



UNIVERSITY OF SOUTH FLORIDA CAMPUS RECREATION – INTRAMURAL SPORTS

4-ON-4 Flag Football

Revised 7/2/2009

Any rules not covered follows 7 on 7 rules

PLAYERS AND ATTIRE

The game shall be played between two teams of four (4) players each. Each team must have a minimum of three (3) players to start a game. Teams having less than three (3) players are subject to forfeit the game. Co-ed teams may have a maximum of (2) females or (2) males playing at once. The maximum number of players on a roster is eight (8)

All jewelry must be removed. Including watches, earrings, bracelets, livestrongs, etc... players may wear soft, pliable basketball or wrestling kneepads on legs, knees and/or ankles.

Shirts must be long enough to tuck in so that they remain tucked in the pants/shorts during the entire down or short enough so there is a minimum 4" from the bottom of the shirt to the player's waistline.

Players MAY NOT wear pants or shorts with ANY belt loops or pockets. They are prohibited. Athletic apparel **must** be worn at all time. No jeans, khakis, etc.

Towels may not hang from a player's waist or otherwise interfere with the possible removal of a flag. Towels however may be used and kept on the ground (15) fifteen yards behind the offenses line of scrimmage before and during the play.

Each team shall designate a captain to act as team spokesperson and make decisions. Only the captain may talk to officials. Team representatives including players, spectators, team managers, coaches, and group members are subject to the rules.

GAME, COURT, AND EQUIPMENT

The use of dangerous equipment is prohibited. Shoes must be worn. Cleated shoes must have rubber or polyurethane cleats. No metal cleats or spikes allowed.

Men will use the regular size football, while women will use the intermediate size football (Co-Rec may use either size balls). Game balls will not be provided. Referee will not handle the football; the offense is responsible for the ball at all times. **You must provide your own ball.**

Each team will begin possession on their own ten (10) yardline. They will have three (3) downs to reach midfield for a first down, then three (3) plays to score a touchdown.

Points are scored by: TD=6, Extra Point=1 (3 yards out); 2 (10 yards out); 3 (20 yards out)
Safety=2.

An extra point conversion cannot be returned by the defensive team. Once the play is intercepted or fumbled, the play is dead.

“Odd or even” determines first possession. The offensive team takes possession of the ball at their 10-yard line and has three plays to cross mid-field. Then three plays to score after they have crossed mid-field.

LENGTH OF GAME, TIME CONSTRAINTS, AND POSSESSION

Games are 30 minutes long. Halves will be 15 minutes long and clock will stop at the last minute of each half. There will be a 3 minute halftime. Games will end early if a team is up by 35 points any time after the last 2 minutes of the game. Each team has a 25 second play clock to snap the ball.

If the offensive team fails to cross mid-field or score, possession of the ball changes and the opposite team starts their drive from their 10-yard line (exception: in case of an interception).

Each team has one 60 second time out per half, in which the clock stops. Timeouts do not carry over. Officials can stop the clock at their own discretion (injuries, after delay of game penalty, etc.).

RULES AND DEFINITIONS

Any number of players can rush the QB. There is a 5 yard rush zone between the offense and defense. Players may line up on the offensive line of scrimmage, but may not rush until they have cleared the 5 yard rush cone.

All passes must be forward and received beyond the line of scrimmage. The QB has a 7 second “pass clock” from the time of the snap. If a pass is not thrown within the 7 seconds, play is dead, loss of down, ball returns to line of scrimmage. Once the ball is handed off or pitched the 7 second rule is no longer in effect.

No one **can** run the ball past the line of scrimmage. Shotgun behind the line of scrimmage is legal. Direct snaps are not legal. Teams may pitch or lateral the ball anywhere behind the line of scrimmage

All players are eligible to receive passes. Player must have at least one foot in bounds when making a catch (college rule). Passes may not be intentionally tipped in any direction to another teammate. Only one player is allowed in motion at a time as long as it is not towards the line of scrimmage.

All penalties will be called by the referee and may be declined (except for unsportsmanlike).

Kicking the ball is illegal.

There must be at least one (1) player at the line of scrimmage at the time of the snap.

10 yard penalties in 7 on 7 will be 5 yards in 4 on 4. 5 yard penalties in 7 on 7 will be 3 yards in 4 on 4.

SUBSTITUTION AND TIEBREAKERS

Substitutions may be made after any dead ball is declared by an official.

Free substitutions are allowed after any whistle, provided the substitution does not delay the game. However, no offensive substitute may enter unless he/she joins the huddle and is part of the huddle at the time when it breaks.

Tie games will be broken by:

- 1) A coin toss will precede the tiebreaker. Team winning the toss has three (3) options: A) offense; B) defense; C) direction; or D) defer. The opposing team has the remaining choice.
- 2) Each team will have three chances to score attempt to score by passing from the 3 yard line for 1 point or from the 10 yard line for 2 points.
- 3) If a pass is intercepted by the opposing team during the four downs, it can NOT be returned. A change of possession will occur.
- 4) Penalties are assessed similar to the regular game. Dead ball penalties after a touchdown are penalized on the extra point attempt. Live ball penalties committed by either team after Team B gains possession during an attempt or overtime shall be enforced at the succeeding spot. Dead ball penalties following a successful attempt will be penalized from the succeeding spot.

PLAYER CONDUCT

Pushing, fighting, and/or derogatory language are grounds for automatic ejection. All ejections are for remainder of league play.

Any flagrant fouls will result in automatic ejection for that player from league play.

All USF Intramural policies and procedures as outlined in the Intramural Handbook (Calendar) will be applied to all league play. All decisions by the Intramural Staff are final.

****All other rules not mentioned comply with NIRSA and USF Intramural flag football 7 on 7 rules.****