

Texas Southern University INTRAMURAL SPORTS

4 on 4 Flag Football Rules

All rules are taken directly from the NIRSA Flag and Touch Football Rules Manual, modified for the TSU Intramural Sports and Rec. Services program. All situations not specifically covered in this manual shall be referred to the NIRSA Rules Book.

Tournament Rules

- All players must present their TSU ID card at every game no exceptions!! Any player that does not present their ID upon request will not be allowed to play.
- Rosters: A maximum of eight (8) players are allowed on each roster.

Timing Procedures

- Games will consist of two 12-minute halves with running a running clock. The clock will only stop at the one minute mark of each half; at that point a "start/stop clock will be used.
- **Stop timing:** The clock will stop on all whistles other than de-flagging. Teams shall be notified at the beginning of the one-minute period.
- The clock will stop for team and official's timeouts throughout the entire game.
- The clock will run during P.A.T. attempts (except after the one-minute mark of each half).
- Half time will be three minutes in duration.
- Each team gets one 30-second timeout per half (timeouts do not carry-over).
- Once the ball is marked for play, the team has 25 seconds to snap the ball.

Game Rules

- **Pass clock:** From the time the ball is snapped, a team will have 7 seconds to throw a forward pass. After seven seconds the play will be blown dead and a loss of down will result.
- **Offensive Rushing:** No offensive player may advance the ball beyond the offensive scrimmage line unless it has already been broken by a forward pass.
Penalty: Illegal Procedure 3 yards
- **Kicking:** There are no protected scrimmage kicks or free kicks.
Penalty: Illegal Procedure 3 yards.
- **Backward Passes:** Any team may throw an unlimited number of backward passes.
- **Putting the Ball in Play:** The ball shall be placed at the Team A 10 yard line to begin each half of a game and following a Try, touchback or safety, unless moved by penalty.
- **Series of Downs:** The offensive team takes possession of the ball at their 10-yard line and has three (3) plays to cross midfield. Once a team crosses midfield, they will have

three (3) plays to score a touchdown. If the offense fails to score, or cross midfield, their opponent takes possession at the yard line at which the series of downs was ended.

- **Mercy Rule:** If a team is up by 19 or more points at the 1-minute mark in the second half, the game shall end (25 or more points in co-rec)

Tie-Breaker Procedures

- The referee will have a coin toss with the team captains. The winner of the coin toss will have the option of offense or defense. The loser of the coin toss chooses which goal to defend.
- Each team is allowed one (1) down in which to score by passing from the 3 yard line for 1 point, from the 10 yard line for 2 points, or from the 20 yard line for 3 points.
- If the game goes to a 2nd overtime the loser of the 1st overtime coin toss will have the option to choose offense or defense.

Game Penalties: All 10 yd. penalties are 5yd. penalties and all 5yd. penalties are 3 yd. penalties.

3 Yard Penalties

- Delay of Game
- Encroachment
- Interference with Opponent or Ball before Snap
- False Start or Illegal Snap
- Illegal Motion, Shift, or Position at Snap
- Illegal Forward Pass (**Loss of Down**)
- Illegal Substitution
- Receiving Snap within 2 yards of Line of Scrimmage
- Illegal Procedure

5 Yard Penalties

- Unsportsmanlike Conduct: Illegal Contact
 - Illegal Blocking
 - Charging: The ball carrier may not run through a defensive player, but must evade the tackler. The runner shall be allowed unlimited 360 degree turns.
 - Tackling: The tackler must not hold the ball carrier and must "play the flag" rather than the opponent
 - Stripping the Ball
 - Stiff Arm
- Illegally Secured Belt: Tampering with the flag belt in any way to gain an advantage including tying, using foreign materials, or other such acts (**Loss of Down**)

- Illegal Belt Removal: No opponent may exert any extra force than is necessary to remove the ball carrier's flags
- Flag Guarding: Holding or swinging the arm near the flag to ward off attempts to remove the flag is illegal
- Offensive Pass Interference (**Loss of Down**)
- Defensive Pass Interference (**Automatic First Down**)
- Holding
- Roughing the Passer (**Automatic First Down**)
- Hurdling

Co-Rec Modifications

Teams consist of two (2) males and two (2) females. A minimum of three (3) players are needed to begin and continue play; at least one of the three players has to be of the opposite gender.

- The regular, intermediate, junior or youth sized football may be used. The offensive team is responsible for getting the desired ball in play.
- The offensive team must have one (1) player on the line of scrimmage.
- If a female player scores a touchdown, the point value is nine. If a female player throws a legal forward pass and a touchdown is scored by any Team A player, the point value is nine, provided no change during the down.