

Flag Football 4v4

All players must sign the activity consent form and present their valid ZipCard prior to each game. No one will be permitted to play without their ZipCard. No Exceptions!

Anything not specifically covered in these rules shall be handled according to Intramural Flag Football Rules and/or the National Intramural-Recreation Sports Association (NIRSA) rules.

1. NUMBER OF PLAYERS

- 1.1. Teams will consist of 4 players, but may start or play with 3 players. No more than 6 players may participate in any single game. Teams are restricted to two team members with previous college experience (Missouri State University or otherwise). Players with college experience must play in Top Gun leagues.
- 1.2. The game will end if a team has to drop to less than 3 players due to injury or ejection.
- 1.3. The officiating will be done by officials who are in absolute control of the game. Teams are responsible for keeping their spectators under control. Misconduct of spectators, players or coaches can result in assessment of a penalty, ejection, or forfeiture of the game. Spectators must also remain in the area designated by the officials. The officials shall have the power to make decisions on any matters or questions not specifically covered in the rules.

2. LENGTH OF GAME

- 2.1. Games will consist of two 15-minute halves with a two-minute half time.
- 2.2. The clock will stop only for timeouts and officials' timeouts. Clock stops for dead ball situations in the last minute of the game only.
- 2.3. One timeout per half is permitted for each team. An unused first half timeout does not carry over into the second half.
 - a. A team may request a charged timeout for a misapplication or misinterpretation of a rule by protesting. The referee will confer with team captain and supervisor. The request must be made prior to the ball becoming live following the play to be reviewed, unless the half has officially ended. If the ruling is not changed, it is a charged timeout. If ruling is changed, it is an official's timeout.
- 2.4. Once the official whistles the ball ready for play, the offense will have 25 seconds to snap the ball.
- 2.5. Mercy Rule: If a team is leading by 54 points or more at halftime or at any point in the second half, or by 33 points or more (See coed rules) in the final two minutes of the game, the mercy rule will go into effect and the game will be over.
- 2.6. No overtime will be played during the regular season. A game CAN end in a tie. During the playoffs, the overtime format will be repeated until a winner is decided.
 - a. Overtime is repeated until a winner is declared. If more than 1 overtime period is needed, there will be a 1 minute break between periods.
 - b. On the third overtime attempt, if the game has not yet been decided, each team must go for 2 on the Try.
- 2.7. The winner of the toss shall be given the option of either offense, defense, or defer to choose in the 2nd half. If additional overtime periods are necessary, captains will alternate choices.
- 2.8. Each team will be given 3 downs from the same 10-yard line to score a touchdown until the game is decided.

3. FORFEIT POLICY

- 3.1. When a team does not have the minimum number required to play, a forfeit is declared at game time. A forfeit of this nature will count as a loss and result in an automatic 3 for sportsmanship.
 - a. EXCEPTION: The opposing team grants a 10 minute grace period, in which case the game clock starts at game time, and play continues with remaining time once the team becomes ready.
- 3.2. Should a team be granted the grace period, the following penalties will be assessed:
 - a. Within 5 minutes of game time, opposing team receives 6 points, the ball at midfield and choice of options in the second half.
 - b. Within 5-10 minutes of game, opposing team receives additional 3 points.
 - c. Final forfeit score is a 9-0 win for opposing team; granted at the end of 10 minute grace period.
- 3.3. If a team takes a win by forfeit without allowing the grace period, the win is recorded as 1-0, with a 4 for sportsmanship.
- 3.4. If neither team is present with at least the minimum number to play, a double forfeit is issued.

- 3.5. Teams are allowed 2 forfeits per season. After 1 forfeit, team is no longer eligible for playoffs. After 2 forfeits, team is removed from league.

4. EQUIPMENT

- 4.1. **No jewelry allowed.** The only exception is a medical alert bracelet that must be taped down. Penalty: Unsportsmanlike Conduct, 10 yards.
- 4.2. Casts and/or any other item deemed to be dangerous by the official or supervisor may not be worn during the game.
- 4.3. Knee braces made of hard, unyielding substances covered on both sides with all edges overlapped and any other hard substances covered with at least 2" of slow recovery rubber or similar material will be allowed.
- 4.4. Campus Recreation provides game balls only. Teams must bring their own for warm-up. Team balls may also be used for games if both teams agree on usage.
- 4.5. **METAL SPIKED CLEATS MAY NOT BE WORN AT ANY TIME.** Molded rubber or rubber screw in cleats ½" and under will be allowed. Any player with metal spikes will be disqualified.
- 4.6. Teams must wear shirts that are the same shade of color. All shirts must be tucked in and have arm holes less than 4" below the armpit. Hoods, pockets or zippers will not be allowed on shirts or jackets.
- a. No article of clothing may cover any portion of a player's flags.
- b. Taping of zippers, pockets, belt loops, etc. will NOT be allowed.
- 4.7. Mouthpieces are not required, but are strongly recommended.
- 4.8. Hoods, pockets, exposed drawstrings, belt loops or zippers will not be allowed on shirts, jackets, shorts or pants. Ball caps and bandanas with knots are also not allowed. (Stocking or sock hats may be permitted provided they do not have bills or ties)
- 4.9. Any slippery or sticky substance of a foreign nature on equipment or exposed part of the body is illegal.
- 4.10. The field will be 40 yards long and 25 yards wide with 10-yard end zones. There will be a first down at midfield.

5. SUBSTITUTES

- 5.1. Teams may substitute any number of eligible players between downs, but they must be completed before the ball becomes alive. Any substitution during live play will result in a penalty.
- 5.2. During the same dead ball interval, no substitute shall become a player and then withdraw, and no player shall withdraw and then re-enter as a substitute unless a dead ball foul occurs, there is a charged timeout, or period ends.
- 5.3. Each substitute shall be in uniform, ready for play, with flags in position.

6. SCORING

- 6.1. Touchdowns will be worth 6 points. A PAT from 3 yards out is worth 1 point while one from 10 yards out is worth 2 points.
- 6.2. The defensive team may return a PAT for 2 points regardless of whether it was a try for 1 or 2 points.
Note: A 7-yard neutral zone will be implemented on 1 and 2 point PAT's.

7. DELAY OF GAME

- 7.1. The ball must be put in play promptly and legally and any action or inaction by either team, which tends to prevent this, is delay of game. Penalty: Dead ball foul, 3 yards from succeeding spot. Examples includes:
- a. Failure to snap within 25 seconds after ball is declared ready for play,
- b. Putting the ball in play before it is declared ready for play,
- c. Deliberately advancing the ball after it has been declared dead, and
- d. Any other consumption of time to gain an advantage is considered a delay of game.

8. PLAYING RULES

- 8.1. The game will start from scrimmage on a team's own 5-yard line.
- 8.2. Teams will have **three downs** to advance to the mid-field stripe for a first down or to the end zone for the touchdown.
- 8.3. The ball must be snapped in one continuous motion, not necessarily between the center's legs.
- 8.4. The ball is put into play at the five-yard line after a score.
- 8.5. A team scoring a safety will receive two points and the ball on its own 5-yard line.
- 8.6. There will be no punts. If the offense fails to convert on third down, the ball will be placed on the 5-yard line with a change of possession.
- 8.7. **After an interception, the ball will be placed at the spot where the interceptor is deflagged.**

- 8.8. In order to deflag behind the line of scrimmage before it has been initially crossed by an offensive player carrying the ball, each rusher must be behind the seven-yard cone during the play or at the snap. Penalty: Illegal rush, 3 yards, repeat the down.
- 8.9. The offensive team is allowed 1 running play per possession. However, the offensive team may have one additional running play (provided that they have already used their running play) if they accept a defensive contact penalty. Running plays are not allowed during a try. A play is deemed running or passing by the way the line of scrimmage is INITIALLY broken. Penalty: Illegal Procedure, 3 yards, loss of the down.
- 8.10. When an offensive team is at or inside the opponent's 5-yard line, a one yard neutral zone is put into effect. No player may occupy this zone prior to the snap, but all players may rush and legally deflag immediately following the snap.
- 8.11. The offensive team can throw multiple passes behind the line of scrimmage per down. If the ball is caught behind the line of scrimmage and the player runs, the play counts as a running play. However, a forward pass completed beyond the line of scrimmage, may be pitched or thrown laterally behind the line of scrimmage, and still advanced. However, only ONE forward pass can break the line of scrimmage.
- 8.12. The offensive team must have at least one player on the line of scrimmage at the snap.
- 8.13. If a team is leading by 75 points or more at halftime or at any point in the second half, or by 33 points or more (See coed rules) in the final two minutes of the game, the mercy rule will go into effect and the game will be over.

9. Summary of Fouls and Penalties

9.1. Loss of 3 Yards:

- a. Improper wearing of equipment.
- b. Delay of game.
- c. Illegal snap.
- d. False start.
- e. Encroachment (illegal rush).
- f. Illegal procedure.
- g. Illegal forward pass (3 yards from the spot of the foul and the loss of down).
- h. Intentional Grounding (3 yards from the spot of the foul and loss of down).
- i. Helping the runner: runner shall not grasp a teammate or be grasped, pulled, or pushed by a teammate.
- j. Illegal Run (3 yards from the previous spot plus a loss of down).

9.2. Loss of 5 Yards:

- a. Delaying the start of either half.
- b. Two or more consecutive encroachments during the same interval between downs. (initial encroachment will be a 3-yard penalty)
- c. Illegal participation.
- d. Offensive pass interference. (Loss of down)
- e. Defensive pass interference. (Automatic first down)
- f. Illegally secured flag belt on touchdown. (Touchdown nullified and loss of down)
- g. Unsportsmanlike conduct.
- h. Spiking the ball or not returning the ball to the official during the dead ball.
- i. Attempt to steal the ball from the carrier.
- j. Hurdling.
- k. Unnecessary contact of any sort.
- l. Roughing the passer. (Automatic first down)
- m. Defensive illegal use of the hands.
- n. Guarding the flag belt and stiff-arming.
- o. Illegal batting.
- p. Illegal flag belt removal.
- q. Personal foul.
- r. Flagrant unsportsmanlike conduct. (Disqualification)
- s. Flagrant personal foul. (Disqualification)
- t. Intentional tampering with the flag belt. (Disqualification)
- u. Illegal equipment.

10. ADDITIONAL COED RULES

10.1A team shall consist of the following combinations: 2 males/2 females, 2-males/1 female, or 2-females/1 male.

10.2A touchdown thrown, caught, or run into the end zone by female is worth 6 points.

10.3 There may not be 2 consecutive male-to-male completions. For example, if a male passer throws a completed forward pass to another male, the next legal, completed forward pass for positive yards must involve a female as the thrower or receiver. In regards to multiple passes, the final pass across the line of scrimmage will be the determining factor for open/closed. Penalty: Illegal Forward Pass, 3 yards from the point of the pass, loss of down.

10.4 An offensive male runner cannot advance the ball through the offensive team's scrimmage line. There are no restrictions: during a run by a male runner once the ball has been possessed beyond the offensive team's scrimmage line; during a run by a female runner; and after a change of possession. Penalty: Illegal Procedure, 3 yards, repeat the down.

10.5 Mercy rule will be the same as if it were a single-gender game.

10.6 Penalties, whether accepted or declined, have no affect on whether the play is open or closed.