



4 on 4 Flag Football Rules

Each player must present a valid GMU ID card before each contest to be eligible to participate. No Exceptions.

All Campus Recreation participants are responsible for their own medical expenses. Any student unsure of their physical condition should check with their physician before participating in intramural sports.

Game time is forfeit time.

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.

The Campus Recreation Intramural Flag Football Rules will govern play for any rule not mentioned in the following 4-on-4 rules:

1. Team Requirements

1.1 A team shall consist of four players. A team must have at least three players to start, and must maintain three players to continue. The game will be considered a forfeit if there are less than 3 players.

1.2 The field will be 50 yards long and 25 yards wide with 10 yard end-zones. There will be a first down at midfield.

2. Equipment

2.1 Rubber cleated shoes will be allowed. Screw-in cleats will be allowed only if the screw is part of the cleat. Open toe, open heel, or hard soled shoes will not be allowed. No metal cleats!

2.2 Pants and/or shorts with belt loops and/or pockets are strictly prohibited. A player may not turn his/her shorts inside-out or tape his/her pockets in order to play. Players may NOT wear shorts/pants with zipper pockets.

2.3 No jewelry may be worn. Exception: Medical Alert tags may be worn. Please notify a Campus Recreation supervisor if you possess one of these tags. No hats may be worn by any player on the field.

3. Game Timing

3.1 Games will consist of two 20 minute halves with a three minute half-time. Timing will be continuous for the entire first half and the first 18 minutes of the second half. Only team time-outs and official time-outs can stop the clock. Approximately two minutes before the end of the second half the referee shall stop the clock and inform both captains of the time left on the clock. The clock will restart on the snap. If a team is leading by 19 points or more in the final two minutes of the game, the mercy rule will go into effect and the game will be over. The clock will stop during the final two minutes of the second half for:

- a. Incomplete pass - clock restarts on the snap.
- b. Out of bounds - clock restarts on the snap.

- c. Penalties - clock restarts depending on previous play.
 - d. Score - clock restarts on opponent's next snap from scrimmage.
 - e. Time Outs - clock restarts on the snap.
 - f. Touchback - clock restarts on the snap.
 - g. First downs - clock restarts depending on previous play.
 - h. Change of possession - clock restarts on the snap.
- 3.2 Two time-outs per game will be permitted for each team.
- 3.3 Once the official whistles the ball ready for play, the offense will have 25 seconds to snap the ball.

4. Scoring

- 4.1 Touchdowns will be worth 6 points. A PAT try from 5 yards out is worth 1 point while one from 10 yards out is worth 2 points.
- 4.2 The defensive team may return a PAT for 2 points regardless of whether it was a try for 1 or 2 points.

5. Game Rules

- 5.1 The game will start from scrimmage on a team's own 5 yard line.
- 5.2 Teams will have four downs to advance to the mid-field stripe for a first down or to the end-zone for the touchdown.
- 5.3 The ball must be snapped in one continuous motion, not necessarily between the center's legs. A snap can be taken from directly under the center or from the shotgun position.
- 5.4 The ball is put into play at the five yard line after a score.
- 5.5 A team scoring a safety will receive two points and the ball on its own 5 yard line.
- 5.6 There will be no punts. If the offense fails to convert on third down, the ball will be placed on the defense's own 5 yard line with a change of possession.
- 5.7 The defensive rushers will line up 7 yards from the ball (cone), even if the offensive team is less than 1 yard away from the end zone or the zone line-to-gain. The remainder of the defense may play the line of scrimmage. Penalty: Illegal rush, 3 yards, repeat the down.
- 5.8 The ball must be snapped from the spot designated by the ball marker.
- 5.9 The quarterback CANNOT run the ball. The ball must be handed off or lateraled for the offensive team to run the ball past the line of scrimmage.
- 5.10 Only one forward pass is allowed per play, no matter if it is passed to a person that is behind or beyond the line of scrimmage. Once the ball is thrown forward, it must be advanced by running. Penalty: Illegal forward pass, 3 yards, loss of down.
- 5.11 The offensive team must have at least one player on the line of scrimmage at the snap.
- 5.12 Once the ball has been handed off, there is no longer a 7-yard rush rule. Anyone lined up on the line of scrimmage can then attempt to de-flag the person with the ball.
- 5.13 The quarterback has a 7-second clock to throw the football if he is not rushed, which the referee will count out loud. As soon as the referee says "Seven," the play is ruled dead if the ball is still in the quarterback's hands, and the offensive team loses that down and starts at the same line of scrimmage. If a rusher (that started the play 7 yards away) comes across the line of scrimmage at any time during the play, the 7-second clock is off. Also, if the QB hands the ball off, the 7-second clock is immediately stopped.
- 5.14 There is a "No Run Zone" five yards before the end zones. When the ball is on the line of that zone, or inside of that zone, a team may not run the ball across the line of scrimmage (this includes forward passes completed behind the line of scrimmage). This prevents teams from doing power running plays for easy scores. (One point tries after a score are considered to be in the "No Run Zone"). These zones will be marked off so that you know where they are.
- 5.15 Interceptions may be returned in a game. When the player's flag is pulled, the ball is spotted at the spot where the flags were pulled. On extra point attempts, interceptions may be returned for two points, but if the person does not run it all the way back to the other end zone, the ball will be spotted at the offensive team's 5-yard line.
- 5.16 Only one person may be in motion when the ball is snapped. The person in motion cannot be moving towards the line of scrimmage.
- 5.17 A player must have one foot in bounds when making a catch. All players are eligible receivers.

5.18 There are no fumbles. The ball is dead where it hits the ground, unless there is a large forward gain, which will then place the ball at the spot where the ball came loose.

5.19 If a player's flag inadvertently comes off during a play, he or she must be touched with one hand between the shoulders and knees to be considered "down."

6. Overtime

6.1 There will be no overtime during the regular season. During the playoffs and tournaments, the overtime format will be repeated until a winner is decided. The winner of the toss shall be given the option of either offense or defense. If additional overtime periods are necessary, captains will alternate choices.

6.2 Each team will be given 3 downs from the same 10 yard line to score a touchdown until the game is decided.

6.3 Each team is entitled to one time-out per overtime period.

Summary of Fouls and Penalties

Loss of 3 Yards:

1. Required equipment worn illegally.
2. Delay of game.
3. Quarterback running the ball (Loss of down, assessed from the line of scrimmage).
4. False start.
5. Encroachment (illegal rush).
6. Illegal procedure.
7. Illegal forward pass (3 yards from the point of the pass and the loss of down).
8. Intentional Grounding (3 yards from the point of the pass and loss of down).
9. Helping the runner: the runner shall not grasp a teammate or be grasped, pulled or pushed by a teammate.

Loss of 5 Yards:

1. Delaying the start of either half.
2. Two or more consecutive encroachments during the same interval between downs. The initial encroachment 3 yards.
3. Illegal participation
4. Offensive pass interference. (Loss of down)
5. Defensive pass interference. (Automatic first down)
6. Illegally secured flag belt on touchdown. (Touchdown nullified and loss of down)
7. Unsportsmanlike conduct.
8. Spiking the ball or not returning the ball to the official during the dead ball.
9. Attempt to steal the ball from the carrier.
10. Hurdling.
11. Unnecessary contact of any sort.
12. Roughing the passer. (Automatic first down)
13. Defensive illegal use of the hands.
14. Guarding the flag belt and stiff arming.
15. Illegal batting.
16. Illegal flag belt removal.
17. Personal foul.
18. Flagrant unsportsmanlike conduct. (Disqualification)
19. Flagrant personal foul. (Disqualification)
20. Intentional tampering with the flag belt. (Disqualification)
21. Illegal equipment.