4 v 4 FLAG FOOTBALL
Information Sheet

This information sheet is intended to provide basic information and rules for this activity.

ELIGIBILITY
Adams State University and Trinidad State Junior College students, faculty/staff, and Adams State University faculty/staff spouses are eligible to participate.

To participate in a team sport, each player must be added to his/her online team roster prior to game time. Each participant may play for only one flag football team.

DAYS, TIMES, AND LOCATION
Games will be played Sundays 1:00 PM to 5:00 PM. Games will be played on the Rex Stadium turf field.

CHECK-IN
It is recommended that participants check-in with an Intramural employee at least ten minutes prior to game time. All participants must show a valid and current ASU or TSJC ID before every game.

FORFEITS
Teams are encouraged to arrive ten minutes before game time. FORFEIT TIME IS GAME TIME! A forfeit is given to teams with less than three legal players at game time. Teams receiving their second forfeit may be dropped from regular season and elimination tournament play. A $30 forfeit bond will be charged to each team that wishes to continue play after their first forfeit.

EQUIPMENT
• The official ball must be pebble-grained leather or rubber-covered and meet the recommendations of size and shape for a regulation football. Men shall use the regular size football only.
• Shirts/jerseys must be long enough to remain tucked in pants/shorts during the entire down. Teams may elect to play in matching uniforms that conform to these standards. Players must wear athletic pants or shorts without any belt(s), belt loop(s), or exposed drawstrings. Pants or shorts without pockets are strongly recommended. Jeans and other pants/shorts with pockets made of unyielding material will not be allowed!
A player wearing illegal equipment shall not be permitted to play. This applies to any equipment that, in the opinion of the Scorekeeper or Referee, is dangerous or confusing.

**Types of equipment or substances which shall always be declared illegal include:**

(a) Headwear containing any hard, unyielding, stiff material, including billed hats or items containing exposed knots.
(b) Jewelry.
(c) A cast or brace made of hard or unyielding substance, such as, but not limited to, leather, plaster, plastic, or metal.
(d) Shoes with metal or ceramic cleats. Cleats with studs or projections that exceed ½ inch in length are also illegal.
(e) Shirts or jerseys that do not remain tucked in. Any hood on a coat, sweatshirt, or shirt that does not remain tucked in is also illegal.
(f) Pants or shorts with any belt(s), belt loop(s), or exposed drawstring(s).
(g) Knee and ankle braces, which are altered from the manufacturer’s original design.
(h) Exposed metal on clothes or person.
(i) Towels attached at the player’s waist.

**OFFICIALS**
The Office of Intramural Activities will provide all officials. Officials and scorekeepers assigned to your match have the authority to make decisions on any point not specifically covered by rules of the game or by intramural policies.

**LIABILITY**
All participants play at their own risk and must acquire their own insurance.

**INCLEMENT WEATHER**
The decision to cancel activities due to inclement weather will be made at the Intramural Coordinator’s discretion. Captains will be informed by text or email of game cancellations.

**TOURNAMENT INFORMATION**
There will be a single elimination tournament following regular season play. Teams will be ranked according to win percentage. If more than one team has the same win percentage, head to head match ups will be considered to break the tie. Teams will be seeded in the tournament accordingly.

**RULES**
The 2013-14 NIRSA Flag & Touch Football rules will apply with the following points of emphasis and/or exceptions. This Rule sheet is only intended to provide the basic rules for intramural flag football. The Intramural Office (Rex Activity Center room #2) has a copy of the official NIRSA Flag & Touch Football rulebook available for you to look at.
1. **Team Composition:** Teams may consist of three (minimum) to four (maximum) players on the field. Team rosters are limited to seven participants.

2. **Game Duration:** Each game will consist of two fifteen minute halves with a two minute break between halves.

3. **Timing:** The clock will stop for all time-outs and injuries. The clock will stop during the last minute of each half on incomplete passes, out of bounds, first downs, penalties, changes of possession, and scoring plays. However, if one team has a 10-point or more advantage during the second half, the clock will run regardless of the outcome of the play unless a time out is called.

4. **Timeouts:** Each team will have 3 time-outs per game. Only one time-out is permitted in case of overtime. No accumulation of time-outs is allowed.

5. **Coin Toss:** The captain winning the coin toss shall have a choice of options for the first half or shall defer his/her option to the second half. The options for each half shall be:

   a. To choose whether his/her team will start on offense or defense.

   b. To choose the goal his/her team will defend.

   The captain not having the first choice of options for a half shall exercise the remaining option.

6. **Playing Field:** The playing field shall be 40 yards long by 20 yards wide with zone lines to gain every 10 yards. The end zone areas will be 10 yards long by 20 yards wide. Teams will start a new series at the start of a game, half, or after a score at their own 7-yard line.

7. **Penalty Enforcement:** All 5-yard penalties will be assessed at 3 yards and all 10-yard penalties will be assessed at 5 yards.

8. **Series of Downs:** The team in possession of the ball shall have 4 consecutive downs to advance to the next zone (first down line). A new series of downs shall be awarded when a team moves the ball into the next zone on a play free from penalty, or a penalty against the opponent moves the ball into the next zone, or an accepted penalty against the opponent involves an automatic first down.
9. **Punting**: Prior to making the ball ready for play on fourth down, the Referee will ask the offensive captain if he wants to punt. The offensive team may request to punt on any down. After such announcement, the ball must be punted. [Exception: If (a) a time-out is called by either team, or (b) the period ends, or (c) a foul occurs any time prior to or during this down that results in the kicking team having the right to repeat the down. The offensive team may then change their decision whether or not to punt the ball.] **Neither K (kicking team) nor R (receiving team) may advance beyond their respective line until the ball is punted.** After receiving the snap, the kicker must immediately punt the ball in a continuous motion; any intentional delay to punt the ball will result in a penalty. When a punt, which has crossed K’s scrimmage line, touches any player from either team and then hits the ground, the ball is dead and belongs to R. However, if a punt hits R and is caught by K before the ball touches the ground, the ball is dead, belongs to K, and a new series begins for K. K may not kick to themselves.

10. **Offensive Screen Blocking**: The offensive screen block shall take place without contact. The screen blocker shall have his hands and arms at his side or behind his back. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive players' screen block is illegal. A blocker may use his hand or arm to break a fall or to retain his balance. A player must be on his feet before, during, and after screen blocking. Teammates of a runner or passer may interfere for him by screen blocking, but shall not use interlocked interference by grasping or encircling one another in any manner. Defensive players must go around the offensive player's screen block and may not initiate contact with his opponent if he is splitting two offensive screen blocks. The arms and hands may not be used as a wedge to contact the opponent. The application of this rule depends entirely on the judgment of the official.

11. **Flag Guarding**: Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. Examples of flag guarding include, but are not limited to:
   a. Placing or swinging the hand or arm over the flag belt.
   b. Placing the ball in possession over the belt.
   c. Lowering the shoulders in such a manner which places the arm over the flag belt.

**Summary of Fouls and Penalties**

*All 5 yard penalties will be assessed at 3 yard and all 10 yard penalties will be assessed at 5 yards.*

**Loss of 5 Yards**
1. Required Equipment Worn Illegally
2. Delay of Game (Dead Ball)
3. Substitution Rules Infractions
4. Infraction of Punt Formation
5. Encroachment (Dead Ball)
6. False Start (Dead Ball)
7. Illegal Snap (Dead Ball)
8. Offensive Player Not Within 15 Yards of Ball
9. Infraction of Scrimmage Formation
10. Player Out-of-Bounds When Ball is Snapped
11. Offensive Player Illegally in Motion
12. Player Receiving Snap Within 2 Yards of Scrimmage Line
13. Illegal Shift
14. Intentionally Throwing Backward Pass or Fumble Out-of-Bounds to Conserve Time (Loss of Down if by Team A)
15. Illegal Forward Pass (Loss of Down if by Team A)
16. Intentional Grounding (Loss of Down)
17. Helping the Runner

**Loss of 10 Yards**
1. Illegal Player Equipment
2. Two or More Consecutive Encroachments During Same Interval Between Scrimmage Downs
3. Offensive Pass Interference (Loss of Down)
4. Defensive Pass Interference (Automatic First Down)
5. Illegally Secured Flag Belt on Touchdown (Loss of Down if by Offense) (Automatic First Down if by Defense)
6. Unsportsmanlike Player Conduct
7. Spiking, Kicking, or Throwing Ball During Dead Ball
8. Personal Fouls: i.e. (Strip or attempt to strip the ball, Unnecessary Contact of Any Nature, Hurdling, Drive or Run into a player, Tackling the runner, etc.)
9. Roughing the Passer (Automatic First Down)
10. Illegal Offensive Screen Blocking
11. Defensive Use of Hands
12. Illegal Flag Belt Removal
13. Guarding the Flag Belt
14. Stiff Arm
15. Obstructing or Holding the Runner
16. Batting a Loose Ball
17. Illegal Kicking
18. Illegal Participation
Disqualification Associated With Certain 10 Yard Penalties:
1. Flagrant Unsportsmanlike Conduct by Players, Substitutes or Others Subject to the Rules
2. Intentionally Kicking at or Swinging an Arm, Hand or Fist at any Opposing Player
3. Flagrant Spiking, Kicking, Throwing Ball
4. Intentionally Contacting an Official or Supervisor
5. Flagrant Personal Fouls
6. Tackling the Runner
7. Intentional Tampering With Flag Belt-Offense (Loss of Down)
8. Intentional Tampering With Flag Belt-Defense (Automatic First Down)

If you have any questions contact Intramurals Office in The Rex Activity Center, (719) 587-7567. You can also access our web page at:  
http://www.imleagues.com/schools/adams