Campus Rec 4 on 4 Flag Football

The Game
- No contact allowed
- No Blocking
- Ball must be “snapped” using QB tee for all plays
- The offensive team takes possession of the ball at their 5-yard line and has three plays to cross mid-field (20 yards). Once a team crosses mid-field, they will have three plays to score a touchdown.
- If the offensive team fails to cross mid-field or score, possession of the ball changes and the opposite team starts their drive from the 40 yard line.
- Interceptions will not be run back but count for 3 points and possession of the ball at the 40 yard line.
- Games played to 28 points. If team is winning 17-0 mercy rule comes into play and game is over.
- 2 – 15 minute halves with 3 minute halftime
- Each time the ball is spotted a team has 30 seconds to snap the ball. Teams will receive one warning before a Delay of Game penalty is enforced.

Attire
- Cleats are allowed, except for metal spikes. Shoes must be worn
- Shirts must be tucked in, pants etc.

Players/Game Management
- Teams must field a minimum of three players at all times
- Teams consist of 8 players (4 on the field with 4 substitutes)
- We reserve the right to reduce, shorten, or reschedule games due to inclement weather or unforeseen circumstances.

Scoring
- Games are played to 28 points or 30 minutes, whichever comes first.
- TD = 6 players, Extra Point = 1 (5 yards out); 2 (10 yards out), Interception = 3pts

Time outs
- Each team has one: 60 second time out per game, in which the clock stops.
- Officials can stop the clock at their own discretion.

Deflagging
- When a defensive player pulls the ball carriers flag he should stop and hold it above his head for officials to see.
- If a ball carriers flag falls off while advancing the ball, they may continue until defense touches them, touch is defined as one hand between the carrier’s shoulders and knees.

Rushing the QB
- All players that rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped. Any number of players can rush the QB.
- Players not rushing the QB may defend on the line of scrimmage
- A special marker, or the referee, will designate 7yard from the line of scrimmage
- The QB cannot run the ball
- If QB’s arm was in forward motion when his flag was pulled, the pass is allowed.
Passing
- All passes must be forward and received beyond the line of scrimmage.
- Shovel passes are allowed but must received beyond the line of scrimmage.
- There can only be ONE forward pass per play. There can only be TWO exchanges of the football in the air (forward pass or lateral) which are initiated from the L.O.S. After the second exchange of the football in the air, if completed behind the L.O.S., the football must be run across the L.O.S.
- A direct handoff is not considered an exchange of the football in the air.
- Forward passes are the only way to advance the ball.
- If a player is beyond the L.O.S when the football is released, or if a 3rd exchange of the football in the air is initiated from behind the L.O.S. an illegal forward pass has occurred and will result in a 5 yard penalty and loss of down. Once the ball has crossed the L.O.S., in the air or in possession of a player, it cannot be passed forward, even if the ball is first returned back across the L.O.S.
- Intentional grounding is also considered an illegal forward pass.
- A lateral will be any pass thrown overhand or underhand perpendicular or away from the direction of advancement of team in possession. Forward laterals are treated as an illegal forward pass if beyond L.O.S.
- Push or shovel passes are allowed if initiated from behind L.O.S.

Receiving
- All players are eligible to receive passes.
- Only one player is allowed in motion at a time.
- Player must have at least one foot in bounds when making a catch.
- Pass may not be intentionally tipped in any direction to another teammate.
- Spinning is allowed but players cannot leave their feet to avoid a defensive player. The ball is spotted where the ball carrier’s belt is when the flag is pulled, not where the ball is. Ball must break the plane for a 1st down and touchdown.
- The ball carrier shall not protect his flags by blocking with his hand, arm, or head the opportunity to pull his flags. Flag guarding will be marked 10 yards from the point of infraction.
- Stiff arm is illegal and will be penalized 10 yards from the spot of the foul.

Dead Balls
Play is ruled “dead” when:
- Offensive player’s flag is pulled.
- Ball carrier steps out of bounds.
- Touchdown is scored.
- At the point of interception (interception returns are not allowed).
- Ball carrier’s knee, hip or ball hits the ground.
- There are no fumbles. Ball is spotted where belt of the ball carrier was at the time the ball came loose.
Sportsmanship/Roughing
- If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player ejected from the game. FOUL PLAY WILL NOT BE TOLERATED
- Trash talking is illegal. Official has the right to determine the language which is offensive. (Trash talk is that which may be offensive to official, opposing team, or spectators). Referee can eject player from the game for trash talking.
- Player behavior- any verbal abuse or actions toward officials or opposing players will NOT be prohibited. Officials will ask the team captain to control his player displaying derogatory language, after that the team will be penalized 15 yards and the team captain warned. The second time the offending player will be ejected from the game and team penalized 15 yards.

Overtime
- If the score is tied at the end of 30 minutes, teams move directly into overtime.
- Coin toss determines possession.
- Each team receives one play from their five yard line.
- Negative yardage on a play is better than an interception, but not an incomplete pass.
- Defensive penalties may accept resulting in 10 yards and the option to run an additional play if necessary. Result of the following play and the 10 yards from the penalty count towards the overall possession yardage. A penalty of the offense is deemed as negative 10 yards and loss of down.
- The team gaining the most yardage on the one play is declared the winner and awarded one additional point even if the result of a play is a touchdown.

Eligibility
- Any player who has played professional or semi professional football is NOT eligible to participate in Campus Rec Intramural flag football. Any team in violation of these rules will forfeit all games in which the ineligible player participated in.
Penalties
• All penalties will be called by the referee.
• All penalties are assessed from the original line scrimmage.

Defense:
• Off sides /encroachment
• Pass Interference
• Illegal contact (holding, bump and run, blocking, etc.)
• Illegal flag pull (before the receiver has the ball)
• Illegal rushing (start from inside 7 yard marker)
• Holding – grabbing ball carrier’s clothing which impedes him from advancing the ball
• All defensive penalties are 10 yards (from the line of scrimmage) and an automatic 1st down.

Offense:
• Illegal motion (more than one person moving, false start, motion, etc.)
• Illegal forward pass ( pass received behind the line of scrimmage )
• Offensive pass interference (illegal pick play, pushing off/away form defender)
• Flag guarding
• Delay of game – clock will stop/10 yards and loss of down
• All offensive penalties are 10 yards (from line of scrimmage ) and loss of down
• Within 10 yards of goal, ball is placed ½ the distance to the goal.
• Referrees determine incidental contact which may result from normal run of play.
• Only the team captain may ask the referee questions about rule clarification and interpretations.

Players cannot question judgment calls.

Other
• If the receiver does not have both flags attached when a catch is made, the defender needs only to touch the receiver with one hand from the shoulder to the knees to down the offensive player.
• No contact is too occur (pushing, pulling, bumping, etc.) between the receiver and defender or lineman and rusher. Judgment of the officials will be based on who initiated the contact.
• The responsibility of avoiding contact rest with the ball carrier. He must show the officials he made an effort to avoid contact. The ball carrier will NOT deliberately run or dive into a defensive player. A ball carrier may spin or jump but realize that while spinning or jumping he is in a “State of non control” and should contact occur as a result of his uncontrolled momentum, he will be penalized. This also pertains to defensive players rushing the QB. Penalty will be called for running into the QB due to the “State of non control”.
