



CAMPUS RECREATION

Illinois State University

Intramural 4v4 Flag Football

RULES OF PLAY

Please consult the Intramural Sports Participant Handbook for the complete list of Intramural Sports policies.

NIRSA 4v4 Flag Football rules will be in effect except for the following modifications:

Location

- Games will be played at Gregory Street Fields (GSF).
- Please give yourself plenty of time to get to your games ahead of schedule. Remember that all team members must be signed in and ready to play at game time to avoid a forfeit.

Schedule

- Minor Sports are designed to create an enjoyable environment where teams experience friendly competition in recreational sports.
 - Format: Two scheduled regular season games. All teams will advance to a single elimination playoff.
- If your team is unable to make it to your game, be sure to contact the Intramural Sports Office at intramuralsports@ilstu.edu by 5:00pm the business day before your game (if your game is scheduled during the weekend, you must contact the Intramural Sports Office by 5:00pm the Friday before your game). This will enable your team to be credited with a default rather than a forfeit.
- Unfortunately, Intramural Sports games can be impacted by the weather. We reserve the right to cancel, postpone, or reschedule games due to inclement weather. When inclement weather arises, Intramural Sports staff will send out cancelations via IMLeagues.
- Regular season games canceled due to inclement weather may not be rescheduled due to the limited amount of time and space to play. When playoff games are postponed due to weather, the Intramural Sports Staff will make every effort to make up all remaining games in the playoff tournament. Playoff brackets will be updated on IMLeagues to reflect the updated dates and times.

Players

- A legal team shall consist of 4 players. A team may start a game with the minimum of 3 players.
- The league is open, meaning there are no gender restrictions or requirements.
- A speaking captain must be designated for each team. They alone may appeal to the official, and then only on interpretations of the rules. Judgment calls may not be protested. If a protest occurs, the game is to be stopped immediately and proper documentation must be filled out before play resumes.
 - Team captains shall participate in a coin toss to begin the game. The captain winning the toss shall have the following options:
 - Defer options till the second half
 - Offense
 - Defense

- Choose goal line his/her team will defend.
- The captain not having the first choice of options for a half shall exercise the remaining options.

Eligibility

- Please reference the Intramural Sports Participant Handbook for any eligibility clarification.

Playoffs

- In order to make the playoffs, teams must meet the following criteria:
 - The top two teams of each pool will advance to a single elimination playoff, unless otherwise specified by Competitive Sports Admin.
 - The team must maintain at least a 3.5 team sportsmanship rating throughout the season.
 - No team that forfeits any regular season game will be allowed to participate in the playoffs.
- Teams are able to add players to their roster at any point, including playoffs.

Equipment

- **No jewelry is permitted during play**
- Pants or shorts may not have belt loops or pockets. Pockets cannot be taped or turned inside out.
- Shirts must be tucked in at all times.
- Leather, rubber, nylon or plastic cleats are legal. The cleats must be constructed of a material which does not chip or develop a cutting edge. Shoes with metal, ceramic, screw-in, or detachable cleats. Exception: Screw-in cleats are allowed if the screw is part of the cleat. The official has the right to declare a shoe unsafe.
- Non-cleated athletic shoes may be worn (i.e., tennis shoes, running flats, etc.).
- Intramural Sports will provide jerseys, game footballs, and flag belts.
- **NOTE:** You must schedule an appointment with a Competitive Sports Administrator prior to playing if you have a special equipment need (i.e. religious or medical). All equipment decisions made on site by the Competitive Sports staff on duty shall be final.

Game Regulations

- The game shall consist of two, 12-minute halves. The clock will start on the snap of the first play. It will run continuously until the final one (1) minute of the 1st half, and final one (1) minute of the 2nd half (unless it is stopped for an injury, team timeout or referee's timeout).
- Two 30-second time-outs per team will be allowed per game, including overtimes.
- The snapper must pass the ball from the ground with a quick and continuous motion of the hand(s) and can either snap the ball from between their legs or the side. Direct snaps (less than 2 yards; under center) are not allowed.
- Any snap or fumble that hits the ground is dead at that spot.
- A player has been "deflagged" when the flag belt becomes disengaged by another player. If a player's flag belt inadvertently becomes disengaged, then a one-hand tag must be employed between the shoulders and the knees.
- A receiver must have control and at least one foot in bounds to define a legal catch.
- Rushing the passer is illegal. The defensive team may not cross their scrimmage line until the pass is released.
- There must be a legal forward pass on each down. Offensive teams may not run the ball beyond the line of scrimmage until a legal forward pass has been touched beyond A's scrimmage line.
- After the snap, the passer has five (5) seconds to release the ball on a forward pass.
- The team area shall be two yards from the sideline and between the 3-yard lines.
- Touchdowns are worth 6 points. After a touchdown is scored, the offensive team may elect to try for one (1) extra point (from the 3 yard line), two (2) extra points (from the 10 yard line), or three (3) extra points (from the 20 yard line).
- No overtime will be played in the regular season. Games will end in a tie if necessary.
- In playoffs only, there will be overtime.

- Overtime will start with rock, paper, scissors. Winner has choice of offense/defense or side. Loser of coin flip has remaining choice. If additional overtime periods occur the other team will have choice of offense/defense to start.
- Each team will attempt 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.

Grace Period

- If at game time a team is not ready for play, a 10 minute grace period will be automatically enacted.
 - Step 1 - 0 – 9:59 minutes, a team which is not ready to play will be penalized and start the game down 9 points with a 0-9 score and cannot receive more than a 3 sportsmanship rating.
 - Step 2 – Competitive Sports Supervisor will call forfeit at the 10 minutes if a team is not ready for play (dressed, on the court, signed in) mark and a forfeited team will receive a 0 sportsmanship rating.

Minutes Late	Penalty	Sportsmanship
0-9:59 minutes	Starting score 9-0	Max 3
10 minutes	Forfeit	Max 0

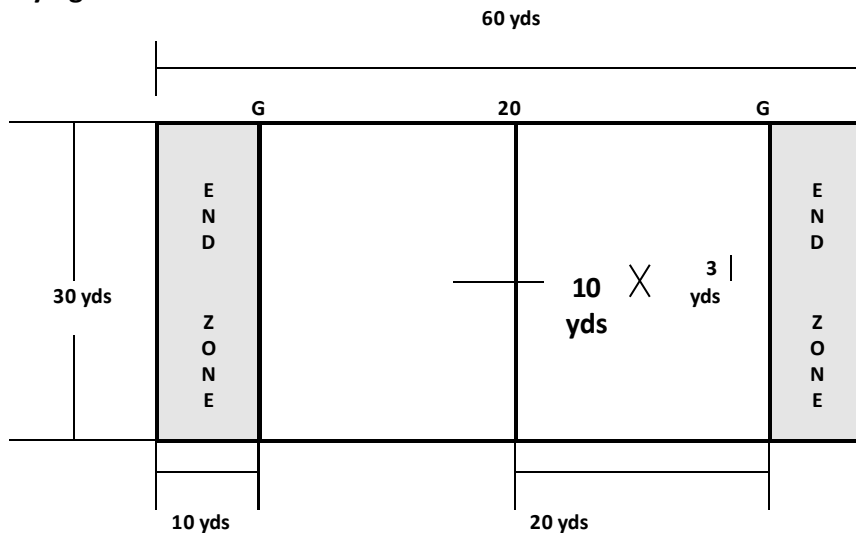
Mercy Rule

- There is no mercy rule in 4v4 Flag Football.

Substitutions

- Between downs any number of eligible substitutes may replace players. No substitute may enter during a down.

The Playing Field



- There are no kickoffs in flag football. The ball will be placed on the team in possession’s 10-yard line to start each half or after a score.
- A team has 3 downs to reach a zone line in order to receive a first down. Teams may pass the ball during these downs.
- All kicks are illegal in 4v4 Flag Football.

Special Rules

- **Flag Guarding:** Runners may not guard the flag belt, either intentionally or unintentionally, using his/her hands, arms, or the ball to cause contact between the runner and an opponent that denies the opponent the opportunity to pull or remove the flag belt. Flag guarding includes, but is not limited to:
 - Swinging the hands or arms over the flag belt to prevent an opponent from de-flagging or placing the ball over the flag belt for the same purpose.
 - Lowering the shoulders, placing the arm over the flag belt.
 - Using the ball to protect the flags.
 - **Note:** Contact must occur for flag guarding to be called
- **Offensive Screen Blocking:** The offense may only block without creating any contact. The blocker acts as a screen to ward off defenders. Offensive players must have their hands at their sides or behind their backs when screen blocking. Defensive players must go around the offensive player's screen block. The arms and hands shall not be used as a wedge to contact the opponent.
 - Screen Blocking Fundamentals: A player who screen blocks shall not:
 - Take a position closer than a normal step when behind a stationary opponent.
 - Make contact when assuming a position at the side or in front of a stationary opponent.
 - Take a position so close to a moving opponent that the opponent cannot avoid contact by stopping or changing direction. The speed of the player will determine this and the position will vary.
 - After assuming the legal screening position move to maintain it, unless moving in the same direction and path as the opponent.

3 Yard Penalties

- Delay of Game
- Encroachment
- False Start
- Illegal Snap
- Illegal Formation
- Failure to Wear Required Equipment
- Illegal Forward Pass (Loss of Down)
- Illegal Male Reception (Co-Rec only, Loss of Down)
- Illegal Handing the Ball Forward
- Illegal Motion
- Illegal Procedure
- Illegal Shift
- Illegal Substitution
- Intentional Grounding (Loss of Down)
- Less Than Required Number of Players on the Scrimmage Line at the Snap

5 Yard Penalties

- Illegal Participation
- Flag Guarding, Illegal Flag Belt Removal, Stiff Arm
- Two or More Consecutive Encroachment Fouls During One Interval Between Downs
- Illegal Bat, Illegal Kick
- Illegal Contact
- Holding
- Illegal Secured Flag Belt on Touchdown (Loss of Down)
- Pass Interference
- Personal Foul
- Unsportsmanlike Conduct

Clock Stoppage (Final One Minute)

- During the final minute of the each half, the clock will stop for:
 - Incomplete pass or illegal forward pass - starts on the snap.
 - Out-of-bounds - starts on the snap.
 - Safety - starts when the ball is snapped after extra point try.
 - Team timeout - starts on the snap.
 - First down - if play ends in-bounds clock starts on referee's whistle, if out-of-bounds clock starts on the snap.
 - Touchdown - starts on the snap (after extra point try).
 - Penalty and administration - dependent on the previous play.

- Referee's time out - starts at his/her discretion.
- Change of possession - dependent on the previous play.
- Team A is awarded a new series - starts on the snap.
- Team B is awarded a new series - starts on the snap.

General Information

- Prior to Game Time:
 - Players must check in at the field they are scheduled to play. Valid IDs must be presented at check-in. Acceptable forms of IDs are:
 - Current Illinois State University student ID.
 - Current faculty/staff ID with photo ID.
- NO ALCOHOL OR TOBACCO is allowed at any Intramural Sports venue. Anyone found consuming alcohol or using tobacco products will be asked to leave the facility and may face additional disciplinary action. Participants who appear to be under the influence will also be asked to leave.

Sportsmanship

Intramural Sports has developed a sportsmanship rating system that is intended to be an objective scale utilized by the Intramural Sports team members to evaluate attitude and behavior throughout each Intramural Sports contest. After each game, the Officials will rate each team on their sportsmanship before, during, and after each Intramural Sports game. To be eligible for the playoffs each team must average a "3.5" or better throughout the regular season.

A sportsmanship rating below "3" is considered to be 'unacceptable'. Any team receiving an unacceptable rating will be notified via email. Any team receiving a sportsmanship rating of "1" will be required to set up a meeting with the Intramural Sports Office prior to their next scheduled contest. Failure to do so will result in the forfeiture of any subsequent games.

Teams receiving an unacceptable sportsmanship rating in the playoffs will be eliminated regardless of the outcome of the game. An unacceptable rating in the playoffs will result in that team's removal from the tournament.

Scale	Description
5	Excellent Conduct and Sportsmanship - The team shows good sportsmanship and cooperates with the opposing team, Officials, and Competitive Sports Supervisor. There are no major complaints or conduct-related penalties. The team is under control without any need for captain intervention.
4	Good Conduct and Sportsmanship - The team still shows cooperation with officials and opponents but may have some complaints and grumbling. There are no blatant displays of bad attitude. The captain is in control of the team and there are no warnings, yellow cards, or conduct-related penalties.
3	Average Conduct and Sportsmanship - The team shows momentary lack of cooperation with officials, opponents, or supervisor. There may be consistent complaining but no excessive display of bad sportsmanship. Captain mostly has control of the team. There may be conduct-related penalties.
2	This is an unacceptable rating. Below Average Conduct and Sportsmanship - Team constantly complains to the Officials, Supervisor, and/or opposing team from the field and/or sidelines. Poor sportsmanship may include non-verbal and verbal dissent towards officials and/or the opposing team, which may or may not merit sport specific, conduct-related penalties.
1	This is an unacceptable rating. Poor Conduct and Sportsmanship - Captain has no control over teammates and/or themselves. Team is completely uncooperative and poorly represents themselves and the Illinois State Intramural Sports Program. Teams, including fans, receiving multiple yellow cards,

a red card, unsportsmanlike penalties, technical fouls, or an ejection will receive no higher than a "1" rating.

If a team feels that they have been rated unfairly during the game, they may file a protest by emailing the Intramural Sports office at intramuralsports@ilstu.edu.