



4x4 Flag Football



“An Aggie does not lie, cheat or steal, or tolerate those that do.”

General Procedures

1. Each player **MUST** bring their current TAMUG student ID to each game and present it to the official in order to participate.
2. Player additions may be made at any time during the regular season.
3. Players may play for only **one** Men's/Women's team **AND one** Co-Rec team. Participants are allowed to choose how they wish to identify (male/female), but must play as their declared gender on IMLeagues. Female participants can choose to play in a men's league, but not both a men's and women's league.
4. Players may not switch from one team to another after participating in a game for a team.
5. **Game time is forfeit time.**
6. Teams are expected to notify the Intramural and Club Sports Coordinator if they are going to forfeit a game.
7. Any player that is bleeding must leave the game immediately. The bleeding must be stopped and the wound securely covered with a bandage before the player can continue. If there is blood on any clothing or jersey, it must be changed before the player resumes play.
8. Game officials shall eject from the game any player who commits a flagrant foul or displays any type of poor sports conduct.
9. Sports Conduct Rankings – Teams will be given a sports conduct ranking between 1 – 5 after each contest by the officials based on their sportsmanship before, during, and after the game.
10. Teams need to average a 3.5 or higher sports conduct ranking during league play in order to advance to the playoffs.
11. Tobacco use at intramural contests is **PROHIBITED**.
12. Team captains are responsible for knowing all rules on the rule sheet and in the Captain's Handbook and relaying that information to all players on their team.

All games will be governed by the current NIRSA Flag & Touch Football Rules with the below TAMUG Intramural Sports modifications:

PLAYERS:

- Men's and women's teams consist of 4 players. A minimum of 3 players is needed to start the game.
- Co-Rec teams consist of 4 players, 2 men and 2 women.
- Below are the allowed male – to – female ratios; however, a team is allowed to play with more than the required number of females in place of male participants.

Flag Football	Male/Female Ratio	
	Male	Female
Total		
4	2	2
3	2	1
3	1	2

EQUIPMENT:

- No jewelry, hats, bandanas, or hard plastic hair ties.
- Closed-toed athletic shoes must be worn.
- No metal cleats are allowed.
- **No pants or shorts with pockets or belt loops.**
- Shirts may not have pockets or untucked hoods.

THE GAME:

- The game will consist of two 12 minute halves with a 1 minute half-time.
- The clock will not stop during the first 11 minutes of each half except for team time-outs, official's time-outs and injuries.
- The clock will stop during the last 1 minute of each half for an incomplete pass, timeout, penalty, out-of-bounds, change of possession, after any score, on first downs and touchbacks. Depending on the situation the clock will either restart on the ready to play whistle or on the snap.
- The field will be a 60-yard field with two 20-yard zones with two 10-yard end zones.
- **A series will consist of 3 downs to reach the next zone line to gain (NOT 4). There are also no punts.**
- Each team will be allowed 2 time-outs per game, lasting a maximum of 1 minute. 1 time-out is allowed per team during the entire overtime.
- Games that end in a tie will remain a tie during regular season.
- In playoffs, if the game remains a tie, the game will proceed to overtime procedures. A coin toss will determine offense, defense or direction. All overtime periods will be played toward the same goal line. Each team will receive a series of downs to score and try for 1, 2 or 3 points from the 10 yard line. Interceptions are ruled down immediately. Each team receives one 1 timeout per the entire overtime. The game will continue with this process until a winner is determined.
- **Mercy Rule:** If a team is ahead by 37 points (49 for Co-Rec) at any point with 5 minutes or less remaining in the 2nd half or 19 (25 for Co-Rec) or more points at the 1-minute warning at any time within the last minute of the second half, the game is over.

BASIC RULES:

- The winner of the coin toss shall have the option starting on offense or defense, defending a goal, or deferring the options until the second half. The remaining options shall be given to the opposing captain.
- The ball shall be snapped on the 10-yard line following the coin toss, extra point try, or half. Unless moved by penalty.
- A first down can be gained when the offensive team passes the next zone line to gain.
- A runner may advance the ball through the offensive line of scrimmage **only after** the ball has previously been advanced past the line by a legal forward pass. (No offensive rush)
- **A QB will have 5 seconds to throw at the end of which the ball will be declared dead.**
- A team has 25 seconds to snap the ball after the referee has signaled ready for play. **Penalty: Delay of Game – 3 yards**
- There are **NO** fumbles. If the ball hits the ground it is considered dead at the spot where it contacts the ground. If the ball is fumbled forward, it will become dead at the spot where the runner lost control.
Exception: Ball is fumbled into opponent's end zone will result in a touchback.
- No stripping the ball from opponent's arms. **Penalty: Illegal Contact – 5 yards**
- No hurdling over an opponent. **Penalty: Personal Foul – 5 yards**
- A player may not attempt to guard their flag from an opponent by the use of stiff arms, dipping their shoulder, placing the ball over the flag or swinging or placing their hand over the flag or swatting someone's hand away. **Penalty: Flag Guarding – 5 yards**
- A defender must touch an opponent with one hand between the shoulders and knees, if the ball carrier's flag belt has come off inadvertently.

METHOD OF SCORING:

- Touchdown = 6 points
- The player scoring the touchdown must raise his/her arms so the nearest official can de-flag the player. If the official determines that the flag belt has been secured illegally, the touchdown is disallowed. The player is disqualified and a penalty will result.
- Safety = 2 points (And the ball)

Extra points

- 1 point (from the 3 yard line)
- 2 points (from the 10 yard line)
- 3 points (from the 20 yard line)
- **Co-Rec Modification**
- Touchdown = 9 points (female runs in, receives, or throws a legal forward pass that results in a touchdown)
- Successful female extra point attempts are not worth additional points.

CO-REC MODIFICATIONS:

- The ball used can be a regular sized, intermediate or youth.
- A male runner **cannot** advance the ball beyond the line of scrimmage.
 - NOTE: A male may advance the ball beyond the line of scrimmage if, for example:
 - Any receiver in advance of the line of scrimmage pitches the ball back to a male who is behind the line of scrimmage OR
 - A female runs beyond the line of scrimmage, she may pitch back to a male behind the line of scrimmage.
 - For these purposes, once the ball is received or is run by a female beyond the line of scrimmage, the line of scrimmage is deemed to not exist.
- There are "OPEN" and "CLOSED" plays in Co-Rec.
 - The term "OPEN" means that any player can complete a legal forward pass to any other player.

- The term “CLOSED” means that a female player must be involved in the play for positive yardage. NOTE: It cannot be a male QB who throws to a male receiver and he throws or hands-off to a female. The female must be the QB or the receiver AND gain positive yards.
- If a male passer completes a legal forward pass to a male receiver, the next legal pass completion must involve a female passer or female receiver for **positive** yards in order for the next play to be “OPEN”.

SNAPPING THE BALL:

- The player who receives the snap from the center must be at least 2 yards behind his/her scrimmage line. **Penalty: Illegal Formation - 3 yards**
- If on a snap the ball is fumbled, it is immediately blown dead at the spot it hit the ground.
- Every offensive player must at least momentarily be within 15 yards of the ball on or after it is marked ready for play. The rule is meant to prevent a substitute deceiving the defense. **Penalty: Illegal Formation – 3 yards**
- The offensive team is responsible for retrieving the ball after a down has ended.
- The center can snap the ball between his/her legs or stand to the side of the ball. This has to be done in one continuous motion, with the ball starting on the ground. **Penalty: Illegal Snap - 3 yards**

SCREEN BLOCKING DOWNFIELD:

- Screen blocking is legally obstructing an opponent without using any part of the body to initiate contact with him/her.
- The offensive screen block shall take place without contact; screener shall have his/her hands and arms at their side or behind their back.
- Defensive players must go around the offensive blocker without making contact. His/her arms or hands may not be used to gain advantage or contact the blocker.
- These actions are judged similarly to the block/charge call in basketball. **Penalty: Illegal Contact – 5 yards**

PASSING THE BALL:

- A legal forward pass is a live ball thrown towards the opponent’s goal line, from behind the line of scrimmage. The initial direction of the ball determines whether or not the ball is backwards or forwards.
- There may only be one legal forward pass per down.
- A runner may advance the ball through the offensive line of scrimmage after the ball has previously been advanced past the line by a legal forward pass. (No offensive rush)
- **A QB will have 5 seconds to throw at the end of which the ball will be declared dead.**
- All players, with the exception of the passer, are eligible to touch a forward pass after it is thrown.
- The passer may catch his/her own forward pass provided another player has touched it first.
- Players only need one foot inbounds and the ball under control to establish possession.
- When members of opposing teams catch a legal forward pass simultaneously, the ball is immediately blown dead and possession belongs to the offense.

PENALTIES:

- Loss of 3 yards:
 - Required equipment worn illegally
 - Delay of game (Dead ball)
 - Eligible substitutions
 - Illegal substitution
 - Punt formation and snap
 - Punting the ball
 - Encroachment (Dead ball)
 - False start (Dead ball)
 - Illegal Snap (Dead ball)
 - Illegal formation
 - Player out-of-bounds when the ball is snapped
 - Illegal motion
 - Illegal snap
 - Illegal shift
 - Illegal advancement (Co-Rec)
 - Intentionally throwing a backward pass or fumble out-of-bounds (Loss of down)
 - Illegal forward pass (Loss of down)
 - Intentional grounding (Loss of down)
 - Illegal forward pass – 2 consecutive male-to-male forward completions (loss of down, co-rec)
 - Male catches pass and runs beyond the line of scrimmage (loss of down)
 - Helping the runner

- Loss of 5 yards:
 - Illegal player equipment
 - Quick Kick
 - Kick catch interference
 - Two or more encroachment fouls during the interval between downs
 - Offensive pass interference
 - Defensive pass interference
 - Illegally secured flag belt on TD (Loss of down if Offense) (1st down if Defense)
 - Unsportsmanlike player conduct
 - Spiking, kicking, or throwing the ball during a dead ball
 - Strip or attempt to strip the ball
 - Throw runner to the ground
 - Hurdle any player
 - Contact before or after the ball is dead
 - Roughing the passer (Automatic 1st down)
 - Illegal offensive screen blocking
 - Defensive use of the hands
 - Illegal flag belt removal
 - Flag guarding
 - Stiff arm
 - Obstruct/hold the runner
 - Batting a loose ball
 - Illegal kicking
 - Illegal participation
 - Illegal substitute
 - Pretended/unfair substitution

ENFORCEMENT OF PENALTIES:

- Penalty Enforcement at the basic spot:
 - Pass play or during the protected scrimmage kick (before possession is gained) – basic enforcement spot is the scrimmage line (where ball was snapped).
 - On all running plays - basic enforcement spot is the end of the run.
 - All fouls are marked from the basic enforcement spot (Exception: An offensive foul behind the basic enforcement spot which becomes a spot foul.)
 - The only exception to the above regulations is Roughing the Passer; this penalty will be added on to the end result of the play.