University of West Georgia
Intramural Sports
4 on 4 Flag Football Rules

Updated 09/15/2016

*University Recreation does not provide accident insurance coverage for injuries received by Intramural Sports participants. Each participant should make sure that they have coverage either through family policies or the student insurance plan. 4 on 4 Flag Football is a contact sport and injuries are a possibility. UREC Intramural Sports assumes no responsibility for injuries. However, basic First Aid will be available.*

Program Rules

a. Each player must present their valid University of West Georgia Student ID to participate in each and every game, **No Exceptions**
b. Participants must play on only one team per LEAGUE
c. Jewelry may not be worn: including, earrings, necklaces, watches, and bracelets.
d. The following equipment may NOT be worn: hard cats, billed hats or visors, metal spikes/ cleats, hooded sweatshirts, medical braces with exposed metal, any headgear with knots of any kind, sunglasses.

The Team & Players

1. A team shall consist of four players. A team must have at least three players to start, and must maintain three players to avoid forfeit.

The Field

1. The Field will be 40 yards long and 25 yards wide with 10 yard end-zones. There will be a first down at midfield.

Equipment

1. Intramural Sports will provide the game ball
   - Men must use a regular size ball
   - The regular, intermediate, youth, or junior sized football may be used for Women’s or Co-Rec games.
2. Jerseys are also available by Intramural Sports if teams are unable to provide their own. To rent a jersey please present your UWG ID to a staff member at trailer check in. Jerseys are available first come first serve!

- Jerseys must be matching in color for all team members
- Jerseys must contain a one or two digit number on the back of the shirt. NO written numbers, taped numbers, or numbers contain three or more digits are acceptable!
- Teams MUST tuck shirts in at all times.
- Teams must wear the jerseys provided if team is not wearing matching jerseys

3. Each player on the field must have a flag belt on at all times.

- Participants who are wearing shorts with pockets are NOT allowed to wear flag belts during participation.
- It is the participant’s responsibility to notify the Program Assistant or Officials working their game of this change. Failure to do so will result in a penalty of improper equipment.
- Participants who do have flag belt will play by the rule of "one hand touch". This means they only have to be tagged with one hand between the shoulders and the knees

**Game Timing and Scoring**

1. Games will consist of two 15 minute halves with a three minute half-time. Timing will be continuous for the first 13 minutes of the First half and the first 13 minutes of the second half. Only team time-outs and official time-outs can stop the clock.

2. Two minutes before the end of the second half, the referee shall stop the clock and inform both teams of the time left on the clock. The clock will restart on the snap.

3. 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

4. Each team will be given three (3) timeouts per game.

5. Touchdowns will be worth 6 points

6. After a score, the team must decide whether to try for one, two, or three points:

   - A one point conversion shall be tried from the third yard line
   - A two point conversion shall be tried from the 10 yard line
   - A three point conversion shall be tried from the 20 yard line
   - No turnovers can gain points in an extra point conversion

**Game Rules**

1. The game will start from scrimmage on a team's own 10 yard line.
2. Teams will have three downs to advance to the mid-field (20) yard line, for a first down or to the end-zone for the touchdown.

3. The ball must be snapped in one continuous motion, not necessarily between the center's legs.

4. The ball is put into play at the 10 yard line after a score.

5. A team scoring a safety will receive two points and the ball on its own 10 yard line.

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 10 yard line with a change of possession.**

**Penalty:**

1. There is no rushing in 4v4 flag football. Penalty: Illegal rush, 3 yards, repeat the down.

2. 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.

3. 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.

4. The offensive team must have at least one player (center) on the line of scrimmage at the snap.

5. The quarterback has a 7-second clock to throw the football, which the referee will count out loud. On the count of 7, 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.

6. 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).

7. Only one person may be in motion when the ball is snapped. The person in motion cannot be moving towards the line of scrimmage.

8. A player must have one foot inbounds when making a catch. All players are eligible receivers.

9. 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.

10. 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."

**Overtime**

1. There will be no overtime during the regular season.
2. During the playoffs and tournaments, the overtime format will be repeated until a winner is
decided.

3. There will be a new coin toss and the winner shall be given the option of either offense or
defense. If additional overtime periods are necessary, captains will alternate choices.

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

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

6. Overtime periods will last five (5) minutes.

**Sportsmanship Policy and Ratings**

The Sportsmanship Rating System is intended to be an objective scale by which team's' attitude
and behavior can be assessed throughout the regular season and the playoffs. Behavior before,
during, and after an Intramural Sports game is included in the rating. The team captain is
responsible for educating and informing all players and spectators affiliated with his/her team
about the system. Furthermore, the team is responsible for the actions of the individual team
members and spectators related to it. At the conclusion of each game, the Intramural Sports Staff
present will assign each team a Sportsmanship rating based on a grading scale of “0-5”.

- Outstanding sportsmanship will earn a team a “5” rating for that game.
- Poor sportsmanship will result in a rating of “3”, “2” or “1” depending on the level of
  sportsmanship.
- Teams losing by no-show or incomplete roster forfeit will receive a “0” rating for
  sportsmanship.
- A game that is defaulted will result in both teams receiving sportsmanship ratings of a “4.”
- Any team that is assessed a sportsmanship-related technical foul/unsportsmanlike conduct
  penalty/yellow card during a game cannot receive a Sportsmanship Rating higher than “3” for
  that game.

Please refer to the Intramural Sports Policies and Procedures document for a breakdown of each
sportsmanship grade.

Any team that receives 3 technical fouls/unsportsmanlike conduct penalties/yellow cards during
a single game will forfeit the match to its opponent.

Repeated display of “poor sportsmanship” (players from the same team repeatedly receiving
technical fouls/unsportsmanlike conduct penalties/yellow cards) may result in the team being
ruled ineligible for participation and possible referral to the Office of Student Conduct.