



# 4v4 Flag Football

## Rules & Regulations

**UA**  
**LR** | OFFICE OF  
CAMPUS LIFE  
CAMPUS RECREATION

*Intramural flag football games will be conducted under the rules of the NIRSA Flag & Touch Football Rules Book & Officials Manual - with the following modifications:*

## **Section 1: Eligibility**

All participants must provide a current validated University of Arkansas-Little Rock ID before participating and must be affiliated with the university as a student and/or faculty/staff. To be considered a “student,” one must be currently enrolled for at least half of full-time requirements, 6 credit hours for undergraduate and 3 credit hours for graduate, in the fall/spring semester the sport is offered. Individuals who enroll and then officially drop their courses are no longer considered eligible. Please visit our website at [www.ualr.edu/recreation](http://www.ualr.edu/recreation) or call 501.683.4911 for eligibility clarification.

Current varsity football athletes are ineligible for participation. Teams may have one (1) ex-varsity football player on their intramural roster.

## **Section 2: Team Captain Responsibilities**

Ensure their team members follow all eligibility requirements. Team captains are also advised to seek clarification on special eligibility requirements, if necessary.

- Responsible for communicating game time, location, and ID policy to teammates.
- Ensure teammates have a valid University of Arkansas-Little Rock ID or photo ID at before game time to check in.
- Representing the team and communicating with the officials. The captain is the only player permitted to discuss the game with officials.
- Ensure good team sportsmanship among teammates.
- Cooperating with the Intramural Supervisors at the game site concerning any protests, incidents or accidents that may occur as well as with the Intramural Sports staff the day following such occurrences.

## **Section 3: Weather Cancellations**

All decisions on game cancellations due to weather related issues will be made by 3pm on the day of the scheduled game by the intramural sport staff. Notification will be sent via email through IMLeagues, Facebook (UALR Campus Recreation) and Twitter (UALR\_Recreation) accounts.

## **Section 4: Format of Play**

- Double Elimination Tournament
  - Or
- Pool Play Format and Single Elimination Tournament
- All teams must meet playoff eligibility requirements to be eligible for playoffs.
- Team standings will be determined by the following:
  - Win Percentage
  - Sportsmanship Average
  - Total Points Earned
  - Point Differential
- Point System
  - +10 points = Played Win, Win by Forfeit, or Win by Default
  - +5 points = Played Loss
  - -10 points = Loss by Forfeit

- -5 points = Loss by Default
- +3 points = Tie

## Section 5: Playoff Requirements

- Must have a minimum of a 3.5 sportsmanship average.
- Must have not forfeited at least one (1) game.
- Must have not defaulted at least two (2) games.

## Section 6: Defaults/Forfeits

- Forfeit/Default time has been established as game time, teams should report to the scorekeeper 15 minutes prior to their game.
- A **default** occurs when a team checks in with scorekeeper and only has less than the minimum number of players to play at game time. **The losing team will receive 2pt average for sportsmanship and a score of zero (0). The winning team will receive 4pt average for sportsmanship and a score of nineteen (19).**
- A **forfeit** occurs when no members of the team check in with the scorekeeper at game time. **The losing team will receive 0pt average for sportsmanship and a score of zero (0). The winning team will receive 4pt average for sportsmanship and a score of nineteen (19).**

## Section 7: Players/Rosters

- **Team members must present their UALR ID or photo ID when checking in with the scorekeeper for every game played. NO EXCEPTIONS!**
- Players may play on a Male or Female team at the same time.
- MALE: A team roster must consist of a minimum of four (4) and maximum of six (6) male players.
- FEMALE: A team roster must consist of a minimum of four (4) and maximum of six (6) female players.

## Section 8: Equipment

- **The Ball** - The official ball shall be leather or rubber covered and shall meet the recommendations of size and shape for a regulation football. There are no requirements regarding ball pressure and markings. Men shall use the regular size ball only.
- **Flag Belt** - Each player must wear a one piece belt that is free of any knots clipped at the waist line with three flags permanently attached, one flag on each side and one at the center of the back. Flags shall be of contrasting color to team jerseys and also their opponent's flags. Flags will be provided to each team on site. Shirts must be tucked in and flag belts must be worn on the outside of all clothing!
- **Team Jerseys** - Teams shall wear shirts that are of the same color. Team jerseys must contrast with the jerseys of the opposing team. If teams are wearing the same color jersey, the team listed as visitor will be required to change. Jerseys may not be tied in a manner that creates any type of knot. Team jerseys must have a number placed on the front or back of the jersey. Jersey numbers shall consist of numbers 0-99; triple digit numbers, symbols, etc. are prohibited.
- **Shoes** - Players must wear shoes, either soft soled soccer/football cleats, tennis, or AstroTurf shoes. No sandals, boots, or metal/sharp plastic cleats will be allowed. No screw in or detachable cleats will be allowed.
- **Supports, Braces, Gloves, and Pads** - No casts/splints will be allowed under any circumstances. No pads or braces will be allowed above the waist. Players who wear a knee brace with exposed metal or metal hinges are required to cover it with at least ½ inch of closed cell slow recovery rubber or other material of the same minimum thickness and physical properties. Players may also wear gloves, which consist of a soft, pliable non-abrasive material. Kneepads of a soft pliable nature will be allowed below the waist. Any player wearing illegal or dangerous equipment shall not be permitted to play. All equipment shall be subject to the approval of the IMRS staff and their decisions shall be final.

- **Headwear** - Players may wear a one-piece elastic headband made of a soft pliable material. They may also wear knit stocking caps in cold weather. Rubber or elastic cloth bands may be used to control hair. No other headwear will be allowed. No baseball caps, bandannas (including "Do-rags") or helmets.
- **Jewelry** - Jewelry or hard hair control devices will not be allowed. This includes but is not limited to necklaces, earrings, newly pierced earrings, facial piercing, rings, bracelets & watches. Individuals will not be allowed to tape over any jewelry item. If you cannot remove the item you cannot play.
- **Shorts/Pants** - Shorts/Pants with belt loops and/or pockets are illegal.

## Section 9: Playing Rules

- The field will be two (2) 20-yard zones with two (2) 10-yard end zones. The width of the field will be 25-yards wide.
- A coin toss will be done between the two opposing captain's. The winner has the choice of the following:
  - Offense or Defense
  - Choose a goal to defend
  - Defer Options to the second half
  - At the start of the second half, the loser of the first half coin toss shall have his/her option to be on offense or defense, or which goal to defend, unless the first half winner deferred his/her selection.
- The game shall consist of two 15-minute halves.
- Halftime shall be 5-minutes long.
- The clock will run continuously until the last minute of the second half and then the clock will stop on all dead ball situations.
- Overtime:
- There will be only one coin toss. The winner of the toss shall be given the following options:
  - Offense or Defense
  - Direction
  - The loser of the toss shall make a choice of the remaining options. Both teams will go the same direction in overtime.
  - Each team will be given a series of downs (3 downs) from the 5-yard line. The object is to score a touchdown. If the first team which is awarded the ball scores, the second team will still have a series of downs to attempt to win the game. Try for points will still be attempted in a normal manner by any team who scores a touchdown.
  - If the score is tied after both teams have had their series of downs (2 downs) from the 10-yard line, the process will be repeated. However, the team that went second will now go first and the team that went first will now go second. The teams will rotate positions until a winner is declared. Each team is entitled to 1 timeout only during the entire overtime.
  - No Punting!
  - If the team turns it over on downs, the ball will be placed back at the defense's 5-yard line with a change of possession. If the defense forces a change of possession, they receive the ball where they are deflagged.
  - The offense must have at least one (1) player on their line of scrimmage (the center counts).
  - There must be only one legal forward pass each down. The initial way the ball breaks the line of scrimmage cannot be a run. **The receiver must catch the ball beyond Team A's scrimmage line for positive yardage. Dead Ball Penalty = Loss of Down**
  - A runner for Team A may not advance the ball through Team A's scrimmage line (orange spotter). There are no restrictions once a pass has been caught beyond Team A's scrimmage line or following a change of possession.
  - **Defensive Rush:**
    - Any defensive player may lineup just off the offensive line of scrimmage. Once the ball is snapped, any defensive player may rush the ball behind the offensive line of scrimmage after the 5-second count.
    - The Referee will count out loud a 5-second count.
    - The passer can advance ball after the defensive 5-second rush.

- Time-outs: Two (2) sixty-second time-outs per game.
- Scoring: The following is a list of scoring opportunities and their point values:
  - Touchdown = 6 points
  - Safety = 2 points
  - Extra point try from 5 yard line = 1 point
  - Extra point try from 10 yard line = 2 points
  - Sportsmanship Rule: If a team is 25 or more points ahead when the referee announces the 1-minute warning for the second half, the game shall be over. Same rule applies if a team scores inside the 1-minute mark.
- Team Benches: Shall be opposite sidelines between the twenty (20) yard lines.
- Substitutions:
  - Players may enter or leave the game an unlimited number of times. Substitutions may only enter during a dead ball and must remain inside the team bench areas.
- **BALL IN PLAY, DEAD BALL, OUT OF BOUNDS**
  - **Ball in Play** - The offense must snap the ball within 25 seconds after the Referee has blown the whistle to put the ball in play. Penalty: Delay of Game, 5 yards.
  - **Dead Ball** - A live ball becomes dead as provided in the rules, or when an official sounds the whistle, or otherwise declares the ball dead. The ball is declared dead when:
    - It goes out of bounds.
    - Any part of the runner's person other than hand or foot touches the ground. Ball in possession is considered part of the hand.
    - A touchdown, touchback, safety, or successful try-for-point is made.
    - Any punt comes to rest on the ground and no player attempts to secure it.
    - A forward pass strikes the ground or is caught simultaneously by opposing players.
    - A backward pass or fumble by a player strikes the ground, or is caught simultaneously by opposing players. A ball snapped from scrimmage, or other backward pass, that hits the ground before or after getting to the intended receiver, is dead at the spot where it hits the ground.
    - A forward pass is legally completed when a player catches on, above or behind the opponent's goal line a loose ball on, above or behind the opponent's goal line.
    - A runner has a flag belt removed legally by a defensive player. A flag belt is removed when the clip is detached from the belt.
    - A runner is legally touched with one hand between the shoulders and the knees, including the deflagging.
    - A passer is deflagged or legally touched before releasing the ball.
    - A muff of a protected scrimmage kick strikes the ground.
    - The official sounds the whistle inadvertently during a down. Result: Team in possession at time of whistle may choose to take the play from the spot of the ball at the whistle or replay the down. Note: Any penalties that occur during this down will be accepted or declined.
  - **Out-of-Bounds** - A ball in player possession is out-of-bounds when the runner or the ball touches the ground or anything else, which is on or outside a boundary line, except a player or game official. If the inbounds runner is touched by a player or an official on the sidelines out-of-bounds, the ball is still in play. A loose ball is out-of-bounds when it touches the ground, a player, or anything else, which is on or outside a boundary line. A player who is catching a forward pass is considered out-of-bounds when any part of his/her person contacts that area declared out-of-bounds. One foot inbounds is needed for a legal reception.
- **SERIES OF DOWNS, NUMBER OF DOWNS**
  - **Number of Downs** - The team in possession of the ball shall have four consecutive downs to advance to the next zone line-to-gain. A new series of downs shall be awarded when a team moves the ball into the next zone.

- **Line to Gain** - The zone line-to-gain in any series shall be the zone in advance of the ball, unless the distance has been lost due to penalty or failure to gain. In such case, the original zone in advance of the ball at the beginning of the series of downs is the zone line-to-gain. The most forward point of the ball, when declared dead between the goal lines, shall be the determining factor if a line to gain has been achieved.
- **SNAPPING, HANDING, AND PASSING THE BALL**
  - **THE SCRIMMAGE AND SNAP**
    - **The Snap** - The snapper shall pass the ball back from its position on the ground with a quick and continuous motion of the hands. They do not have to pass the ball between the legs.
    - Following the ready for play signal, no defensive player may break the plane of the restraining line at any time until the ball is snapped. Penalty: Dead Ball Foul, Encroachment, 3 yards. If this occurs twice in same dead ball interval, the penalty will be 5 yards for the second encroachment foul, if accepted.
    - No offensive player shall make a false start, or any action that simulates the start of play. This penalty may be enforced regardless if the ball is snapped. Penalty: Dead Ball Foul, Illegal Procedure, 3 yards.
    - The snapper must have both feet behind the scrimmage line. They may also not simulate the start of the snap. Penalty: Dead Ball Foul, Illegal Procedure, yards.
    - The player receiving the snap must be at least 2 yards behind the scrimmage line at the time of the snap. Penalty: Illegal Procedure, 3 yards.
    - **Legal Positions** - All players are subject to motion, position, and illegal procedure rules.
    - Anytime at or after the ball is ready for play, each Team A player must momentarily be within 15 yards of the ball before the snap. Penalty: Illegal Procedure, 3 yards.
    - During the snap, the offense must have at least 4 players on their scrimmage line. Penalty: Illegal Procedure, 3 yards.
    - Two, three, and four point stances are legal.
    - One offensive player may be in motion, but not in motion toward the opponent's goal line at the snap. Penalty: Illegal Motion, 3 yards.
    - Following a huddle or shift, all offensive players must come to a complete stop and remain stationary for one full second before the snap. Penalty: Illegal Shift, 3 yards.
    - **After the Play** - Offensive players are responsible for retrieving the ball after the scrimmage down. The snapper will bring the ball from the huddle to the scrimmage line.
- **BLOCKING AND SCREENING**
  - Blocking, as in regulation football, is prohibited. A player may not use his/her hands or body to block forward off an opponent. Penalty: Personal Foul, 5 yards.
  - Offensive players may protect the runner by screening. The offensive screen block shall take place without contact and the screener may maintain a position (moving or stationary) between the defensive player and the runner. The screen blocker shall have his/her arms at their sides or behind their back. Any use of arms, elbows, or legs to initiate contact during an offensive player's screen block is illegal. A blocker may use a hand or arm to break a fall or retain balance. Player's must remain on their feet before, during, and after screen blocking. No part of the screener's body, except their feet, may be in contact with the ground. Penalty: Illegal Contact, 5 yards.
  - Defensive players must avoid the offensive player's screen block. Penalty: Personal Foul, 5 yards.
  - The runner may not stiff arm or lower a shoulder into an opponent. Penalty: Personal Foul, 5 yards.
  - Illegal contact between the blocker/rusher will be called against the player determined to have initiated contact (similar to "block/charge" in basketball). Penalty: Personal Foul, 5 yards. Repeated illegal contact could result in ejection from the game.
- **FLAG REMOVAL**
  - Deflagging (removal of the flag by a player) or legal touching is allowed only under special circumstances similar to tackling in football in that players must have possession of the ball before they can be deflagged or touched legally.
  - When a runner loses his/her flag belt either accidentally, inadvertently (not removed by grabbing or pulling), or on purpose, play continues. The deflagging reverts to a one-hand tag of the runner between the shoulders and the knees.
  - In circumstances where the flag belt is removed illegally, play should continue with the option of the penalty or the result of the play. Penalty: Personal Foul, 5 yards.

- Pulling or removing a flag belt from an offensive player without the ball or intentionally touching an offensive player without the ball is a foul. Penalty: Personal Foul, 5 yards.
- Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts is a foul. Penalty: Unsportsmanlike Conduct, 5 yards from the previous spot, loss of down, and player disqualification.
- **SUMMARY OF NIRSA FLAG & TOUCH FOOTBALL PENALTIES**
  - **PENALTIES AND YARDAGE**
    - **Loss of 3 yards**
      - Encroachment (Dead Ball)
      - False start (Dead Ball)
      - Illegal snap (Dead Ball)
      - Delay of game (Dead Ball)
      - Illegal motion
      - Illegal shift
      - Intentional grounding (Loss of down)
      - Illegal substitution
      - Helping the runner
      - Illegal formation
      - Illegal forward pass (Loss of down for offense)
  - **Loss of 5 yards**
    - Kick catch interference
    - Two or more consecutive encroachments during same down interval
    - Offensive Pass Interference (Loss of Down)
    - Defensive Pass Interference (Automatic 1<sup>st</sup> Down)
    - Illegally secured flag belt on touchdown (Loss of down)
    - Unsportsmanlike player, coach, or fan conduct
    - Spiking, throwing, kicking the Ball During a Dead Ball
    - Steal, strike, or attempt to strip the ball
    - Trip, hurdle, tackle, clip, stiff arm, or any unnecessary contact of any nature
    - Roughing the passer (Automatic first down)
    - Illegal offensive screen blocking
    - Flag guarding by offense, illegal removal by defense
    - Obstruction of runner
    - Illegal participation
    - Defensive illegal use of hands
    - Illegal Equipment
  - **Disqualification Associated with Certain 5 yard Penalties**
    - Flagrant Unsportsmanlike Player Conduct
    - Flagrant Spiking, Kicking, or Throwing the Ball
    - Flagrant Unsportsmanlike Conduct by Players/Non-Players
    - Intentionally Contacting an Official
    - Flagrant Personal Fouls
    - Tackle the Runner
    - Fight an Opponent
    - Intentional Tampering with Flag Belt by Offense (Loss of Down)
    - Intentional Tampering with Flag Belt by Defense (Automatic 1<sup>st</sup> Down)