4v4 Flag Football Rules

Registration Period: Monday, January 11th – Friday, January 29th at Noon
Playing Dates: Every Thursday February 4th – 25th

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:

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Fields
All games will be played at Gessner Sports Complex.

Players & Rosters

- Four players per team are allowed on the field at a time. A minimum of three players is necessary to start a game, however teams may finish with less due to injury or other circumstances.
- Open Division: There are no gender restrictions for teams. Teams may participate with any number of males or females on the roster and on the field.

Timing

- Games will consist of two 12-minute halves. The clock will run continuously except for the final minute of the second half and team timeouts.
- Timeouts: One 60-second timeout per team per half.
- Halftime will be approximately 3 minutes.
- Mercy Rule: If a team is leading by 19 points or more in the final minute of the game, the clock will run continuously until the end of the game.
- Overtime: Depending on league format, games may end in a tie during the regular season. During the playoffs or tournament, teams will alternate possession from the 20-yard line, and will have 3 downs to score. A coin toss will decide the order. One additional 60-second timeout will be given to each team per overtime period. Timeouts do not carry over.
NIRSA 4v4 Flag Football Rules will prevail, with the following specifics and modifications

Start of Game
- First possession will be determined by a coin-toss. The winner of the toss may elect to choose to play offense, defense, direction, or defer their decision to second half.

Scoring
- All touchdowns are worth 6 points.
- Try – Teams may elect a 1-point try from the 3 yard line, a 2-point try from the 10 yard line, or a 3-point try from the 20 yard line after a touchdown is scored.

Game Play
- **Beginning Play** – Each new series beginning each half, and after a score will begin at the team’s own 10 yard line.
- **Series of Downs** – Teams have 3 consecutive downs to legally advance the ball into the next zone-line-to-gain. Each zone is 20 yards in length.
- **Minimum Line Players** – The offense must start with a minimum of one player on the line of scrimmage, in order to snap the ball to the quarterback, who must be standing within 3 yards of the line of scrimmage.
- **Legal Forward Pass** – There must be a legal forward pass to a receiver beyond the line of scrimmage on each down, unless the defense rushes the passer or steps over the line of scrimmage.
- **Pass Rushing/Blitzing** – Defenses have the option to rush the passer on each down.
- **Running the Ball** – Only if the defense rushes the passer or steps over the line of scrimmage, may the offense rush the ball.
- **Quarterback Clock** – The quarterback has 7 seconds to throw the ball once it has been snapped by the Center. If not, it is a loss of down and the ball is next snapped at the previous spot. No yards will be penalized.

Penalties/Sportsmanship/Player Conduct
Intramural 4v4 Flag Football is a self-officiated sport. All penalties and rulings will be called on the field with the agreement of both team captains. All agreed upon penalties will be marked off 5 yards by the offending team. If, and only if, a reasonable agreement cannot be met on the field by both captains, the final ruling will be made by the Intramural staff on site. All decisions made by the Intramural staff may not be disputed.

Players are expected to conduct themselves in a manner that is prudent to the spirit of the game. Any player acting in disregard to the rules and fairness of the game will be asked to leave the facility immediately.