



# UNIVERSITY RECREATION

## 4v4 Flag Football Rules

The following is a summary of rules and regulations for Recreational 4v4 Flag Football. It is not the complete set of rules but includes those rules most frequently in question. All other rules are deferred to the NFHS Football rule book. Some alterations may have been made specifically for UWG University Recreation. A complete list of our policies and procedures can be found in the [Recreational Sports Handbook](#). Questions can be directed to the Competitive Sports Office during normal business hours at [imsports@westga.edu](mailto:imsports@westga.edu).

### Facility

All Recreational 4v4 Flag Football games are played on Intramural Field 13. Your game schedule on “My Rec Portal” will indicate which field you will be playing on. Should you need assistance locating your field, please ask the on-duty Recreational Sports Supervisor in the red or white polo. Intramural Field 13 is located off Stadium Drive, between the Football Stadium and Softball Stadium. On google maps, typing in “UWG Intramural Fields” will direct you to the fields.

### Teams

#### Men’s and Women’s

Teams consist of 4 players with a minimum of 3 required to start a game. A team can have a maximum of 8 players on their roster.

#### CoRec

Teams consist of 4 players, 2 women and 2 men. A minimum of 3 players is needed to start a game, with no more than 2 being of a single gender and no less than 1 of a single gender. A team can have a maximum of 8 players on their roster.

### Equipment

A player wearing illegal equipment may not be permitted to play. This applies to any equipment which, in the opinion of the Recreational Sports staff, is dangerous or confusing. Types of equipment or substances which will always be declared illegal include:

- Jewelry
- Pants, shorts, or sweaters with pockets
- Hats or beanies with any hard spots, bills, knots, or balls
- No sandals, boot, metal cleats, or non-athletic shoes (such as crocs)
- Hooded sweatshirts
- Cutoff shirts
- Sunglasses
- Medical braces with any exposed metal

### Gameplay

#### Timing and Scoring:

The clock will run continuously for the entire first half (12 minutes).

There will be a three (3) minute halftime period in between halves.

The clock will run continuously for the first 11 minutes of the second half.

- **The last minute of the game**, the clock will stop for:
  - Incomplete legal or illegal forward pass – starts on the snap.
  - Out-of-Bounds – starts on the snap.
  - Safety – starts on the snap of the next play.
  - Team time-out – starts on the snap.
  - First down – dependent on the previous play.
  - Touchdown – starts on the snap (after the try).
  - Penalty and administration –dependent on the previous play. (EXCEPTION: Delay of game – starts on the snap).
  - Referee’s time-out – starts at his/her discretion.
  - Team A is awarded a new series – dependent on the previous play.
  - Team B is awarded a new series – starts on the snap.
  - Inadvertent whistle – starts on the ready.

All touchdowns are worth six (6) points.

For the PAT attempt, teams will have the following options:

- 1 point from the 3 yard line
- 2 points from the 10 yard line
- 3 points from the 20 yard line

### **Game Rules:**

The ball will be placed at the 10 yard line to begin each half of the game, and following a PAT try, touchback, safety, and loss of downs, unless moved by penalty.

Offensive team must snap the ball within 25 seconds after the Officials has blown his / her whistle (If a snap hits the ground then the offense is down at that spot).

After the snap there must be a legal forward pass for each down (the receiver must touch the ball beyond the offensive team’s line of scrimmage). The offensive team’s QB has 7 seconds to release the ball on a forward pass (Lose of a down and spotted at previous spot). Backward passes that hit the ground in play are dead at the spot.

A runner is not allowed to advance the ball past the line of scrimmage; Offense must commit a legal forward PASS,

*Penalty: Illegal advancement 3 yards*

A defensive players must wait 3 seconds after the snap before they can rush the QB (Time indicated by the Official)

Offensive team must have one person on the line of scrimmage at the snap of the ball.

- One player may be in motion, but not forward at the time of the snap.
- Following a huddle or shift, all offensive players must come to a full stop for one second prior to the snap.

Offense will have 4 consecutive downs to advance the ball to mid-field for a first down or the end zone for a touchdown.

The ball becomes dead when:

- The whistle blows. (On inadvertent whistles, the team may replay the down or take the ball at that spot.)
- It goes out of bounds.
- Any part of the runner’s body other than a hand or foot touches the ground. Ball in possession is considered part of the hand.
- After any score
- A forward or backward pass or snap hits the ground. (Dead at spot on backward pass and snap).
- The flag belt is removed legally. (If the belt falls off, one hand touches between shoulders and knees).
- If a player or ball from an adjoining field interferes with the result of a play the official shall stop play and offer the team in possession the option of replaying the down, or taking the ball at the spot of the interruption.

There are NO Punts. If a team does not reach mid-field in 4 attempts or does not reach the end zone in 4 attempts, then the opposing team will gain possession at their 10 yard line to start their possession.

Overtime: Each team will get an attempt to score from the 3 yard line for 1 point or from the 10 yard line for 2 points. If the defensive team intercepts or recovers a fumble the attempt is over.

## Penalties:

### 3 Yard Penalties

- Use of Illegal Equipment
- Delay of game
- False Start
- Encroachment
- Illegal Procedure
- Illegal Forward Pass (3 yards from the point of the pass and loss of down)
- Illegal Advancement
- Helping the runner: the runner shall not grasp a teammate or be grasped, pulled, or pushed by a teammate

### 5 Yard Penalties

- Two (2) or more consecutive encroachments during the same interval between downs
- Illegal participation
- Offensive pass interference (Loss of down)
- Defensive pass interference (Automatic first down)
- Illegally secured flag belt on TD (TD nullified and loss of down)
- Unsportsmanlike conduct
- Spiking the ball or not returning the ball to the official during the dead ball
- Hurdling
- Unnecessary conduct of any sort
- Defensive illegal use of the hands
- Flag Guarding

## Injury and Blood Rule

University Recreation does not provide accident insurance coverage for injuries received by Recreational Sports participants. Each participant should make sure they have their own coverage prior to participating. Injuries are a possibility. UREC Recreational Sports assumes no responsibility for injuries. However, basic First Aid will be available.

A player who is bleeding, has an open wound, or has any amount of blood on his/her uniform or on the player shall be considered an injured player. No player will be permitted to enter or reenter the game as long as there is blood on his/her jersey or uniform.

Any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate healthcare professional.

**\*Recreational sports staff has the right to withhold a player from play\***

## Sportsmanship

The Sportsmanship Rating System is intended to be an objective scale by which teams' attitude and behavior can be assessed throughout the regular season and the playoffs. Behavior before, during, and after a Recreational Sports contest is included in the rating. The team captain is responsible for educating and informing all players and spectators affiliated with his/her team about the system. Furthermore, the team is responsible for the actions of the individual team members and spectators related to it.

At the conclusion of each contest, the Recreational Sports Staff present will assign each team a Sportsmanship rating based on a grading scale of "1-4".

**4 pts- Good Conduct and Sportsmanship:** Players cooperate fully with the officials and Recreational Sports staff. The captain is the only player to converse about rule interpretations and calls and does so in a polite and respectful manner.

The captain also has full control of their teammates. Team is respectful to their opponents, officials, scorekeepers, spectators and Recreational Sports staff.

\*Teams who default will receive a 4-sportsmanship rating

**3 pts- Average Conduct and Sportsmanship:** Team members complain about decisions made by the Officials and/or show minor dissent. Team members show minor disrespect to someone involved in the contest.

**2 pts- Below Average Conduct and Sportsmanship:** Team shows verbal dissent towards officials And/or the opposing team. Captain exhibits minor self-control and little or no control over their team.

**1 pts- Poor Conduct and Sportsmanship:** Players constantly comment to the officials and/or opposing Team from the playing area or sidelines. Team captain has no self-control and no control over their team's actions.

**0 pts- Very Poor Conduct and Sportsmanship:** Team is completely uncooperative. Captain has no Control over teammates and/or themselves.

\*Teams who no show

\*3 Unsportsmanlike infractions or game forfeiture.

Any player that is ejected during a recreational sports game will be removed from the game. Please see the ejection process outlined in the Recreational Sports Handbook to review the process of returning to play.