

GENERAL RULES & GUIDELINES FOR **IM 4v4 FLAG FOOTBALL**

- All players must present their own UGA 81# ID Card at every game. Any player not providing his/her own valid UGA 81# ID card will not be permitted to participate.
 - Any player caught violating this rule or any other rules/policies will face the sanctions listed on Page 6 of this rule packet.
- Players are encouraged to call the **Competitive Sports Weather Hotline, 706-542-8648**, or check the Intramural Sports website for weather related cancellations. Cancellations will be posted by 3:00pm the day in question. If no decision is made by 3:00pm, teams are encouraged to arrive at the game site ready to play.
- A team's roster may only have 8 players on it for the entire season. Once a player joins a team's roster on IMLeagues and participates in a regular season game, they are considered to be a part of that team, and cannot switch teams or be removed from the roster.
 - All players must login to IMLeagues and sign up on a team prior to being eligible to participate.
 - Players must play in one regular season game to be eligible for the postseason.
 - Roster additions may only be made by a player participating in an Intramural game.
 - All Intramural Participants must meet all eligibility guidelines which can be found in the Intramural Sports Participant Guide at https://recsports.uga.edu/content_page/intramural-sports
- **Players may only participate on one Men's/Women's team and one Co-Rec team.**
 - Players violating this rule will face a minimum penalty of being ineligible for participation for one calendar year from the date the violation was found in the sport that the violation took place.
- Teams must be at their assigned fields, signed in, and ready to play (including legal uniforms), no more than 5-minutes after the scheduled game time, or the game will be declared a forfeit or default.
 - *If a game is scheduled for 6:30pm, once the Intramural Staff's official clock reads 6:35pm, that game will be declared a default/forfeit.*
 - 1-MINUTE LATE = 2-0; 2 MINUTES LATE = 4-0; 3 MINUTES LATE = 6-0; 4 MINUTES LATE = 8-0 (END OF GAME AFTER 5 MINUTES, SCORE 8-0)
 - Intramural Staff will not officiate or score keep for unofficial games.
 - Teams must have 3-players to avoid a default
- Player Uniforms
 - **All players must wear shorts/pants which DO NOT have belt loops, POCKETS, belts, zippers, taped pockets or exposed drawstrings. Pants must be different colored than the flag belts.**
 - **No Pockets are permitted to be worn anywhere on a player (Shirts, hoodies, jackets, shorts, pants).**
 - Teams will be designated Light (Home) and Away (Dark) on the game schedule
 - All players must be in appropriate colored uniforms or they will not be permitted to play
 - **NO GREY SHIRTS ARE PERMITTED TO BE WORN BY ANY PLAYERS**
- Flag belts will be provided by the Competitive Sports program. Game balls may be checked out at the field house at the Rec Sports Complex
- **Differences from 7 v 7 Flag Football**
 - The quarterback will have 5-seconds to throw the ball once it is snapped, failure to do so will result in a loss of down, and the next snap will take place from the previous spot
 - A runner cannot cross the line of scrimmage with the ball until after a legal (past the line of scrimmage) forward pass has been completed
 - All normal 10-yard penalties will be enforced at 5-yards, and all 5-yard penalties at 3-yards

4v4 FLAG FOOTBALL RULES

Intramural 4v4 Flag Football shall be governed by the National Intramural Recreational Sports Association (NIRSA) Flag and Touch Football rules.

All players must show their UGA ID Card or Government Issued ID before every game in order to participate. NO EXCEPTIONS!

A. THE FIELD

- a. Forty (40) yards long, thirty (30) yards wide, with two-ten-yard end-zones (60 yards in total length).
- b. Two ball spotters will be used. One will mark the forward most point of the football, and the other will mark the defensive scrimmage line. The ball spotters will be one yard apart.

B. GAME TIME

- a. Two (2) twelve-minute halves
- b. The Clock will run continuously until the last 1-minute of both halves.
- c. Each team is entitled to two charged time-out per game, including overtimes.

C. OVERTIME

- a. During the regular season, one overtime period will be used. After one overtime if no winner is determined, the contest will end in a tie.
- b. Each team will have the choice to attempt for 1, 2 or 3 points from the 3 yard line, 10 yard line and 20 yard line respectively.
- c. A coin toss is made for offensive or defensive options.
- d. The choice will alternate each additional overtime period. If red won the choice on the toss, blue has the choice to begin the second overtime, and this continues on an alternating basis until the game ends.
- e. During postseason, teams will alternate until there is a winner.

D. LOCAL RULES

- a. Spiking and aggressively throwing a flag after removal will constitute an unsportsmanlike foul.
- b. Spinning or throwing the ball, and other gestures to taunt opponents or to draw attention to oneself will be an unsportsmanlike foul.
- c. Players are **not** permitted to wear jewelry.
- d. The use of alcohol and/or tobacco products is **strictly prohibited** while participating and/or attending any intramural sports programs. Participants, coaches, spectators or fans, using alcohol or tobacco products at the Recreational Sports Complex will be **ejected**, and must leave the facility. Failure to comply with this rule may result in University Police being involved.
- e. Only two coaches are allowed on a teams' sideline. A coach must be included on a teams' roster, and designated on the score sheet.
- f. Spectators must observe the game on the same sideline as the team which they are supporting.

STANDARD FLAG FOOTBALL RULES

A. THE GAME AND PLAYERS

- a. Flag football is a non-contact sport with contact.
- b. The game shall be played between two teams of four players each. Three players are required to avoid a default.
- c. A designated captain will be the only player to confer with the referees. The team will identify this player prior to the game.
- d. A coin toss will decide which team has the option. The team winning the coin toss may select to take its options in the first or second half.
- e. The Competitive Sports program will provide a game ball and flag belts for each contest.
 - i. If teams choose to use a ball not provided by the Competitive Sports program, they are responsible for having their ball ready for play.
- f. The ball shall be placed at the Team A 10 yard line to begin each half of a game and following a Try, touchback, or safety, unless moved by penalty. Note: There are no kicks.

B. UNIFORMS & EQUIPMENT

- a. A jersey must be long enough that it remains tucked in to the pants/shorts during the entire down, or it must be short enough that there is a minimum of 4" from the bottom of the jersey to the player's waistline.
- b. If a shirt has the sleeves cut off, the gap beneath the armpit may not be larger than a fist, or it is considered illegal.
- c. **Each player must wear shorts/pants which do not have belt loops, POCKETS, belts, zippers, taped pockets or exposed drawstrings. Pants must be different color than the flags.**
- d. **NO POCKETS ARE PERMITTED TO BE WORN ANYWHERE ON A PLAYER (Shirts, hoodies, jackets, shorts, pants).**
- e. **No jewelry is allowed**
- f. Teams must wear the designated light (home) or dark (away) colored jerseys as indicated on the season's schedule. Players who do not wear the designated light or dark colored shirts will not be permitted on the court of play until the proper colored shirt is worn. GRAY SHIRTS ARE NOT ALLOWED! Final decisions on proper contrasting jersey colors will be at the discretion of the officials.
- g. A player improperly dressed will not be permitted to participate.

C. GAME PLAY

- a. Series of Downs
 - i. A team shall have 3 consecutive downs to advance the ball to the next zone by scrimmage.
 - ii. The team on offense is responsible for the ball at the end of every down. The center will bring the ball to the scrimmage line.
 - iii. **The offensive team must have at least one player on their scrimmage line (first ball spotter) at the snap.**
 - iv. Zone-line-to-gain – getting the ball to or into the next zone makes a first down.
 1. Exception – first down because of a penalty resulting in an automatic first down.
 2. It can be first and twenty or first and less than a yard depending on where the players' flag is removed on the previous play. If a loss occurs it will become "double-stakes." This means that the offense will need to break two zones to gain.
 - v. The offensive team will have 25-seconds to snap the ball, once the referee has blown the ready to play whistle.
 - vi. Only one offensive player may be in motion at the time of the snap, and he/she may NOT be moving toward the line of scrimmage.
 - vii. Once a touchdown is scored, the offensive team will choose to attempt an extra point.
 1. 1-point (3 yards out)
 2. 2-points (10 yards out)
 3. 3-points (20 yards out)
- b. Snap – Must be:
 - i. One continuous motion
 - ii. To a back at least two-yards behind the scrimmage line. There cannot be a hand to hand center to back exchange on the snap. This would result in an illegal snap.
 1. An illegal snap is a dead ball foul.
- c. Forward Pass
 - i. Once the ball is snapped, the person receiving the ball has 5-seconds to make a legal forward pass.
 - ii. Only one forward pass can be made per down.
 - iii. The ball can be passed to any player at any time following the snap.
 - iv. Forward handing can be made at any point during the game and as many times as a team wishes.
 - v. All players are eligible pass receivers.
 - vi. Illegal Forward Pass:
 1. Two forward passes during a down.
 2. Intentionally throwing the ball away; however, the ball can be spiked to stop the clock.
 3. Intentionally throwing the ball away to save a loss. This includes backward pass out of bounds.
 4. If a passer is beyond the line of scrimmage.
 5. A forward pass after a change in possession.
 6. If a passer catches his/her own untouched pass.
- d. Flag Pulling/Tagging

- i. Runners must not guard the flags with the ball, hands, shoulders, or any other body parts.
 - ii. Flags must not be attached to runner in a way that one pull cannot remove the flag from the runner. (flag tampering results in a 5-yard penalty and disqualification)
 - iii. If a runner loses his/her flag belt, a one hand tag by the opposing team between the knee and shoulder will end the run. Touching the head or below the knee will not stop the play.
 - iv. A runner scoring a touchdown must raise their hands so the nearest official can remove the scorers' flag. If the official deems that the flag belt has been illegally secured, the touchdown will not count, the team is assessed a 5-yard penalty from the previous spot and a loss of down. In addition, the player committing this act will be ejected from the game.
 - v. Intentionally removing the flag of an offensive player by a defensive player is a 5-yard penalty and an automatic first down if the ball is in the air for a pass. If the quarterback still has the ball it is illegal contact and a 5-yard penalty.
 - vi. A defensive player may leave his/her feet to remove an opponents' flag.
- e. Screen Blocking
- i. Screen blocking is legally obstructing an opponent without contacting him/her with any part of the screen blockers' body.
 - ii. Blocker cannot use arms, elbows, knees, etc. Hands must be at side or behind the back.
 - iii. Blocker must get in moving rushers' direction of movement quick enough for a change of direction to be made prior to possible contact
 - iv. A screen block must be made short of contact in the defensive players' visual field and one step away in the defensive players' blind area
 - v. Generally, blocking and defending follow the same rules as for basketball concerning block/charge penalties.
- f. Runner Cannot:
- i. **Advance the ball across the line of scrimmage**
 - ii. Stiff arm an opponent
 - iii. Run over a potential flag remover
 - iv. Flag guard in anyway
 - v. Initiate contact with an opponent in the act of diving to obtain additional yardage
- g. Defensive Player Cannot:
- i. Blitz the quarterback
 - ii. Intentionally remove a players' flag who is not in possession of the ball
 - iii. Hold, push, or knock a runner down in an attempt to remove a flag
 - iv. Initiate contact with the offensive player in order to gain an advantage
- h. Ball Touches the Ground
- i. The ball is dead when it touches the ground on...
 - 1. an incomplete pass
 - 2. Muffed kick
 - 3. Fumble
- i. Interceptions
- i. An interception may be returned for a touchdown during a regular play from scrimmage
 - ii. During a point after attempt, an intercepted ball is a dead ball, and may be **NOT** be returned.

D. UNSPORTSMANLIKE CONDUCT

- a. An ejection from the game due to flagrant foul(s) or unsportsmanlike conduct (physical or verbal) will result in an ejection.
- b. Individuals who receive two unsportsmanlike penalties or one major unsportsmanlike penalty will be ejected from the game.
- c. When a player is ejected from a contest, he/she must leave the playing area within 60-seconds. This means "out of sight and sound."
 - i. The offending team will enforce the "out of sight and sound" rule.
- d. A team is responsible for the conduct of its players and fans. Failure to maintain control will result in a forfeit.
 - i. If a game is forfeited under the conditions above, and the offending team is trailing in the game, the said team will forfeit its next scheduled game.

E. PENALTIES & ENFORCEMENT

- a. All penalties that are 10-yards in 7 v 7 flag football will be 5-yard penalties.
- b. All 5-yard penalties in 7 v 7 flag football will be 3-yard penalties.

F. COREC RULES

- a. The game shall be played between two teams of four players each. Three players are needed to start a game. The following combinations are allowed:
 - i. 2 males & 2 females
 - ii. 1 male and 2 females
 - iii. 2 females and one male
- b. The offensive team may not complete two consecutive male to male passes. This includes extra point attempts.
- c. Touchdown value: if a female is involved in a touchdown it will be worth nine points. The female must either throw the pass or cross the goal line with the ball.

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