

# 4V4 FLAG FOOTBALL

## ELIGIBILITY

All participants must have an active WRC membership, Intramural Sports Play Pass, and show their UNI or Government Issued ID prior to each contest. Eligibility status is the responsibility of each individual participant and the Team Captain.

## TEAMS

- 1.1 The game shall be played by 2 teams of 4 players. A minimum of 2 players is necessary to begin play.
- 1.2 Players may play for ONLY ONE team
- 1.3 A 5-minute grace period from the scheduled start time will be allowed before a forfeit is declared if the team short of the minimum player requirement has at least one player present at the scheduled game time.
- 1.4 Rule interpretations (not judgment calls) are the only discussion areas between a Team Captain and Officials.

## EQUIPMENT

- 2.1 Intramural Jerseys will be provided if teams do not have shirts of the same color before each game. A shirt must be worn under the jersey that is provided. All shirts must be tucked in.
- 2.2 Athletic shoes or cleats must be worn by all players. No metal cleats will be allowed.
- 2.3 Flag Belts must be worn on the outermost layer

## THE GAME

- 3.1 The game shall consist of two 10-minute halves with a running clock.
- 3.2 In the last thirty (30) seconds of each half the clock will stop, only if there is an 18-point or less difference between the scores for out-of-bounds, incomplete passes, scores (including PATs), timeouts, 1st downs until the ball is set, and penalties until the ball is set.
- 3.3 A coin flip or Rock, Paper, Scissors will be used to determine who gets the ball (receive or defer). The loser of the toss shall choose the remaining options.
- 3.4 Each team will be granted 2 one minute timeouts per game. One additional timeout will be granted for overtime periods.
- 3.5 Each half starts with possession of the ball on the 40-yard line.
- 3.6 After a Turnover on Downs, the new series will begin on the 40-yard line
- 3.7 After an interception, the new series will start on the 25-yard line
- 3.7 Mercy Rule:
  - 40 or more points at any time in the 2nd half
  - 20 or more points with 2 or fewer minutes remaining in the game
- 3.8 A 25-second play clock will be counted off by the head official after blowing their whistle to start the down
- 3.9 Under 30-second the clock will run on field goal attempts, from the ball is kicked, until it hits the ground. This does not include extra point/point after attempts.

## PRE-SNAP

- 4.1 A team has four plays to gain the next zone to gain (20-yard line, goal line).
- 4.2 Ready to Play is whistled by the referee and then the offense has 25 seconds to snap the ball.
- 4.3 A cone will be used to identify the line of scrimmage each play
- 4.4 No players need to be on the line of scrimmage at the snap (except the center). The center is eligible to go out for a pass once the ball is snapped.
- 4.5 Only one offensive player may be in motion, but not towards the opponent's goal line at the snap.

## OFFENSE/SCORING

- 5.1 No Direct handoff running plays OR laterals can originate from behind the line of scrimmage

- 5.2 The defense CANNOT rush the quarterback
- 5.3 Teams are allowed no more than one forward pass per play
- 5.4 QBs are not allowed to advance the ball past the line of scrimmage
- 5.5 The passer has 5 seconds to release the ball after the snap. If the pass is not released within 5 seconds, it is a loss of down and the next play will start 5-yard back from the previous spot. The Referee will sound his/her whistle at 5 seconds if the passer has possession of the football.
- 5.6 The team in possession of the ball is responsible for retrieving the ball.
- 5.7 There will be no kickoffs or punts at any time during the game.
- 5.8 Value of scores:
- Touchdown 6 pts.
  - Field Goal: 3 pts
  - PAT:
    - (1) 1pt conversion from 3-yd line
    - (2) Kick a PAT from the 10-yd line for 2pts
- 5.9 The defense will need to clear the field on a field goal/PAT attempt. Only a holder and kicker are allowed on offense
- 5.10 No fake PATs are allowed.
- 5.11 Onside Conversions: In the second half, any team that trails or is leading by 14 points or less may attempt an “onside conversion” from the opponent's 25-yard line. If successful, the offense will receive the ball on the 40-yard line. If unsuccessful, the defense will receive the ball on the 25-yard line.

## **DEAD BALL**

- 6.1 The ball is dead in the following situations:
- The ball carrier's body (excluding hand or foot) touches the ground.
  - The ball is out of bounds.
  - Touchdown, touchback, safety, successful try-for-point.
  - Forward pass strikes ground, or is simultaneously caught.
  - Fumble touches the ground (dead where hits the ground).
  - The passer deflagged before the ball leaves their hand.
  - The ball is dead at a spot where it hits the ground when snapped (loss of down).
  - The runner has a flag belt removed legally by a defensive player. A flag belt is removed when the clip is detached from the belt.
  - The runner is legally tagged with one hand between the shoulders and knees, including the hand and arm, once the flag belt is no longer attached.
  - Any play resulting in a turnover. The intercepting team cannot return the attempt for points.
  - Official sounds his/her whistle inadvertently during a down or during a down in which the penalty for a foul is declined when
    - o The ball is in player possession - the team in possession may elect to put the ball in play where declared dead or replay the down.
    - o The ball is loose from a fumble, backward pass, illegal kick, or illegal forward the team in possession may elect to put the ball in play where possession was lost or replay the down.
    - o During a legal forward pass or a punt - the ball is returned to the previous spot and the down is replayed.

## **PENALTIES**

- 7.1 Five Yard Penalties
- Illegal Equipment
  - Delay of Game (Dead Ball)
  - False Start (Dead Ball)
  - Illegal Motion
  - Illegal Shift

- Intentionally Throwing Backward Passes or Fumbling Out of Bounds (Loss of Down) - **10-second runoff under 1-minute**
- Illegal Forward Pass (Loss of Down)
- Flag Guarding
- Intentional grounding
- Offensive/Defensive Pass Interference
- Illegally Secured Flag Belt (Loss of Down if by Offense) (Automatic First Down if by Defense)
- Unsportsmanlike Conduct
- Stripping or Striking the Ball in an Attempt to Steal the Ball.
- Tripping
- Holding
- Hurdling
- Illegal Contact
- Tackling (Disqualification)
- Illegal Participation

## **OVERTIME**

- 8.1 In the event of a tie game at the end of the second half, there will be an additional coin toss or rock paper scissors to determine the order of possession.
- 8.2 The ball will be placed on either the 20-yard line and each team will have 4 downs to score in addition to their 1 or 2 pt try
- 8.3 Both teams will attempt a try from the same distance.
- 8.4 The team that goes first in the first series will go second in the second series and vice-versa. This will continue for as many OTs are needed.
- 8.5 If both teams are successful in their attempt and a tie remains, the same process will take place
- 8.6 If the defense intercepts the try, the attempt shall be over. The intercepting team cannot return the attempt for points.

## **UNSPORTSMANLIKE CONDUCT**

- 9.1 Unsportsmanlike Conduct or fighting will not be tolerated.
- 9.2 A team representative is a participant, player, non-player, captain, coach, manager, spectator, or anyone representing a team.
- 9.3 Unsportsmanlike Conduct includes:
- Behavior, language, and actions that are a violation of the Boise State Student Code of Conduct.
  - Behavior, language, action, and contact towards a team representative, ref/official, supervisor, Intramural Staff
- 9.4 Unsportsmanlike Conduct that is but not limited to:
- Arguing a call.
  - Behavior, language, or action that is abusive, demeaning, insulting, disruptive, or threatening.
  - Contact that is excessive or unnecessary and contact that is persistent, severe, extreme, vulgar, violent, or flagrant.
- 9.5 A team representative will be disqualified from the game, ejected from participation, shall leave the facility, and may be subjected to expulsion from further Recreation Services events or programs.
- 9.6 Teams must get a 3.0 sportsmanship rating in knockout rounds or maintain a 3.0 sportsmanship rating average to advance to playoffs. In playoffs, if a team receives a 2,1, 0 sportsmanship rating that team's progression in the playoff bracket will be under review.
- 9.7 Two (2) unsportsmanlike conduct penalties and/or technical fouls against a player constitute an automatic ejection.
- 9.8 Four (4) conduct unsportsmanlike penalties and/or technical fouls against a team or four of any kind will forfeit the contest.
- 9.9 Six (6) conduct unsportsmanlike penalties and/or technical fouls against a team during the season will forfeit the team's remaining schedule
- 9.10 Game (s) may be forfeited at the discretion of the ref/official, Supervisor, or Intramural Staff member

Questions or concerns regarding the rules and regulations should be directed to [imsports@uni.edu](mailto:imsports@uni.edu)

Revised:3/26/2024