



Intramural 4 on 4 Flag Football Rules



Intramural Sports Handbook

- All participants are required to adhere to the policies of Campus Recreation. Our policies are located online at http://www.rec.nova.edu/intramurals/forms/sports_handbook.pdf.
- In the Intramural Sports Handbook, you will find important information regarding:

Team Information	Participant Information
• Registration	• Eligibility
• Forfeit Procedure	• Participation
• Team Jerseys	• Valid ID's
• Tie Breaking Procedure	• Participant Conduct
• Sportsmanship Rating	• Safety
• Protest Procedure	• Alcohol and Drug Policy

1. The game shall be played between two (2) teams of four (4) players each. Three (3) players are required to begin a game and avoid a forfeit.
2. The field measures 40 yards in length, goal line to goal line, and 30 yards in width. There will be two (2) 10 yard end zones.
3. Each game will begin with a coin toss. The captain winning the coin toss shall select offense, defense and direction or defer their choice to the second half.
4. Possessions will begin at the opposing 10 yard line at the start of the game, half or following a try or score. There will be no kicks.
5. Games will be 24 minutes in length. It will be broken down into halves of 12 minutes in length. The clock will run non stop for the first 11 minutes of each half unless stopped by a team or referee's time out.
6. Referees will announce the 1 minute warning to each team. During the last minute of play in each half, a start, stop clock will be used.
7. Ties in the regular season will stand. Ties in the playoffs will be determined by way of a tie breaker. Each team will attempt to score by passing from the 3 yard line for 1 point or from the 10 yard line for 2 points. If the defense intercepts a pass or fumble, the attempt is over. This process will continue until a winner is declared.
8. Each team will be given one (1) time out per game. No additional time outs will be awarded for overtime.
9. A team shall have 3 downs to advance the ball to the next zone. There will be no punts.
10. A new series of downs is awarded when a team moves the ball legally into the next zone or the opponent obtains possession of the ball by penalty, pass interception or failure to advance to the next zone.
11. The offensive team must have at least one player on their scrimmage line (orange ball spotter) at the snap.

12. Team A cannot advance the ball through Team A's scrimmage line (orange ball spotter). There are no restrictions after a change in possession or once a legal forward pass has been touched beyond Team A's scrimmage line.
13. There MUST be a legal forward pass on each down. The receiver must touch the ball beyond Team A's scrimmage line. Team A has 7 seconds to release the ball on a forward pass. If not, it is a loss of down and the ball is next snapped at the precious spot. The referee will sound his/her whistle at 7 seconds if the passer has possession of the football.
14. There is no Mercy rule.
15. Enforcement of penalties. All 10 yard penalties are 5 yards and all 5 yard penalties are 3 yards.