

4 v. 4 Flag Football Adaptations

7 v. 7 / 8 v. 8 Rules Begin Below

4v.4 follows the same rules as the 7 v. 7 Flag Football besides the following exceptions.

AREA OF PLAY.

1. The field shall be 60 yards long by 30 yards wide. The length of the field shall be divided into two 20-yard zones and two 10-yard end zones.
2. The 3-yard scoring line shall be marked with a line.
3. The 10-yard First Possession / Scoring Line shall be marked with an X.

Men's, Women's, & Co-Rec Games

1. 

Mercy Rule

- A. The Mercy Rule does not apply due to the shortened length of the game.

Enforcement of Penalties

- A. All 10 yard penalties are 5 yards and all 5 yard penalties are 3 yards.

7 v. 7 / 8 v. 8 Flag Football Rules

Play/Rules default to NIRSA Flag Football rules in regards to any situation not listed below:

II. AREA OF PLAY.

A. THE FIELD

1. The field shall be 100 yards long by 40 yards wide. The length of the field shall be divided into four 20-yard zones and two 10-yard end zones.
2. The 3-yard and 10-yard scoring lines shall be marked with a line.
3. The 14-yard First Possession line shall be marked with an X.

III. PLAYERS & SUBSTITUTIONS

A.

2.

2. Numbers must be permanent on the shirt in a non-fading medium such as marker or paint. A marker will not be provided. Taped on numbers are not allowed.
 3. Teammates will not share the same shirt/jersey number.
 4. If a player is #0 then that number must appear on the jersey. There can only be one version of #0 per team (i.e. #0, #00, #000, etc.)
 5. Triple digit numbers, or anything greater, are not allowed.
5. Shoes
- a. Each player must wear athletic shoes. They must be made of soft, pliable material that covers the entire foot.
 - b. Any exposed metal or other dangerous material will not be allowed.
 - c. Tennis shoes and molded plastic cleats are acceptable.
6. Players may wear gloves consisting of soft, pliable and nonabrasive material.
7. Players may wear a knit or stocking cap (without ball/knot at top), headbands, or hair bands. Hats with bills are prohibited.

B. Game Ball

1. A game ball will be made available by Intramural Staff.
2. Teams may choose to use their own ball of regulation size once approved by intramural staff.
3. The Offense will accept full responsibility for the ball.
 - a. The offensive team is responsible for retrieving the ball after each play from scrimmage, as well as providing the ball for each new offensive series.
 - b. The game/play clock will not stop to retrieve any ball thrown/batted/knocked out of play.
 - c. Officials are not required to retrieve any football.
4. Regulation Ball
 - a. Men's Game: a full size, NFHS or NCAA regulation ball
 - b. Women's or Co-Rec Game: no smaller than a Youth size ball; a larger ball may be used

V. TIMING

A. Delay Time - Once at the scheduled game time:

1. If a team does not have any players present at game time, the game will be declared a forfeit without the Delay Time procedure.
2. If a team does not have four (4) players signed in at game time, that team will be given 10-minutes to have four players sign in before the game is declared a forfeit.
3. If neither team has four (4) players signed in, both teams shall have 10-minutes to have four players sign in before the game is declared a forfeit or double forfeit.
4. Time used to wait for the minimum number of players will be off the game clock and delaying teams will receive a Sportsmanship Deduction for delaying the start of the game. The first team ready to play will receive two (2) points for every 0.002 13.1 (or) SB 14H71 (i)-nrn b clean b d(i)-nr lflesma

3. The last two-

- a. Placing or swinging the hand/arm over the flag belt
 - b. Placing the ball in possession over the flag belt
 - c. Using the hand, arm, or ball to make contact that prevents a defender from removing the flag belt.
 - d. Lowering the shoulders in such a manner which covers the flag belt
 - e. Obstructing the flag belt with any part of the player's equipment (i.e. shirt or ball)
5. Runners shall not contact an opponent with an extended hand/arm, or otherwise purposefully contact an opponent. A runner must avoid contact with all defenders.
 6. The runner shall not grasp a teammate or be grasped, pulled or pushed by a teammate.
PENALTY: Help the Runner, 5 yards.
- E. Passing
1. All players are eligible to catch a pass.
 2. All forward passes must be attempted on or behind the offensive line of scrimmage. Only one forward pass is allowed per down.
 - a. It is a forward pass from beyond the line of scrimmage if any part of the passer's foot is beyond the line of scrimmage when the ball is released. The penalty for a forward pass thrown from beyond the line is enforced from the spot where the ball is released.
 3. An offensive player, who runs out of bounds before a forward pass is thrown and without influence from a defender, loses eligibility to catch any forward pass.
 4. In the event of a simultaneous catch, the offense retains possession the ball.
 5. A pass is complete if the receiver has control of the ball and at least one foot is in bounds. If the receiver is in the air and pushed out of bounds by a defender, it shall be ruled a completed pass and illegal contact on the defense.
 6. If a passer has started his forward arm motion it is considered a legal pass even if his/her flag is removed during the motion. If the ball is not released, the offensive player will be considered down.
 7. Defensive players shall not contact, nor force another player to contact, the passer at any time. Inadvertent contact is defined at the official's discretion. PENALTY: Roughing the Passer, 10 yards, Automatic First Down.
 8. The defensive team may advance all interceptions.
 9. If the quarterback, before the initial pass, crosses the offensive line of scrimmage, he/she may return to the backfield to throw the initial pass as long as his/her entire body is behind the line of scrimmage.
 10. Co-Rec Passing: Open & Closed Plays
 - a. An Open Play will allow any player to be allowed to complete a legal forward pass to any other player.
 - 1. There are no restrictions after a legal forward pass.
 - b. A Closed Play will require positive yards to be gained while including a female player in the movement of the ball (i.e. female passer, female runner, female receiver). The spot where the ball becomes dead by Rule must be beyond the offensive scrimmage line.
 - c. There shall not be two consecutive plays, wherein a male player completes a legal forward pass to another male player. This rule will apply to the Point After Try. PENALTY: Illegal Male Reception, 5 yards, Loss of Down
 - d. Any foul, whether accepted or declined, shall have no effect on whether the next play will be designated Open or Closed.
 - e. A pass caught jointly by a male and female is considered a female catch.
- F. Blocking/Rushing
1. All blocking, either at the line of scrimmage or down field, must be a screen block or "non-contact block". The initial position of a blocker determines the point of reference for any penalty.
 2. A screen block shall take place without contact. Use of a player's hands/arms/legs to assist in blocking, thereby initiating contact with a rushing player, will result in a penalty. PENALTY: Illegal Contact 10 yards (Exception: A blocker may use his hands or arms to break a fall or to retain ball. (t)-1.1b6.d.

3. Defensive players must go around an offensive player's screen block without initiating contact. PENALTY: Illegal Contact 10 yards (Exception: A rushing player may use his hands or arms to break a fall or to retain balance)
4. Downfield blocking is **Legal** if no contact is initiated by the offensive player. A blocker does not need to be set if no contact is made.

5. Co-Rec Rushing

- a. A player may not advance the ball past the line of scrimmage on a rushing play.
PENALTY: Illegal Advancement

X. SUMMARY OF PENALTIES: (LOD: Loss Of Down, AFD: Automatic First Down)

4.