



## 4v4 FLAG FOOTBALL RULES

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Intramural Flag Football shall be governed by the National Intramural Recreational Sports Association (NIRSA) Flag and Touch Football rules, with the following exceptions.

***Participants must present a physical copy of their UGA ID card, a picture of their UGA ID card (front and back), or their Digital Student Profile from Athena before every game... NO EXCEPTIONS!***

### A. THE FIELD

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

### B. UNIFORM AND EQUIPMENT

- a. Jerseys must be long enough so they remain tucked in the pants during the entire down or short enough so there is a minimum of 4" from the bottom of the jersey to the player's waistline.
- b. **Each player must wear shorts/pants, which do not have belt loops, pockets, belts, or exposed drawstrings.** The pants must be a different color than the flags.
- c. Players of opposing teams must wear contrasting colored shirts without pockets (**home = light** and **away = dark as noted on schedules**).
- d. **No jewelry, hats, bandanas, casts, or other equipment that may be dangerous to another participant will be permitted!**
  - a. Exception: knit or stocking caps are acceptable (even with soft ball on top)
- e. Penalty for improper dress: the player cannot play.

### C. GAME AND PLAYERS

- a. Flag football is a non-contact sport with contact.
- b. All games 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 before the game. A coin toss will decide which team gets option.
  - i. The captain who wins the toss will have the first choice of options for the first half or defer their option to the second half. The options for each half shall be as follows:
    1. To choose whether their team will start on offense or defense, or
    2. To choose the goal their team will defend.
- d. Overtime coin toss - winner has choice of ball, defense, or goal to defend.

- i. In additional overtime periods during the tournament, choice is made alternately by teams. Example: Red won first overtime option and a second overtime period is necessary, blue has choice, etc.

#### D. GAME TIME

- a. Two twelve (12) minute halves
- b. The clock will start when the ball is legally snapped. It will run continuously until the last minute of each half unless it is stopped for a:
  - i. Team time-out -- starts on the snap.
  - ii. Referee's time-out -- starts based upon referee's discretion.
- c. Approximately one (1) minute before the end of each half, the referee shall stop the clock and inform both captains of the playing time remaining in that half. The clock will start again on the snap. The side judge will announce the remaining time to both teams after each play in the last one (1) minute.
- d. During the final (1) minute of each half, the clock will stop for a(n):
  - i. Incomplete pass -- starts on the snap.
  - ii. Out-of-bounds -- starts on the snap.
  - iii. Score (touchdown or safety) -- starts on the snap at the 15-yard line.
  - iv. Team time-out -- starts on the snap.
  - v. First down -- dependent on the previous play inbounds/out of bounds.
    - i. Penalty and administration - dependent on the previous play.  
(Exception: delay of game -- starts on the snap).
  - vi. Referee's time-out -- starts at his/her discretion or previous play.
  - vii. Touchback -- starts on the snap.
  - viii. Change of possession -- starts on the snap.
  - ix. Team attempting to conserve time illegally -- starts on the snap

#### E. STARTING THE GAME

- a. All games opening series will start at the 10-yard line.
- b. After every touchdown the opponents next series of downs will start on the 10-yard line unless moved by penalty.

#### F. SERIES OF DOWNS

- a. A team shall have 3 consecutive downs to advance the ball to the next zone by scrimmage.
- b. 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.
- c. **The offensive team must have at least one player on their scrimmage line (first ball spotter) at the snap.**
- d. Zone-line-to-gain – getting the ball to or into the next zone makes a first down.
  - i. Exception – first down because of a penalty resulting in an automatic first down.
  - ii. 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.
- e. The offensive team will have 25-seconds to snap the ball, once the referee has blown the ready to play whistle.
- f. 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.

- g. Once a touchdown is scored, the offensive team will choose to attempt an extra point.
  - i. 1-point (3 yards out)
  - ii. 2-points (10 yards out)
  - iii. 3-points (20 yards out)

#### G. THE SNAP

- a. Must be one continuous motion
- b. To a back at least two yards behind the scrimmage line during scrimmage plays and punts. There cannot be a hand-to-hand center-back exchange on the snap. This would be an illegal snap.
- c. Illegal snap is a dead ball foul.

#### H. DEFLAGGING/TAGGING

- a. Runners must not guard the flags with ball, hands or shoulders.
- b. Flags must not be attached to runner in a way that one pull cannot deflag the runner. (Flag tampering results in a 5-yard penalty and disqualification.)
  - i. If a runner loses his/her flag belt, a one-hand tag by the opposing team between knee and shoulder will end the run. Touching the head or below the knee will not stop the play.
- c. Runner scoring a touchdown must raise hands so nearest official can deflag the scorer.
  - i. *If two pulls do not remove the flag, the touchdown does not count. Penalty: 5 yards from the previous spot and a loss of down.*
- d. Intentional deflagging of an offensive player without the ball by a defensive player result in 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.
  - i. *Basic spot for penalty is based on all-but-one principle.*
- e. Deflagger may leave feet to deflag runner.

#### I. RUNNER CANNOT

- a. Advance the ball across the line of scrimmage.
- b. Stiff arm an opponent
- c. Run over a potential flag remover
- d. Flag guard in anyway
- e. Initiate contact with an opponent in the act of diving to obtain additional yardage.

#### J. DEFENSIVE PLAYER CANNOT

- a. Blitz the quarterback
- b. Intentionally remove a players' flag who is not in possession of the ball
- c. Hold, push, or kick a runner down in an attempt to remove a flag.
- d. Initiate contact with the offensive player in order to gain an advantage.

#### K. SCREEN BLOCKING

- a. Screen blocking is legally obstructing an opponent without contacting him/her with any part of the screen blocker's body.
- b. Blocker cannot use arms or elbows. Hands must be at side or behind the back.
- c. Blocker must get in the moving rusher's direction of movement quick enough for a change of direction to be made prior to possible contact.
- d. Screen block must be made short of contact in defensive player's visual field and one step away in defensive player's blind area (directly behind player being blocked).

#### L. FORWARD PASSING

- a. Once the ball is snapped, the person receiving the ball has 5-seconds to make a legal forward pass.
- b. Only one forward pass can be made per down.
- c. The ball can be passed to any player at any time following the snap.
- d. Forward handing can be made at any point during the game and as many times as a team wishes.
- e. All players are eligible pass receivers.
- f. Illegal forward pass:
  - i. Two forward passes during a down.
  - ii. Intentionally throwing ball away; however, ball can be spiked into ground to stop clock.
  - iii. Intentionally throwing ball away to save a loss. This includes backward pass out-of-bounds. Player can spike in ground to stop clock.
  - iv. If passer is beyond offensive scrimmage line.
  - v. Pass after possession change.
  - vi. If passer catches own untouched pass

#### M. BALL TOUCHES THE GROUND

- a. The Ball is dead when it touches the ground at any time.

#### N. 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.

#### O. 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.

#### P. 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.

Q. TIE GAMES AND 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.

R. 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:
  - a. 2 males & 2 females
  - b. 1 male and 2 females
  - c. 2 females and one male
- b. The offensive team may not complete two consecutive male to male passes. This includes extra point attempts.

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