IM 4v4 Flag Football Rules and Information

All Rules not covered below shall be found in the 2013-2014 NIRSA Flag & Touch Football Rules

I. GENERAL RULES

1. The supervisor on duty reserves the right to remove any player from competition who has violated any Emory University Intramural Policy or Rule and/or endangered any player or IM staff member. Ejected players must leave the facility immediately. Any player or team that exhibits a pattern of troublesome behavior will be removed from intramural sports. Supervisors also have the authority to end a game.

2. Three (3) Unsportsmanlike Penalties will result in a team disqualification regardless of the score. Two (2) Personal Unsportsmanlike Penalties will result in the player leaving the game. Only a team’s designated Captain is allowed to confer with the officials. There is a ZERO TOLERANCE policy for any unsportsmanlike behavior directed towards players, officials, and staff.

3. Participants are not allowed to play in a manner that is potentially dangerous or reckless. Safety for all our participants is our number one priority. Any action(s) that is deemed dangerous and/or reckless by the game's official or the Intramural Sport Supervisor will result in either an unsportsmanlike penalty or an ejection depending on the severity of the action. Intramural managers and players should consider this rule their warning not to play in a dangerous or reckless manner.

II. PLAYER ELIGIBILITY

1. Participation is limited to currently-enrolled, fee-paying students, Emory University faculty/staff members, spouses, and Alumni.

2. All players must have an Emory University ID or Government Issued photo ID (i.e. Driver’s License) at each game to sign-in. ID Cards will be checked EVERY GAME.

3. All players MUST be listed on the printed scoresheets and cannot be written in at gametime.

4. Varsity & Club Athletes: Varsity players are not eligible to participate in similar intramural sports. Each team can have up to two club players in a similar sport. Teams who violate this policy will receive a forfeit loss for each game the violation has taken place and will be ineligible for the playoffs.

5. All players must wear gym shoes or molded rubber cleats. No street shoes, bare feet, sandals, metal or posted cleats will be allowed.

6. No player may wear jewelry including, but not limited to watches, bracelets, necklaces, earrings, and various body rings. Jewelry worn for medical and/or religious reasons must be taped down.

7. No pockets: Each player must wear pants or shorts without any pockets, belts, belt loops, or exposed drawstrings. Pants or shorts must be a different color than the flags.
III. RULE VARIATIONS FROM 7v7 PLAY

1. **Games are self-officiated.** Participants are expected to play in the spirit of good sportsmanship and competition. Team captains should work together to settle any disputes.

2. Four (4) players constitute a team. Three (3) players are required to avoid a forfeit. Teams may have a maximum of eight (8) players on their roster.

3. The playing field shall be 40 x 30 yards.

4. **Game Length:** A game shall consist of each team getting 5 possessions, with a game time cap at 30 minutes. The clock will run continuously for the duration of the game.

5. Group play games ending in a tie shall remain a tie.

6. The mercy rule will not be in effect.

7. There will be no timeouts. Games stopped due to injury will be handled on a case-by-case basis determined by the team captains and supervisor on duty.

8. There will be no delay of game penalty, however, the offense should keep the game moving and avoid extended huddles. Teams that are leading who delay the game purposely will be penalized with an unsportsmanlike penalty (5 yards).

9. **Start of Series:** The ball will be placed on the 5-yard line to begin each possession even after a turnover on downs. After every score the ball will be placed on the new offensive team's 5-yard line with a first down, with the zone-line to gain being the 20-yard line.

10. **Line of Scrimmage:** One (1) player must be on the line of scrimmage (snapper). Only one (1) player may be in motion at the time of the snap. There is no “line’s set” call.

11. **First Downs:** Each team can earn one first down per-possession by crossing the 20-yard line, which is midfield. Teams will have 3 downs to gain a first down or score a touchdown.

12. **Forward Pass:** There must be a legal forward pass each down. The receiver must catch the ball beyond the offensive scrimmage line.

13. **Runner Advancement:** An offensive runner cannot advance the ball across the offensive line of scrimmage. There are no restrictions after a change of possession or once a legal forward pass has been caught beyond the offense's line of scrimmage.

14. **7-Second Sack:** The quarterback has seven (7) seconds to complete a forward pass or the play will result in a sack and loss of down. It is the defense’s responsibility to make a **loud** (7) second count using “Mississippi”. Quarterbacks may not scramble past the line of scrimmage in order to gain yardage when not blitzed.

15. **Blitz/QB Scramble:** The defense is permitted one (1) blitz per three (3) downs. A blitz occurs when a defensive player crosses the offense’s line of scrimmage at any point during the live ball play. If blitzed, the QB is permitted to scramble and advance the ball past the offensive line of scrimmage.

14. **Blocking:** The only style of blocking allowed is **screen blocking.** Screen blocking is defined as legally obstructing an opponent without contacting him/her with any part of the screen blocker's body. Hands must be placed behind the back, across the chest, or directly in front of the body. Hands must maintain contact with the
15. There will be no punting. A turnover on downs results in the opposing team receiving the ball at their 5-yard line.

16. **Interceptions:** A team who intercepts a pass can return it for two (2) points. If the returner is deflagged their next possession will start at their own five (5) yard line.

17. **Penalties:** All 10 yard penalties will be 5 yards and all 5 yard penalties will be 3 yards.

18. **Overtime:** Each team will get 3 downs from 10 yard line to score. After one complete overtime period teams must go for two or three.

**IV. FLAG FOOTBALL REMINDERS**

19. **Fumbles:** All fumbles are dead once they hit the ground. The point at which it touches the ground shall be the line of scrimmage for the next play. If a team fumbles a ball in or out of its own end zone, a safely shall result. If a team fumbles a ball in or out of its opponent's end zone, a touch back will result.

20. **Ball Carrier Restrictions:** A ball carrier may not hurdle or leap into or over a player in a way that initiates contact. The ball carrier may not lower his/her head in an attempt to run over an opponent. **Stiff arming is NOT allowed;** an unsportsmanlike conduct penalty will be called and if warranted an ejection will result. Ball carriers are only permitted to dive into open space in an attempt to avoid contact.

21. **Flag Guarding:** The ball carrier may not use any part of his/her body or the ball itself to obstruct the flag from the grasps of a defender. Failure will result in a **flag guarding penalty.**

22. **Screen blocking:** Screen blocking is the only form of blocking permitted. It is the player's responsibility to not initiate contact at all times.