match his/her flag belt color at any time.
10. Players may not wear shirts with hoods or any other piece of clothing with zippers that could cause injury to other players.
11. Players are required to wear flag belts for the duration of the contests. Flag belts are provided by Sport Programs.
12. Shirts must be tucked in at all times.
13. In a Co-Rec game, a team may not have more than two (2) players of the same gender on the field at any given time.

RULE TWO: TIMING AND BEGINNING PLAY
Section One: Timing
A. Game Timing
1. Playing time shall be two 20 minute halves with a three (3) minute halftime.
2. Each team gets one (1) timeout per half. Unused timeouts will not carry over.
3. The game will utilize a 25 second play clock.
B. Grace Period
1. If a team cannot field the number of players required to participate at game time, the opposing captain will be given the choice to either apply the grace period or receive a win by forfeit.
2. Should a captain choose to apply the grace period, the game clock will start and run for up to 10 minutes. If after 10 minutes a team still cannot field the number of players required to participate, a forfeit is declared.
C. Continuous Clock
1. The clock will start on the snap to begin each half. It will run continuously for the first Half (unless stopped by a team or Referee’s timeout).
2. The clock will stop in the second half at the Two-Minute Warning. The last two minutes in the second half the clock will stop for all major and minor clock-stoppers (Incomplete Pass, Timeout, Penalty Enforcement, First-Downs, etc).

D. Mercy Rule
   1. 50 Points with 10-Minutes or less remaining in the 2nd Half
   2. 19 Points with 2-Minutes or less remaining in the 2nd Half (25 Points for Co-Rec)

Section Two: Beginning Play
A. The ball shall be placed at the ten (10) yard line to begin each half of a game and following a try, touchback, or safety, unless moved by penalty.

RULE THREE: GAME PLAY

Section One: Players
A. Offense
   1. The offense must have at least one (1) player on the line of scrimmage at the snap.
   2. Only one offensive player may be in motion when the ball is snapped. This motion must begin more than one second before the ball is snapped, and must be parallel to, or away from the line of scrimmage.
   3. Substitutions may occur during a stoppage of play.

B. Defense
   1. Prior to the snap, no defensive player may be closer than one (1) yard to the offensive line of scrimmage during all scrimmage downs. Defensive players may not break into the neutral zone until the ball is snapped.

Section Two: Game Regulations
   All rules and regulations will follow the 2021-2022 NIRSA Flag & Touch Football Rules Book & Officials’ Manual.
   All games shall follow Flag Football rules and regulations with the following exceptions:

A. Series of Downs
   1. A team shall have three (3) consecutive downs to advance the ball to the next zone-line-to-gain.
   2. A new series of downs is awarded when a team moves the ball legally into the next zone-line-to-gain, or the opponent obtains possession of the ball by penalty, pass interception, or failure to advance to the next zone-line-to-gain.

B. Ball Placement
   1. If an offense turns the ball over on downs inside its own half of the field, the defense will take possession from the 20 yard line.
   2. If an offense turns the ball over on downs inside the defense’s half of the field, the defense will always take possession at the spot of the turnover.

C. Legal Forward Pass
   1. There must be a legal forward pass each down. The receiver must first touch the ball beyond the offensive line of scrimmage.

D. Runner
   1. An offensive runner cannot advance the ball through the line-of scrimmage prior to a legal forward pass.
   2. There are no restrictions after a change of possession or once a legal forward pass has been touched beyond the line of scrimmage.

E. Co-Rec Modifications
   1. There shall be no “open” and “closed” plays for Co-Rec games.
   2. There shall not be any scoring differences for males and females. All touchdowns are worth six (6) points.

F. Penalties
   1. All 10 yard penalties are 5 yards.
   2. All 5 yard penalties are 3 yards.
Section Three: Overtime
A. Overtime Procedures
   1. A coin toss will be conducted with the following options: offense/defense, or goal (both teams will use the same goal on offense).
   2. Each team will have one (1) series to score from the 10-yard line.
   3. Teams will alternate possession for each Overtime, until one team has more points than the other at the conclusion of each Round.
   4. Extra point(s) will be tried just as they were in regulation time.

RULE FOUR: PROTESTS
Section One: Protests
A. Types
   1. Misinterpretation of a rule. The protest must be made before the next play or, on the last play of the game, before the officials leave the playing field.
   2. Illegal player or players. The protest must be made while the players are still in the game and before the officials leave the playing field.
   3. Ineligible player. The protest must be made within 24 hours of the end of the game. The Sport Programs staff will rule on the protest.
B. Procedures
   1. Protests based on decisions involving accuracy of an official’s judgment will not be considered.
   2. Team captains must initiate protests. The Sport Programs staff on site, including officials and supervisors will determine the next action to take place.