4 v 4 Flag Football Rules

General

APPAREL
- Athletic apparel must be worn for athletic events, shorts CANNOT have pockets. Shorts with pockets cannot be worn even if pockets are taped or shorts are turned inside out. (Exception: If the shorts have pockets that are not visible due to an inside lining when turned inside out.)
- Athletic shoes must be worn! Metal cleats, screw-on cleats, boots, bare feet and/or sandals are not permitted for IM play.
- Cleats must be either molded rubber or rubber screw-ins provided there is not metal showing in the tips just as with flag football, soccer, softball, etc.

IDENTIFICATION
- Participants must present their valid Nighthawks student photo ID.

PROTESTS
- There will be no protest involving judgment calls. Protests involving a rule interpretation MUST BE MADE AT THE TIME OF THE INCIDENT. If the field officials are unable to provide a clear interpretation, the supervisor shall be called in. His/her decision shall be final.

Rules

RULE 1: Field

SECTION 1: Playing Field
The field measures 60 yards in length, end line to end line, and 30 yards in width. The field consists of two end zones (10 yards each), two 20-yard zones, and a dividing hash mark.

SECTION 2: Try Lines
There will be a one point try line at the 3-yard line, a two point try line at the 10-yard line and a three point try line at the 20-yard line.

RULE 2: Game

SECTION 1: Coin Toss
The referee will conduct a "game of chance" to determine who will receive the initial choice for game. The visiting team captain will have the opportunity to choose in the "game of chance" for the opportunity to win the initial choice. Should the visiting team captain lose the game of the chance, the home team captain will be awarded the choice. The captain's choices are as followed and only one can be selected:

1) Play offense
2) Play defense
3) Choose what side of the field to defend
4) Defer choice to the second half.
SECTION 2: Scoring
Scoring is the same for 7 on 7 flag football with 1, 2, and 3 point tries from the same positions that they are during a 7 on 7 game. 6 points for a touchdown and 2 points for a safety (The defense CANNOT run the ball back for points on a try, dead ball- ball spotted on the 10 yd line for new offense).

SECTION 3: Teams
The game is between 2 teams of 4 players each. 3 players are required to begin the game and avoid a forfeit.

SECTION 4: Putting Ball in Play
The ball shall be placed at the offensive team's 10 yard line to begin each half of a game and following a try, touchback or safety, unless moved by penalty.

SECTION 5: Kicking
There will be no kicks in 4-on-4 Flag Football.

SECTION 6: Mercy Rule
There will be no mercy rule in 4-on-4 Flag Football.

RULE 3: TIMING PROCEDURES

SECTION 1: Game Time
Playing time shall be two 12 minutes halves. The clock will start on the snap to begin each half. It will run continuously for the first 11 minutes unless stopped by a team or Referee’s time-out.

SECTION 2: Stopping of Clock
The clock will stop according to regular flag football rules during the final minute of each half.

SECTION 3: One Minute Warning
Approximately 1 minute before the end of each half, the Referee will announce to both teams that 1 minute remains in the half. The clock shall start on the snap after this announcement and the stop clock rule will be in effect for the remainder of the half.

SECTION 4: Time-outs
Each team is entitled to 1 charged time-out per half and 1 time out for the whole overtime.

SECTION 5: Series of Downs
A team shall have 3 consecutive downs to advance the ball to the next zone by scrimmage. A new series of downs will occur when a 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 to the next zone. If a team fails to convert or score after the permitted 3 downs, a turnover on downs occurs, and the defense is awarded possession at the succeeding spot after the 3rd down attempt of the offense.

RULE 4: LINE OF SCRIMMAGE

SECTION 1: Scrimmage Lines
The scrimmage lines will be the same as regular flag football.

SECTION 2: Players on Scrimmage Line
The offensive team must have at least 1 player on their scrimmage line (first ball spotter-orange) at the snap.

RULE 5: RUNNING AND PASSING

SECTION 1: Running the Ball
An offensive runner cannot advance the ball through the offensive scrimmage line (first ball spotter-orange). There are no restrictions after a change of possession or once a legal forward pass has been caught beyond offensive scrimmage line. Teams shall not rush the quarterback after the snap.

SECTION 2: Legal Forward Pass
There must be a legal forward pass each down. The receiver must catch the ball beyond the offensive scrimmage line. The passer has 5 seconds to release the ball on a forward pass. A lateral or backwards pass has no effect on the 5 second time limit for a forward pass to occur. If a legal forward pass does not occur during the 5 second time limit, the play is immediately blown dead, the result of the play is a loss of downs, and the ball is next snapped at the previous spot. The Referee will sound his or her whistle at 5 seconds if the passer has possession of the football. The Referee shall have a verbal count loud enough for the passer to hear the official. The verbal annunciation of the
RULE 6: PENALTIES

SECTION 1: Types of Penalties
All penalties will be the same as a regular flag football game.

SECTION 2: Penalty Enforcement
All 10-yard penalties are 5 yards and all 5-yard penalties are 3 yards.