

## **4v4 FLAG FOOTBALL RULES**

- Every down must have a legal forward pass
- A team has 4 seconds to release a pass
- The defense may not cross the line of scrimmage (rush) until the ball has crossed the line of scrimmage
- The offense may not carry the ball through the line of scrimmage
- Games will consist of two 15:00 minute halves
- Teams have 3 downs to gain a first down or score a touchdown

### **THE FIELD**

The field measures 40 yards in length, goal line to goal line, and 30 yards in width. There shall be 1 hash mark dividing the field into halves. Endzones shall be 10 yards.

### **TEAMS**

The game shall be played between 2 teams of 4 players each. Three (3) players are required to avoid a forfeit. Players are **required** to show a valid WyoOne identification card. Each team captain is responsible for ensuring that each player on his/her team is signed in on the score sheet and is an eligible player. If an ineligible player is on a team, the team may be subject to forfeiture of the contests in which the ineligible player participated.

### **EQUIPMENT**

- a) Footballs are provided by the Rec Sports Staff. Players are allowed to use their own football if agreed upon by both captains.
- b) **JEWELRY WILL NOT BE PERMITTED** in Intramural Flag Football. Jewelry includes, but is not limited to, earrings, wedding rings or bands, other rings, necklaces, bracelets, rubber bands, and metal barrettes. The only exception to this rule is a medic alert bracelet or necklace. In that case it must be taped down. If you refuse to remove your jewelry you will not be allowed to participate.
- c) Players may wear a headband or stocking cap for headgear. No billed hats are allowed. No equipment with a knot in it will be allowed.
- d) It is recommended that players wearing glasses use some form of safety glass or a protective mask over the glasses.
- e) The use of any hard or dangerous head, face, or body protective equipment is illegal. Padding for body protection must be of either felt or sponge rubber.
- f) All shirts/jerseys must be tucked into pants/shorts at all times.
- g) Players must wear pants/shorts without any belts, pockets, belt loops, or exposed drawstrings.
- h) Each player must wear shoes. Players may wear cleats provided that the rubber cleats are short and molded into the sole of the shoe. **METAL CLEATS WILL NOT PERMITTED.**
- i) Each player is required to wear a one-piece belt, free of knots, at the waistline with 3 flags permanently attached, one flag on each side and one in the center of the back. Flags must be hooked on the outside of clothing at all times. Flags shall not be the same color as a player's shorts. Participants may only use flags provided by the Rec Sports Staff.

**penalty:** *Delay of game – 3 yards from previous spot. A player wearing illegal equipment shall not be permitted to play until the equipment issue is corrected.*

### **START OF EACH GAME**

Games will start at the specified time. A 5-minute Grace Period is permitted if agreed upon by both team captains. Prior to the game, the captains will play Rock, Paper, Scissors (RPS). The winner of RPS shall choose from the following options: Offense, Defense, Direction, or Defer their choice to the second half.

## **GAME TIME**

- a.) There will be no kickoff. The game begins with a scrimmage play at the 10-yard line of the team that has been awarded the ball.
- b.) Playing time will be two (2) halves of 15-minutes each with a 5-minute halftime.
- c.) The clock runs continuously **except for the last 1-minute of the second half**. A one-minute warning, and a stopped clock, will be given by the officials. **This is not considered a time-out**. The clock will stop and the officials will alert the players of the time, at which point the game will continue.
- d.) The clock stops during the final minute of the game for a(n):
  - 1. Incomplete pass
  - 2. Out-of-bounds
  - 3. Score
  - 4. Team time-out
  - 5. First Down
  - 6. Fair Catch
  - 7. Penalty and Administration
  - 8. Official's Time-Out
  - 9. Touchback
  - 10. Change of Possession
  - 11. Team Attempting to Conserve Time Illegally
  - 12. Inadvertent Whistles

## **OVERTIME**

In case of a tie, each team will be awarded three (3) downs in which to score a Touchdown, and if successful, one play to score an extra point. **There is no overtime in the regular season.**

The procedure is as follows:

- a) Team captains will play RPS to determine possession. The winner of RPS may choose to play Offense, Defense, or Defend a goal. All overtime periods will be played toward the same goal after one is selected. Only one game of RPS will occur during overtime play, the remaining overtime periods will begin with the opposite team selecting offense or defense.
- b) The team taking possession begins with the ball on the 10-yard line and attempts to score at the nearest goal.
- c) In the event of an interception, the play is dead and the team that intercepted the ball gets the ball on the 10-yard line.
- d) The procedure is repeated until one team has scored more points than their opponent at the end of the overtime period.

## **TIME-OUTS**

Each team is entitled to 2 time-outs per game. No time-outs are given for the overtime period. Each time-out shall not exceed 30 seconds. A team requesting excessive time-outs will be charged a delay of game penalty. The referee will warn both teams 5 seconds before a charged time-out expires. The offensive team has 25 seconds to put the ball in play.

## **DELAYS**

All players must be on the field at the scheduled game time with their flags in the proper position. A Delay of Game penalty is given to a team that:

- a.) Consumes more than 25 seconds to put the ball in play.
- b.) Deliberately advances the ball after it has been declared dead
- c.) Deliberately puts the ball in play before it is declared ready for play.

**Penalty:** *Delay of game – 3 yards from the Previous Spot*

## **INJURED PLAYER**

An injured or apparently injured player who is discovered by an official while the ball is dead and the clock is stopped, shall be replaced for at least 1 down unless the halftime or overtime intermission occurs. A player who is bleeding, has an open wound, or has any amount of blood on his/her uniform or on the player shall be considered an injured player.

## **SUBSTITUTION**

Substitution infractions include:

- a. Entering the game during a live ball
- b. Entering/leaving the game away from his/her team area.
- c. Entering and leaving during the same dead ball - the player must play at least 1 down.

**Penalty:** *Illegal Substitution – 3 yards from the previous spot*

## **DEAD BALL**

A live ball becomes dead when:

- 1. A runner's flag belt is removed legally by a defensive player
- 2. It goes out-of-bounds or when it touches the goal line of the runner's opponent
- 3. Any part of the runner other than a hand or foot touches the ground
- 4. A touchdown, touchback, safety, or successful try-for-point is made
- 5. A fumble or pass touches the ground
- 6. A passer is deflagged prior to releasing the ball
- 7. An official blows his/her whistle (even if inadvertently)
- 8. The defense secures possession of the ball during a try or overtime
- 9. A loose ball is out-of-bounds when it touches anything, including a player or game official, who is out-of-bounds.

## **DOWNS & TEAM POSSESSION**

- a) A team has 3 consecutive downs to advance the ball from one zone to the next.
- b) During the first possessions of each half or after a team has scored, the ball is placed on the team's 10-yard line.
- c) A new series of downs is awarded when a team moves the ball into the next zone and the ball becomes dead in that zone.

## **THE SCRIMMAGE**

- a) A play from scrimmage must be started by a legal snap from a point on the inbound line. The offensive team is responsible for retrieving the ball after a scrimmage down. Players may use a two-, three-, or four-point stance.
- b) The offense may not run the ball across the line of scrimmage. The defense may not cross the line of scrimmage until the ball has crossed the line of scrimmage. (The offense cannot run the ball, and the defense cannot rush the passer.)

### **PRIOR TO THE SNAP**

Once the ball is set on the line of scrimmage:

1. The snapper may neither move nor change the position of the ball.
2. Defensive players may not jump into the neutral zone nor touch the ball or an offensive player.
3. No offensive player shall make a false start.

**Penalty:** *Dead Ball Foul (False Start if by the Offense, Offsides or Encroachment if by the Defense)– 3 yards from the previous spot*

### **POSITION AND ACTION DURING THE SNAP**

The offensive team must have the snapper on the scrimmage line. One offensive player may be in motion horizontal to the line of scrimmage. The player receiving the snap must be at least two (2) yards behind the offensive scrimmage line. Before the snap, all offensive players must be within 15 yards of the ball. The snapper shall pass the ball back from its position on the ground with a quick and continuous motion of the hands.

**penalty:** *Illegal Procedure – 3 yards* **HANDING THE BALL**

Any player may hand the ball forward or backward at any time.

### **BACKWARD PASS AND FUMBLE**

A runner may pass the ball backward or lose player possession by a fumble at any time except if intentionally thrown out-of-bounds to conserve time or to avoid being deflagged.

**Penalty:** *Illegal Pass – 3 yards from the spot of the pass or fumble and loss of down*

### **FORWARD PASS**

- A. Only one legal forward pass per down. All players are eligible to catch a pass.
- B. There must be a legal forward pass every down. The receiver must touch the ball beyond A's scrimmage line. The offense has 4 seconds to release the ball on a forward pass. If not, it is a loss of down and the ball is next snapped at the previous spot. The Referee will sound his/her whistle at 4 seconds if the passer has possession of the football.
- C. A forward pass is *illegal* if:
  1. The passer's foot is beyond the line of scrimmage when the ball leaves his or her hand
  2. Intentionally thrown to the ground or out-of-bounds to save loss of yardage
  3. The passer catches their own untouched forward pass.

**penalty:** *Illegal Forward Pass – 3 yards from the spot of the pass and a loss of down if by A before possession changes during a scrimmage down.*

- D. *a legal forward pass is caught simultaneously by members of opposing teams, the ball is dead and belongs to the team that snapped the ball.*

- E. A forward pass is complete when and only if the receiver has at least one foot in bounds.
- F. If a member of the opposing team intercepts a forward pass, it is counted as a completion as long as the person remains inbounds.

## **SCORING**

A touchdown is worth 6 points. After a touchdown is scored, a team has a choice of points possible from the try-for-point. A try-for-point from the 3-yard line is worth 1 point. A try-for-point from the 10 yard line is worth 2 points. A try-for-point from the 20 yard line is worth 3 points. The try ends when the defense secures possession.

A safety is worth 2 points. A team that scores a safety gets the ball on their own 10-yard line.

If there is a foul by the defensive team (including unsportsmanlike or non-player) during a down which results in a touchdown, the scoring team may accept the results of the play and then choose to have the foul enforced at the succeeding spot (Try) or after the Try at the 10-yard line.

If after a touchdown and prior to the initial ready for play signal for the Try, either team commits any foul for which the basic spot of penalty enforcement is the succeeding spot (Try), the offended team may have the penalty enforced from the succeeding spot (Try) or after the Try, at the 10-yard line.

## **MERCY RULE**

There is no mercy rule in Men's, Women's, or CoRec 4v4 Flag Football.

## **TOUCHBACK**

A touchback occurs when:

1. A pass is intercepted in the end zone by a defensive player
2. The ball is fumbled by the offense out of bounds in their opponent's end zone.
3. The ball is put in play on the 10-yard line following a touchback

## **UNSPORTSMANLIKE CONDUCT**

There shall be no unsportsmanlike conduct by players, substitutes, coaches, or others subject to the rules. This includes but is not limited to:

- a. Abusive or insulting language
- b. Any acts of unfair play
- c. Verbally or physically interfering with another team's signals or movements d.) intentionally kicking another player
- d. Leaving the field between downs to gain an advantage
- e. Intentionally kicking, spiking, or throwing the ball into the air or ground
- f. Failure to return the ball to the huddle
- g. Attempting to influence a decision by an official
- h. Disrespectfully addressing official
- i. Indicating objections to an official's decision
- j. Using profanity, insulting, or vulgar language or gestures

**Penalty:** *Unsportsmanlike Conduct – 5 yards or Flagrant Unsportsmanlike Conduct – Ejection and possible suspension from further Intramural Sports competition*

## PERSONAL FOULS

A personal foul is:

- a. Stealing, attempting to steal, or batting the ball from a player in possession
- b. Tripping, clipping, or tackling a runner
- c. Contact made to a runner who is on the ground
- d. Hurdling a player
- e. Contacting a player before or after the ball is declared dead
- f. Deliberately driving or running into a defensive player

**Penalty:** *Personal Foul – 5 yards or Flagrant Personal Foul – Ejection and possible suspension from further play*

## BLOCKING

- a. Blocking must be done without the use of hands or extended arms and without contact. Any use of the arms, elbows or legs to initiate contact during an offensive player's screen block is illegal.
- b. A player must be on his/her feet before, during and after blocking.
- c. Teammates may not use interlocking interference to block for a runner.
- d. Defensive players must go around the offensive player's screen. They must refrain from using their hands or arms extended to move the offense.

**Penalty:** *Personal Foul—5 yards*

## RUNNER

- a. Runners shall not guard their flag by using their hands, arms, or the ball to deny the opportunity for opponents to pull or remove the flag belt.

**Penalty:** *Flag guarding—5 yards from the spot of the foul*

- b. *The runner is prohibited from contacting an opponent with an extended hand or arm.*

**Penalty:** *Personal Foul – 5 yards from the spot of the foul*

- c. *The runner shall not grasp a teammate or be grasped, pulled, or pushed by a teammate.*

**Penalty:** *Helping the Runner—3 yards from the spot of foul*

## FLAG BELT REMOVAL

- a. Players must have possession of the ball before they can legally be deflagged.
- b. Play continues if a player loses his/her flag belt either accidentally or inadvertently. The deflagging then reverts to a one-hand tag of the runner between the shoulders and the knees.
- c. The ball is declared dead when a runner has a flag belt removed legally by an opponent. A flag belt is removed when the clip is detached from the belt, the belt is torn into more than one piece, or the flag is torn off the belt.
- d. A defensive player may not hold, push, or knock the runner down in an attempt to remove the flag belt.
- e. If a flag belt is removed illegally, play continues with the option of the penalty or the play.

**Penalty:** *Personal Foul—5 yards from the previous spot*

- f. Intentionally pulling a flag belt from an offensive player without the ball is illegal.  
**Penalty:** *Personal Foul—5 yards from the end of the run*
- g. Tampering with the flag belt in any way to gain an advantage including tying or wrapping is illegal.  
**Penalty:** *Unsportsmanlike conduct—5 yards from previous spot, loss of down if A, Automatic First down if B, and possible player ejection.*

## **SPORTSMANSHIP**

A team is responsible for the action of all individual members and spectators directly related to the team before, during, and after the game. Any individual that is involved in any type of physical altercation or unsportsmanlike conduct may be automatically suspended along with the entire team. The officials will assess sportsmanship ratings after each game.

## **ADMINISTRATION**

- a.) The Recreational Sports Staff reserves the right to stop any game whenever such stoppage is in the best interest of safety and/or program goals.
- b.) The Recreational Sports Staff reserves the right to combine divisions and move teams to another classification for tournament competition.

**c.) There will be no game change request options for 4v4 Flag Football in the IPF.**

## **COREC FLAG FOOTBALL RULES**

*The University of Wyoming Intramural Sports Flag Football rules are in effect in addition to the following co-recreational rules.*

### **THE GAME**

The game shall be played between 2 teams of 4 players: 2 males and 2 females. Teams with 3 players shall be 2 males and 1 female, or 2 females and 1 male. Three players are required to start a game to avoid a forfeit. The ball can be either an official or junior size football.

### **MINIMUM LINE PLAYERS**

The offensive team must have the snapper on their scrimmage line at the snap.

**Penalty:** *Illegal procedure – 3 yards from the previous spot.*

### **MALE TO MALE COMPLETION**

During the offensive team's possession there may not be 2 consecutive forward pass completions from a male passer to a male receiver. This rule also applies to a try after completion. If a male passer completes a legal forward pass to a male receiver, the next legal forward pass completion must involve either a female passer or a female receiver for positive yards. The spot where the ball becomes dead must be beyond the offensive scrimmage line. There are no other restrictions concerning a male passer completing legal forward passes to a female receiver, or female to female, or female to male. *Clarification: After a change of possession, the first offensive play will be open.*

**Penalty:** *Illegal Reception – 3 yards from the previous spot and a loss of down.*

### **TOUCHDOWN VALUE**

All Touchdowns will be valued at 6 points for Male, Female, and CoRec play.