



Campus Recreation
DIVISION OF STUDENT AFFAIRS

INTRAMURAL 4v4 FLAG FOOTBALL RULES

Current NIRSA rules will govern all rules not specifically noted.

FIELD DIMENSIONS

- The field measures 40 yards in length from goal line to goal line, 10-yard endzones, and 30 yards in width.

TEAMS

- Players must check in with their Mav Express ID Card with the supervisor in order to get on a roster.
- The roster of each team shall consist of 4 players each, with a minimum of 3 to avoid a forfeit.

TIME FACTORS

- The game consists of 2 12-minute halves.
- **The clock will start on the snap to begin each half. It will run continuously for the first 11 minutes of each unless stopped by a team or Referee's time-out.**
- Approximately 1 minute before the end of each half, the Referee shall stop the clock and inform both captains of the playing time remaining in the half and the clock starts again on the snap.
 - A start/stop clock shall be used in the last minute of each half.

GAME FORMAT AND RULES

- A coin toss will take place before the game starts. The winning team of the toss has the choice of offense, defense, the direction of their team, or defer their choice to the second half of the game.
- The ball shall be placed at the 10-yard line to begin each half of the game, following a try, touchback, or safety, unless moved by penalty.
 - Note: There are no free or scrimmage kicks.
- **The defense cannot cross their scrimmage line until a pass is released.**
 - Penalty: Illegal Advancement, 3 yards
- An offensive player may not run and advance the ball through their line of scrimmage until there is a legal forward pass.
 - Penalty: Illegal Advancement, 3 yards
- **There must be a legal forward pass each down.**
- The passer has **5 seconds** to release the ball. If not, it is a loss of down and the ball will be snapped on the next play from the previous line of scrimmage.

TIMEOUTS

- Each team will be allowed 2 30-second timeouts per game, including overtimes.

LATE TEAM PROCEDURE

- If the minimum of 3 players are not present at game time:
 - The game clock will start:
 - The present team gets to start with the ball both halves and chooses side.
 - If the absent team obtains the minimum number of players before 5 minutes past game time, the game starts 7-0 in favor of the present team.
 - If the absent team does not obtain the minimum number of players by 5 minutes past game time, the present team will win by forfeit.

SERIES OF DOWNS

- A team shall have 3 consecutive downs to advance to the next line-to-gain, unless changed by penalty enforcement.
- The lines-to-gain are both goal lines and the 20-yard line
- A new series is awarded when a team moves the ball legally passed the next line-to-gain, or the opponent obtains possession of the ball by penalty, pass interception, or failure to advance the ball to the next line-to-gain.

SCORING

- Touchdown – 6 points/ Safety – 2 points.
- Point After Try:
 - By running or passing from the 3-yard line - 1 point.
 - By running or passing from the 10-yard line – 2 points.
 - By running or passing from the 20-yard line – 3 points.
- No field goals or kicking for point after touchdown.
- A change of possession on a PAT will be called dead.

SAFETY

- A safety occurs when an offensive player is downed in their own endzone or commits a penalty in their own endzone.
- RESULT: The defensive team received 2 points and the ball on their own 30-yard line.

PERSONAL FOUL AND PENALTIES

- Blocking: Teammates of the runner or passer may use screen blocking but shall not use interlocked interference by grasping or encircling one another.
- Offensive blocking shall take place without contact. The blocker shall have their hands behind their back. Any use of the arms, elbows, or legs during on offensive player's screen block is illegal.
- Defensive players must go around the offensive player's screen block. The arms may not be used as a wedge to contact the opponent.
- The application of this rule depends entirely on the judgement of the officials.
- All 10-yard penalties are 5 yards, and all 5-yard penalties are 3 yards.