

CAMPUS RECREATION: INTRAMURAL SPORTS
4v4 Flag Football LEAGUE RULES

FLAG FOOTBALL IS A CONTACT SPORT AND INJURIES ARE A POSSIBILITY. THE INTRAMURAL SPORTS PROGRAM ASSUMES NO RESPONSIBILITY FOR INJURIES; HOWEVER, BASIC FIRST AID WILL BE AVAILABLE

EQUIPMENT

The Intramural Sports Staff has the right to deem certain equipment unsafe or illegal.

A. **Clothing:** All participants must be in active attire (appropriate length gym shorts) to be eligible to participate in their scheduled game.

B. **Jerseys/Shirts:** All teams are required to furnish their own jerseys, numbers are required. Pinnies will be provided to each team on site by the Intramural Sports Program.

a. If numbers may not be taped on, must be whole numbers and no more than two digits.

b. Participants wearing Intramural Sports pinnies are required to wear a shirt underneath the pinnie.

C. **Pants/Shorts:** Each player must wear pants or shorts without any pockets, belt loops, belts, or exposed drawstrings.

a. **If a player wants to play with pants/shorts with pockets, belt loops, belts, or exposed drawstrings, they may play without flag belts and will be considered down with a 1-hand tag between the shoulders and knees by an opponent.**

D. **Flag Belts:** Each player must wear a one-piece, quick release belt, without any knots, at the waistline with three flags permanently attached, one flag on each side and one in the center of the back. Flag belts will be provided by the Intramural Sports program.

a. Players are not allowed to wear towels attached to their waist.

E. **Jewelry:** No jewelry is allowed to be worn during 4v4 Flag Football and must be removed before playing. Taped down jewelry is not permitted. The only jewelry permitted is medical bracelets which must be taped down.

a. A warning is issued to a team for an infraction of this policy. If a second infraction arises in a given contest, an unsportsmanlike conduct penalty is assessed to the player in question.

F. **Pads/Braces:** No pads or braces may be worn above the waist. Leg and knee braces made of hard material must be covered on all sides.

G. **Blood:** Any player 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 play resumes.

H. **Footwear** All players must wear some type of active shoe (basketball, tennis, jogging, etc.). Players will not be allowed to play in, but not limited to, toe shoes, cleat/turf shoes, loafers, and flip flops.

a. Metal cleats and cleats with a toe cleat are not allowed.

I. **Headwear:** Hard billed hats or bandanas with a knot are not allowed. Players may wear headbands made of non-abrasive cloth, elastic, fiber, soft leather or rubber.

J. **Play Books:** Players may carry a playbook inside their clothing made of a yielding material only and must not be visible. If carried on the field, a player must keep the playbook rather than throw it on the ground.

a. Players may wear a soft, pliable wrist/forearm band that contains plays.

FORFEITS, DEFAULTS, AND PROTESTS

A. Ready for Play: All teams are expected to be “ready for play” at the scheduled start time of their game, as listed on DSE. “Ready for play” means the minimum number of players required to begin a game have checked-in, are properly equipped, and are standing on the court/ field waiting for officials to start the game.

- a. If game time arrives and one team has no players present, a forfeit will be assessed at that time.
- b. If game time arrives and one team is not “ready for play” and does not have the minimum number of players required to start per specific sport rules, the other team has two choices.

Take the win by forfeit, or

- ii. Wait team five additional minutes for the opponent to show up.
 1. The present team will start with an 8-0 lead and the clock will start at game time.
 2. If at the end of the five minutes, the opponent does not meet the minimum number of players, the present team will win by forfeit.
- iii. Once the decision has been made, it is final.

B. Forfeits: If a team does not show up for a scheduled contest or does not meet the minimum number of players to start a contest, will be deemed a forfeit. Forfeits will result in the winning team’s sportsmanship rating to be recorded as a 3 and the losing team’s sportsmanship rating to be recorded as a 1 for that specific game. Teams forfeiting two games will be automatically dropped from post season competition and league play.

- a. In order to receive a win, a team must have the minimum number of players checked in at game time.

Defaults: If a team knows in advance that it will not be able to make a scheduled contest, the captain should contact the Intramural Sports Office and not directly contact the other team. A default will be granted to each team or individual that has notified the Intramural Sports Office according to the following deadlines:

- a. Games scheduled Monday – Thursday: notification must be received by 4 pm on the day of the game.
- b. Captains may notify by calling the Intramural Sports Office at (970)351-2062 or email at intramural.sports@unco.edu.
- c. Defaults will result in the winning team’s sportsmanship rating to be recorded as a 3 and the defaulting team’s sportsmanship rating to be recorded as a 2 for that specific game.
- D. Protests:** Team captains may protest either player eligibility or a rule interpretation. Protests on official’s judgement will not be considered.

LEAGUE PLAY

A. Regular Season: The regular season will last four weeks with the entire schedule made available at least 24 hours advance of the first day of games.

B. Playoffs: After completion of the regular season, there will be one week of single elimination playoffs.

- a. In order to be eligible for playoffs, teams must meet the following:

- i. Win or tie at least one regular season game

- ii. Maintain a regular season sportsmanship of 2.0

- iii. Have not forfeited/defaulted 2 or more games

- b. Teams must maintain a “2” for sportsmanship during all playoff games to remain eligible.

i. If a team's sportsmanship ever falls below a "2" for sportsmanship, the game will be immediately forfeit, no matter the score, with the opponent winning.

1. If both teams go below a "2" for sportsmanship, no winner shall be declared.

a. The playoff seeding and number of teams in playoffs will be decided based on the following criteria in the order listed:

i. Overall record

ii. Head to Head

iii. Sportsmanship Rating

iv. Point Differential

v. # of Forfeits

vi. # of Defaults

TIMING

A. Games consist of two 12-minute halves, with a 5-minute half time.

B. The clock will run for the entire first half, only stopping for injuries or team timeouts.

a. The clock is stopped in the last minute of the second half for:

i. Incomplete Legal/Illegal Forward Pass – clock restarts on the snap

ii. Out Of Bounds Play – clock restarts on the snap

iii. Safety – clock restarts on the snap

iv. Team Timeout – clock restarts on the snap

v. First Down – clock restarts on the ready for play whistle

vi. Touchdown – clock restarts on the snap (after the extra point try)

vii. Penalty – clock restarts depending on the result of the previous play

viii. Official's Timeout – clock restarts at the discretion of the officiating crew

ix. Touchback – clock restarts on the snap

x. Change Of Possession – clock restarts on the snap

xi. Inadvertent Whistle – clock starts on the ready for play whistle

C. Each team is allotted two 1-minute timeouts per game, including overtime.

D. Regular season games that end in ties will remain as ties. Overtime procedures for the playoffs are as follows:

a. A coin toss will be held at the first overtime only to determine possession order and end of field.

b. Each team attempts 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.

c. If the defense intercepts a pass or fumble, the attempt is over, and the whistle is blown (overtime only).

d. If the score is still tied, additional overtime periods are played until there is a winner.

i. No team begins an overtime period on offense two consecutive periods (rotate).

- ii. If the score is still tied after 2 overtime periods, each team must attempt a 2- or 3-point conversion beginning in the third overtime period.

GENERAL RULES

- A. Each team will consist of 4 players on the field at one time.
 - a. Teams are required to have 3 players checked in to start and continue a game.
- B. Substitutions may be made any time the ball is not in play (clock does not stop). Repeated attempts to delay the game results in an unsportsmanlike conduct penalty.
- C. Teams have 25 seconds to put the ball in play
- D. The offensive team must have at least 1 member on the line of scrimmage at the snap (center is included).
- E. If a player's flag belt comes off without being pulled, a one-hand tap between the shoulders and knees shall declare a player with possession down.
- F. It is the responsibility of the offensive team to retrieve the ball after each play.
- G. If the clock is stopped due to an injury, the injured player must sub out and may not re-enter the game until the next legal substitution opportunity unless the player's team uses a time-out.

PLAYING THE GAME

- A. The ball shall be placed at the team's 12-yard line to begin each half of a game, following a try, touchback, or safety unless moved by penalty.
 - a. There are no kicks or punting.
 - b. Interceptions are live balls, and the intercepting team will retain possession at the spot where play ends.
- B. Teams will have four downs to gain the next line-to-gain.
 - a. A new series of downs is awarded when the team moves the ball legally into the next zone or the opponent obtains possession of the ball by penalty, pass interception, or failure to advance the next zone.
- C. There must be a legal forward pass each down. The receiver must touch the ball beyond their line of scrimmage.
 - a. There are no restrictions once a legal forward pass has been completed.
- E. Any defender rushing the QB must start at least 5 yards (marked by orange cone) off the line of scrimmage.
 - a. Any defender not rushing the quarterback must be at least 1 yard off the line of scrimmage.

Clarifications

- A. **ROUGHING THE PASSER** – Defensive players must make a definite effort to avoid charging into a passer after it is clear the ball has been thrown forward legally. No defensive player shall contact the passer who is standing still or fading back as he/she is considered out of the play after the pass. Slapping the ball while the quarterback is attempting to pass is considered roughing the passer, as the ball is considered an extension of the arm (while still in possession). Roughing the passer restrictions do not apply if the forward pass is thrown from beyond Team A's scrimmage line but illegal contact can still be called. Penalty
- B. **LEGAL CATCH / SIMULTANEOUS CATCH** – A catch is the act of establishing player possession of a live ball in flight, and first contacting the ground inbounds or being contacted by an opponent in such a way that he/she is prevented from returning to the ground inbounds while maintaining possession of the ball. A. One foot is required to be inbounds (while in player possession). Additionally, a catch by a kneeling or prone inbounds player is a completion. B. A simultaneous catch or recovery is a catch in

which there is joint possession of a live ball by opposing players who are inbounds. The ball will be blown dead at that spot and possession will be awarded to the offense.

C. FUMBLES - A fumble is a loss of player possession of the ball other than by handing, passing or punting the ball. A fumbled ball that hits the ground is dead at that spot.

D. FACE GUARDING – Any act by a player to inhibit an opponent's (usually a potential receiver) ability to see the ball and/or other players is considered face guarding. Interference occurs when the player places 1 or both hands in front of the opponent's face or waves his/her hand(s) or arm(s) near the opponent's face. Face guarding is illegal. Penalty: Pass Interference

E. ENCROACHMENT – The first offender rule is in effect when it comes to encroachment. This means that the moment a player from either team enters the neutral zone (after the ready for play whistle) he/she shall be called for the penalty. This is a dead ball foul, so play should be whistled dead immediately after the encroachment occurs. Penalty: Three (5) yards.

F. SCREEN BLOCKING – This is legal as long as the following guidelines are followed:

- A. The blocker's arms must be kept at his/her side, in front of his/her waist, or behind his/her back.
- B. The blocker may not initiate contact with a defender.

A penalty occurs when contact is initiated and there is an advantage gained. Penalty: Illegal contact, (5) yards (spot of foul or end of run).

G. SNAP REGULATIONS – To start every play there must be a snap.

- A. The snap must take place directly next to, but not on top of or in front of, the offensive scrimmage cone.
- B. A snap must be one smooth, quick, and continuous motion, either between the snapper's legs or from the side. The ball must leave the snapper's hand(s) during this motion. After the snapper takes his initial position over the ball, he/she may move or rotate the ball. After the snapper comes to a set position, he/she may not move the ball again until it is snapped. Penalty: Dead Ball, Illegal Snap, five (3) yards.
- C. The player who receives the snap must be at least two yards behind the offensive scrimmage line. Direct snaps are illegal. Penalty: Live Ball, Illegal Snap, five (3) yards.
- D. A small towel may be placed under the ball, regardless of weather or field conditions.

SCORING

A. **Mercy Rule:** The game shall be declared over if a team is behind by

- a. 50 or more points at any point in the 2nd half
- b. 30 or more points with 5 minutes remaining.
- c. 20 or more points with 2 minutes remaining.

B. **Touchdowns:** Touchdown values are worth 6 points.

C. **Point(s) After Try:** An opportunity to score a point after try by running or passing only shall be worth:

- a.1 point from the 3-yard line, 2 points from the 7 yard line, 3 points from the 15 yard line
- b. If the defensive teams secure possession during any try, the try ends and no points shall be scored.

D. **Safety:** A Safety is worth 2 points.

GENERAL PENALTIES

A. **3 Yard Penalties:**

- a. Delay Of Game

- b. Encroachment
- c. False Start
- d. Illegal Procedure
- e. Illegal Motion
- f. Illegal Shift
- g. Illegal Forward Pass (Loss of Down)
- h. Intentional Grounding (Loss of Down)
- i. Illegal Advancement

B. 5 Yard Penalties

- a. Flag Guarding
- b. Illegal Contact
- c. Holding
- d. Tripping
- e. Pass Interference
- f. Roughing The Passer (Automatic First Down)
- g. Unsportsmanlike Conduct

- i. 2 unsportsmanlike conduct penalties will result in the ejection of the player.

SPORTSMANSHIP RATING

Each team shall begin each game with a sportsmanship rating of 4 and will have the ability to gain and/or lose sportsmanship points due to their actions before, during, and after the Intramural Sports contest. Only non-administrative unsportsmanlike conduct penalties (yellow cards, ejections, technical fouls, etc.) and actions affect a team's sportsmanship rating.

Each team in each contest shall be rated by the officials and intramural staff. The authority of the officials' rankings exists before, during and after all contests to which that official is assigned. The supervisor or administrative staff present may also provide input to a team's sportsmanship rating. Ratings shall be marked on the score sheet following the game. Captains may ask for their sportsmanship only after the game is complete or can be viewed online on the following day. Each team captain is responsible for the actions of all individual team members and spectators related to their team. The team captain's efforts in assisting officials and staff to calm difficult situations are essential to controlling team conduct and will have an effect on their sportsmanship rating for that game.

- 3 – ABOVE AVERAGE: HIGH LEVEL OF RESPECT CONSISTENTLY SHOWN TO OPPONENTS, STAFF, OFFICIALS. CONDUCTS THEMSELVES IN A CALM RESPECTFUL MANNER
- 2 – AVERAGE: NO INCIDENTS OF POOR CONDUCT OR ONE MINOR UNSPORTING INCIDENT (IE: TALKING BACK TO AN OFFICIAL MORE THAN ONCE DURING THE GAME)
- 1 – BELOW AVERAGE: FREQUENT SWEARING, DISRESPECT TOWARDS OPPONENTS, SUPERVISORS AND OFFICIALS. CONSISTENT ARGUING WITH THE OFFICIALS' CALLS OR A PLAYER IS EJECTED.
- 0 – UNACCEPTABLE: MULTIPLE PLAYERS ARE EJECTED, ABUSIVE LANGUAGE TOWARDS OFFICIALS OR STAFF, ANY BEHAVIOR RESULTING IN THE CONTEST NEEDING TO BE STOPPED

