

4v4 Flag Football Rules

Any rule not specifically covered will be governed in accordance with the 2009 and 2010 NIRSA Flag and Touch Football Rules Book and Official's Manual. Modifications have been made to fit the LU IMS 4v4 Flag Football program.

I. Equipment

- Jewelry is not allowed. Medical or religious medallions must be removed, taped, or sewn under the uniform.
- A head sweatband or stocking cap is permitted; however, billed hats, bandanas, and "do-rags" are not permitted.
- Rubber, cloth or elastic bands may be used to control hair. Hard items such as beads, barrettes, and bobby pins are not permitted.
- A guard, cast or brace made of hard and unyielding leather, plaster, pliable plastic, metal or any other hard substance, even though covered with foam padding, is not permitted on the finger, hand, wrist, forearm or elbow.
- Supports are permitted on other parts of the body as long as they are soft and yielding or all exposed metal and other hard parts are padded with at least ½ inch foam rubber (or ¼ inch closed cell, slow recovery foam rubber).
- NO POCKETS OR BELT LOOPS, board shorts, pockets with zippers or hoodies are allowed. All other forms of pockets on pants, shorts, or shirts are prohibited.
- Pants or shorts must be a different color than the flags you wear.
- Shirts or jerseys must be long enough to be tucked in or can be short enough to be a minimum of four inches above the belt.
- Running shoes or shoes made specifically for indoor soccer are the only footwear acceptable. There will be no cleats of any kind allowed on the field.
- Teams will be permitted to use their own ball as long as it is approved by the LU IMS Supervisor.

II. Players

- The game shall be played between two teams of four players each. Three players are required to avoid a forfeit.
- All players must check in using a valid LU ID (Flames Pass) or current copy of class schedule (online students).

III. Play

Start of Game

- The captain winning the toss shall select offense, defense, direction, or defer their choice to the second half.

Timing

- The game shall consist of two (2) 12-minute halves with a one (1) minute halftime.
- The clock will start on the snap to begin each half. It will run continuously for the first 11 minutes unless stopped by a teams or referee's timeout.

- Each team will be notified at the one minute mark by an official and the clock will then stop for the following reasons:
 - Incomplete pass-clock restarts on snap
 - Out of Bounds-clock restarts on snap
 - Penalties-clock restarts depending on the previous play
 - Score-clock restarts on opponent's next snap from scrimmage
 - Timeouts-clock restarts on the snap
 - First Downs-clock restarts depending on the previous play
 - Change of possession-clock restarts on the snap
- Each team is entitled to two (2) charged timeouts per game, including over times.

Scoring

- Breaking the vertical plane of the goal line with the football will score a touchdown
- Each touchdown will be worth six (6) points
- A team may try a PAT and go for one (1) point from the three (3) yard line or two (2) points from the ten (10) yard line
- The defensive team may return a PAT for two (2) points regardless of whether it was a try for one (1) or two (2) points
- A team scoring a safety will receive two (2) points and the ball on its own five (5) yard line.

Mercy Rule

- The clock will run if a team is up by 19 or more points with one (1) minute remaining in the contest.

The Field

- The field will be approximately 55 yards long and approximately 25 yards wide with two (2) 23-yard zones and two (2) five-yard zones.
- There will be a first down at midfield.

Putting the Ball in Play

- The ball shall be placed at the Team A five (5) yard line to begin each half of a game and following a PAT try, touchback, or safety, unless moved by penalty. Note: There are no kicks.

Play

- Teams will have four (4) consecutive downs to advance to the mid-field stripe for a first down or to the end zone for the touchdown.
- A new series of downs is awarded when a team moves the ball legally into the next zone or the opponent obtains possession of the ball by penalty, pass interception or failure to advance to the next zone.
- The offensive team must have at least one (1) player on their scrimmage line at the snap
- A Team A runner cannot advance the ball through Team A's scrimmage line. There are not restrictions after a change of possession or once a legal forward pass has been touched beyond Team A's scrimmage line.
- There must be a legal forward pass each down. The receiver must touch the ball beyond Team A's scrimmage line. Team A has seven (7) 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 whistle at seven (7) seconds if the passer has possession of the football.

- The play clock shall be 20 seconds in length.
- The ball will become dead immediately upon contact with any netting or post (ceiling or side).
- All ten (10) yard penalties are five (5) yards and all five (5) yard penalties are three (3) yards.
- There will be no punts. If the offense fails to convert a 4th down, the ball will be placed on the defense's own five (5) yard line with a change of possession.
- The offensive team must have at least one player (besides center) on the line of scrimmage at the snap.
- Interceptions may be returned in a game. When the player's flag is pulled, the ball is spotted at the spot where the flags are pulled.

Overtime

- There will be no overtime during the regular season. Regular season games will end in a tie.
- Each team will attempt to score by passing from the three (3) yard line for one (1) point or from the ten (10) yard line for two (2) points
- If the defense intercepts a pass or fumble, the attempt is over.

IV. Fouls and Penalties

3 Yard Penalties

- Use of Illegal Equipment
- Delay of game
- False Start
- Encroachment
- Illegal Procedure
- Illegal Forward Pass (3 yards from the point of the pass and loss of down)
- Helping the runner: the runner shall not grasp a teammate or be grasped, pulled, or pushed by a teammate

5 Yard Penalties

- Delaying the start of either half
- Two (2) or more consecutive encroachments during the same interval between downs
- Illegal participation
- Offensive pass interference (Loss of down)
- Defensive pass interference (Automatic first down)
- Illegally secured flag belt on TD (TD nullified and loss of down)
- Unsportsmanlike conduct
- Spiking the ball or not returning the ball to the official during the dead ball
- Attempting to steal the ball from the carrier
- Hurdling
- Unnecessary conduct of any sort
- Defensive illegal use of the hands

- Guarding the flag belt and stiff arming
- Illegal batting
- Illegal flag belt removal
- Personal foul
- Flagrant unsportsmanlike conduct (Ejection)
- Flagrant personal foul (Ejection)
- Intentional tampering with the flag belt (Ejection)