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## University Recreation

### 4v4 Flag Football – Intramural Sports

*NIRSA Rules will be used with Modifications by LSU UREC*

#### Section One: General Rules

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1. Eligibility
  - a. This activity will be conducted according to standard eligibility rules as set forth in the current LSU University Recreation's Intramural Sports Participant Handbook
  - b. Participants must be listed on their respective team rosters prior to participating and an LSU Tiger Card must be shown prior to entering a contest.
  - c. The participation by an ineligible player will subject the offending team to forfeiture of the contest in which the ineligible player participated, and possible removal from the league.
2. Players
  - a. The game shall be played between two teams of four (4) players each.
  - b. A team may begin a game with a **minimum of three (3) players**
  - c. Team representatives (players, substitutes, coaches, trainers, and other persons affiliated with the team) are subject to the rules of the game and shall be governed by decisions of officials assigned to the game. **All patrons are under the jurisdiction of the Intramural Sports staff from their moment of arrival to their time of departure.**
3. Inclement Weather
  - a. The decision to play scheduled games threatened by bad weather or wet playing areas will be made at 3:00 pm on that day.
  - b. Players and officials should call the Rain Hotline (225) 578-7246 (LSU-RAIN) to obtain information regarding the status of the games for that day.
  - c. If games are canceled due to inclement weather, Intramural Sports will attempt to reschedule the game as soon as possible. If a game cannot be rescheduled, both teams will receive a TIE and a 4 in sportsmanship for that contest.

#### Section Two: Playing Area

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1. The Field
  - a. The field measures 40 yards in length, goal line to goal line, and 30 yards in width. End zones are ten (10) yards in length. There shall be one (1) set of hash marks dividing the field into halves

#### Section Three: Equipment

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2. Official Ball
  - a. Regulation sized footballs will be used for all games (unless teams decide differently)
3. Players
  - a. All players must wear athletic, closed-toe shoes.
  - b. Cleats of soft or hard rubber shall be allowed, but metal cleats are not permitted.
  - c. Players who are caught wearing metal cleats will be automatically ejected from the game.
  - d. Players must remove all jewelry prior to participation, including (but not limited to) piercings, watches, necklaces, and bracelets.
  - e. Protective equipment may be worn by any player at all times. However, it must be worn properly. Padding must cover splints, braces, and/or casts.
  - f. The Intramural Sports staff may prohibit the use of any type of protective equipment that presents considerable risk to the safety of other players.

- g. The Intramural Sports staff may prohibit the use of any equipment that may perceptibly affect the game, compromise the safety of participants or fans, or enhance a player's performance.
- h. Equipment that includes computers, electric components, or mechanical devices shall be declared illegal.
- i. Each player must wear pants or shorts with no belts, belt loops, pockets, and/or exposed drawstrings. A player's pants/shorts color may not match his/her flag belt color at any time.
- j. Players may not wear shirts with hoods or any other piece of clothing with zippers that could cause injury to other players.
- k. Players are required to wear flag belts for the duration of the contests. Flag belts are provided by UREC Intramural Sports.
- l. Shirts must be tucked in at all times.

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#### **Section Four: Timing and Beginning Play**

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- 1. Game Time
  - a. Playing time is two 10 minute halves (run continuously until the last minute)
  - b. 3 Minute halftime (at most)
  - c. In the last minute clock will stop for:
    - i. Out of bounds
    - ii. Incomplete pass
    - iii. Scoring plays
    - iv. Change of possession
    - v. First downs
    - vi. Penalty enforcement
    - vii. Timeouts
  - d. Teams will have 2 timeouts for the entire game
- 2. Mercy Rule
  - a. There is no mercy rule

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#### **Section Five: Beginning Play**

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- 1. All drives will start at the ten (10) yard line of the team in possession
  - a. Following all scores, turnovers, and the start of each half
  - b. Only change will be due to penalty
  - c. If a team intercepts the ball or force a turnover on downs they will start at their own 10 yard line unless the play resulted in a touchdown/safety

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#### **Section Six: Players**

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- 1. Offense
  - a. The offense must have at least one (1) player on the line of scrimmage at the snap (this can be the player snapping the ball).
  - b. Only one offensive player may be in motion when the ball is snapped. This motion must begin more than one second before the ball is snapped, and must be parallel to, or away from the line of scrimmage.
  - c. Substitutions may occur during a stoppage of play ONLY.
- 2. Defense
  - a. Prior to the snap, no defensive player may be closer than one (1) yard to the offensive line of scrimmage during all scrimmage downs. Defensive players may not break into the neutral zone until the ball is snapped.

## Section Four: Game Regulations

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**\*\*All rules and regulation will follow the 2019 & 2020 NIRSA Flag Football Rules Book & Officials' Manual\*\***

**\*\* All games will follow 7v7 Flag Football Rules and Regulations with the following Modifications\*\***

1. Series of Downs
  - a. Teams will have three (3) downs to advance the ball to the next scrimmage line or score
  - b. A new series is awarded when:
    - i. The ball legally moves into the next zone
    - ii. Change of Possession
    - iii. Score
2. Ball Placement
  - a. Ball will be placed at the 10 yard line following scores, change of possession, and start of each half
  - b. There is no kicking
3. Legal Forward Pass
  - a. Must have a legal forward pass every down
  - b. The offense has 5 seconds to pass the ball forward from the time of the snap
  - c. Forward passes stop the count and avoids the penalty
  - d. The receiver of the forward pass may be anywhere on the field
4. Runner
  - a. The quarterback is not allowed to run until a legal forward pass has occurred
  - b. There are no restriction once there has been a legal forward pass
5. Defense
  - a. The defense must start 1 yard from the line of scrimmage
  - b. The defense cannot enter the backfield until there has been a legal forward pass
6. Penalties
  - a. All 10 yard penalties are 5 yards
  - b. All 5 yard penalties are 3 yards

## Section Eight: Overtime

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1. There is no overtime in the regular season
2. Coin toss will decide which team will attempt first (similar to college football rules)
3. Each team will attempt to score an extra point
  - a. 3 yard line – 1 point
  - b. 10 yard line – 2 points
  - c. 20 yard line – 3 points
4. If Team A scores on their first attempt; Team B must score a point equal to or greater than that of team A. If Team B scores a point equal to team A, the overtime will continue. If Team B scores a point greater than Team A, then Team B will be awarded the win.  
Failure to score any point in attempt to tie or take the lead will result in a loss.
5. In the event both teams score the equal value of points in the first overtime, a second overtime will take place. IF Team A started the first overtime period on offense, they will then begin the second overtime period on defense. \*  
**\*This process will be repeated until a winner is declared.**