

4v4 Flag Football Rules

NIRSA 7 on 7 Flag and Touch Football Rules will govern play, except as modified by the following FIU rules.

GENERAL INFORMATION

1. All participants must meet eligibility requirements listed in the IM Sports Handbook. Each player must be a FIU student or FIU faculty/staff member.
2. Participants must have a valid form of ID at every game (including panther ID, government issue ID, or mobile ID)
3. All participants must sign the Waiver Release and are responsible for their own medical expenses.
4. Any games in which an ineligible player signs in will be considered a forfeit.
5. Teams are responsible for keeping their players and spectators under control. Misconduct of players, coaches, managers or spectators may result in penalty, ejection or forfeiture of the game. Spectators must also remain within the area designated by the Competitive Sports staff.
6. Alcoholic beverages, smoking, pets, and emotional support animals are prohibited from all intramural contests. (etc.)
7. Officials and Supervisors will have absolute authority during the contest and can make decisions on any matter or question not specifically covered in the rules. NIRSA 7 on 7 Flag and Touch Football Rules will govern play, except as modified by the following FIU rules.

RULE 1. EQUIPMENT

Section 1. Apparel

ART. 1...Players must wear same colored team jerseys. If teams do not have team jerseys, pennies will be issued by sports programs

ART. 2...All illegal jewelry must be removed before participating. If jewelry is discovered during the game, the offender may be issued a flag. Football is considered a frequent contact sport.

ART. 3...All players must wear athletic close-toed rubber soled shoes. No metal cleats are allowed.

ART. 4... Players may wear braces or guards made of soft, yielding material below the waist. Players may wear knee and ankle braces, as long as there are no exposed hinges. Players may not wear any guards, casts, or braces above the waist.

ART. 5... Hats and any other headwear that has a hard bill or creates a knot-like protrusion are not permitted.

Section 1 Team Composition

ART. 1...The game shall be played between 2 teams of 4 players each.

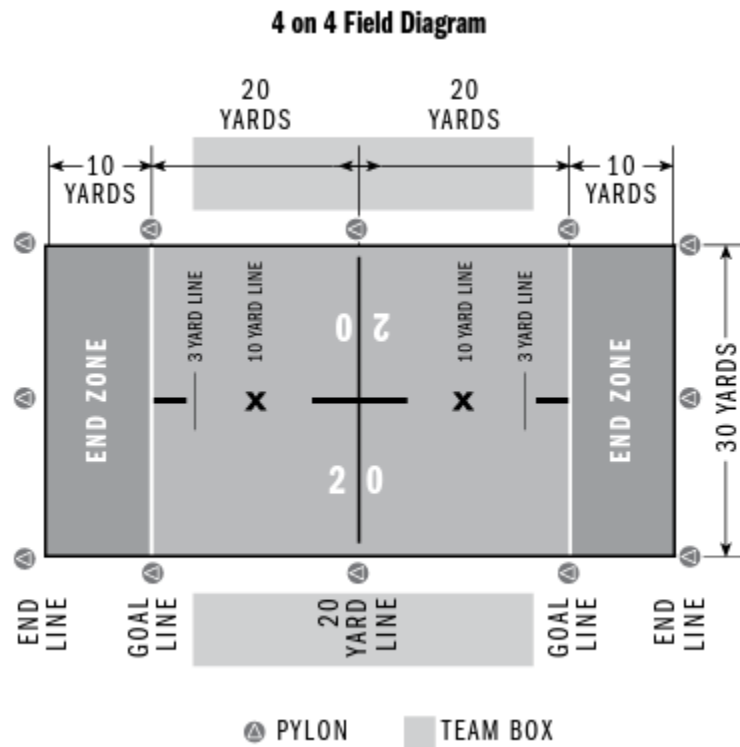
ART. 2...3 players are required to avoid a forfeit.

ART. 3 ...Co-rec need a minimum of 2 female to start play. (If 3 players total then 1 female and 2 males or 2 females and 1 male).

Section 2 Field Markings

ART. 1...The field measures 40 yards in length, goal line to goal line, and 30 yards in width.

ART. 2...There shall be 1 hash mark dividing the field into halves.



Section 3 Starting The Game

ART. 1... Coin Toss. The captain winning the toss shall select offense, defense, direction, or defer the choice to the 2nd half.

Section 4 Putting the Ball in Play

ART. 1...The ball shall be placed at A's 10 yard line to begin each half of a game and following a Try, touchback, or safety, unless moved by penalty.

NOTE: *There are no kicks.*

Section 5 Game Time

ART. 1...Playing time shall be 2 halves of 12 minutes in length.

- A. First 11 Minutes of each will have a running clock unless stopped by a team or Referee's time-out.
- B. 1 Minute Warning. Approximately 1 minute before the end of each half the Referee shall stop the clock and inform both captains of the playing time remaining in the half.
 - a. The clock starts on the snap.
- C. Last 1 Minute. A start, stop clock shall be used.

Section 6 Tie Breaker

ART. 1...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.

Section 7 Charged Time-Outs

ART. 1...Each team is entitled to 2 charged time-outs per game, including any overtimes.

Section 8 Series of Downs

ART. 1... Each team shall have 3 consecutive downs to advance the ball to the next zone by scrimmage.

ART. 2...A new series of downs is awarded when a team moves the ball legally into the next zone or the opponent obtains team possession of the ball by penalty, pass interception, or failure to advance to the next zone.

Section 9 Kicking the Ball

ART. 1... All kicks are illegal.

Section 10 Rushing the QB.

ART. 1... Defense cannot cross their scrimmage line until the pass is released.

ART. 2... Offense has 5 seconds to release the ball on a forward pass. If Offense fails to release the ball in time, it is a loss of down and the ball is next snapped at the previous spot. The Referee will sound his/her whistle at 5 seconds if the passer has possession of the football.

Section 11 Running the Ball.

ART. 1... An offensive runner cannot advance the ball through their own scrimmage line (1st ball spotter—orange). There are no restrictions after a change of possession or once a legal forward pass has been touched beyond A’s scrimmage line.

Section 12 Legal Forward Pass

ART. 1... There must be a legal forward pass each down. The receiver must touch the ball beyond A’s scrimmage line.

Section 13 Enforcement of Penalties.

ART. 1... All 10 yard penalties are 5 yards and all 5 yard penalties are 3 yards