



## 4v4 FLAG FOOTBALL RULES & REGULATIONS

Please consult the Intramural Sports Participant Handbook for the complete list of Intramural Sports policies.

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### Facility

1. Games will be played at the Medical Fields on the Health Sciences Campus.

### Eligibility

1. Please reference the Intramural Sports Participant Handbook for player eligibility guidelines.
2. The Competitive Sports staff assumes responsibility for the investigation of eligibility for all participants upon request. University ID or SRC membership cards will be required during all intramural activities. Any individual the Competitive Sports staff deems to be ineligible will not be allowed to participate.
3. Participants must have an SRC membership and purchase an IM All Access Pass before being permitted to play any intramural sport activity. Information on applying for an SRC membership card can be found on WVU's website, found here: <https://campusrecreation.wvu.edu/membership> or at the SRC Front Desk. Information on purchasing IM All Access Passes can be found on WVU's website, found here: [www.wvugo.wvu.edu](http://www.wvugo.wvu.edu) or at the SRC Front Desk.

#### 4. Students

- a. All graduate and undergraduate students enrolled in academic courses are eligible to participate in Intramural Sports activities.

#### 5. Faculty and Staff

- a. All full-time and part-time faculty and staff members at WVU are eligible to participate in Intramural Sports activities given that they have obtained an SRC membership card.

#### 6. Spouses/Affiliates

- a. Spouses of full-time and part-time students, faculty and staff members are eligible to participate in Intramural Sports activities given that they have obtained an SRC membership card.
- b. Employees who are classified as "Affiliates" with West Virginia University are eligible to participate in Intramural Sports activities given that they have obtained a WVU membership card.

#### 7. Varsity Student Athletes, Coaches, and Staff

- a. Any person whose name appears on a collegiate varsity, junior varsity, or freshman roster as a player or a coach will be ineligible in that specific intramural sport after August 1<sup>st</sup> in the year they have quit the team, or their eligibility has expired. This includes all players who are "red shirted" in any sport, anyone who practices with a team regularly but does not participate in intercollegiate competition, and coaches, staff, or other individuals listed on the team roster.
- b. Former collegiate varsity athletes may participate in their related sport once eligible, however they must participate in the Competitive League (if offered, regardless how long they have been removed from a varsity roster) and a limit of one player is allowed per team roster in all sports.

#### 8. Sport Club Members

- a. Sport club members are defined as individuals who meet any one of the following criteria:

- i. Name appears on sport club team roster during the academic year
  - ii. Signed a consent form and is actively participating in club functions
  - iii. Actively participating with the club during their season
- b. Current sport club members may participate in their related sport either in competitive or recreational leagues, but must adhere to the following restriction:
  - i. 2-4 player teams = 2 club members
  - ii. 5-8 player teams = 3 club members
  - iii. 9+ player teams = 4 club members

## **Game Time & Timing Regulations**

1. Playing time shall be 30 minutes in duration, divided into two halves of 15 minutes each. Half-time shall be 5 minutes long. Time shall run continually throughout the entire game except for official or charged timeouts until the final 2 minutes of each half.
2. The 15-minute half will start at game time.
3. During the final 2 minutes of **each** half, the clock will stop under all situations outlined in the NIRSA Flag Football Rules Book.
4. Games will begin with a coin toss. The visiting team's captain will make the call.
5. The winner of the toss shall have the option to begin with possession at the 10-yard line or defer until the second half.
6. The team losing the toss shall have the choice of options at the start of the 2nd half, unless the team winning the toss deferred their option until the second half.
7. During the final 2 minutes of each half the clock will stop for the following:
  - a. Incomplete legal or illegal forward pass – starts on the snap.
  - b. Out-of-bounds – starts on the snap.
  - c. Safety – starts on the snap.
  - d. Team time-out – starts on the snap.
  - e. First down – dependent on the previous play.
  - f. Touchdown – starts on the snap (after the try).
  - g. Penalty and administration – dependent on previous play. (Except delay of game – starts on snap)
  - h. Referee's time-out – starts at his/her discretion.
  - i. Inadvertent whistle – starts on the ready for play whistle
8. Each team will be permitted 2 time-outs per half, these time-outs shall be a maximum of 1 minute in length. Time outs do not carry over.
9. The referee may start or stop the game clock whenever, in their judgment, either team is trying to conserve or consume playing time by using illegal or unfair tactics.

## **Overtime**

*Overtime will only be played during post-season games.*

1. Overtime will begin with a coin toss. The home team will call the toss.
2. The winner of the coin toss will choose either offense or defense. Both teams will have a chance to score and will be going towards the same goal.
3. Teams will alternate choices if additional overtime periods are played.
4. Each team will be given a series of downs from the same 20-yard line.
5. If the first team scores a touchdown, the second team still receives a series of downs to try and score.
6. If the defense intercepts the ball and returns it for a touchdown, they will win the game. If it is not returned for a score, the ball will be placed at the 20-yard line.

- Extra points will be attempted and scored as previously stated. If the defense intercepts a pass during the try, it is a dead ball, and the defense will take over at their 20-yard line. Each team is entitled to only one time-out per overtime. Timeouts will not carry over.

### Mercy Rule

- There will be no mercy rule in 4v4 Flag Football games.

### Player Equipment

- Head decorations, head wear, and jewelry are illegal player equipment. Only headbands less than 2 inches wide, made of nonabrasive, unadorned, single-colored cloth, elastic, fiber, soft leather, pliable plastic, or rubber will be permitted during the game. No bandannas (“do rags”) or hard-billed caps are allowed.
- We encourage teams to come ready to play in their own jerseys with numbers. In the event that teams do not come ready to play in their own jerseys with numbers, the Competitive Sports Staff will provide pinnies for the team.
- All jewelry of any type must be removed.
- Absolutely no pockets are permitted. This includes pockets on shorts and shirts/sweatshirts. Taping pockets is also not permitted.
- You must schedule an appointment with a Competitive Sports Coordinator prior to playing if you have a special equipment need (i.e. medical). All equipment decisions made on site by the Intramural Staff on duty shall be final.
- The Competitive Sports Staff will provide a game ball. This ball will not be used during warm-ups. Teams are advised to bring their own ball to warm up with.

### The Team

- A team will consist of 4 players. The minimum number of players required to start play is 3. Play must start if 3 players are present. If 3 players are not present at the allotted game time, the team will start with a losing score of 6-0, plus loss of game time. During the game, if a team must play with fewer than four players, it will be the officials’ discretion whether to continue said game.
  - CO-REC:** A team will consist of at least two males and two females. A complete team may have 2 males and 1 female or 1 male and 2 females.
- If a team is not ready for play at game time, a grace period of up to 5 minutes will be automatically enacted. The game clock will run through the grace period. (Ready for play means dressed, on the field/court, & signed in).

Minutes Late	Penalty	Sportsmanship
0-4:59 minutes	Starting score, 6-0	Max 3.0
5 minutes	Forfeit	Max 2.0

- Valid WVU ID Cards are required for participation.

### Substitutions

- Teams may substitute during dead ball situations. No substitute may enter the field of play during a live ball situation.
- Any number of eligible substitutes may replace players.

3. Must enter the field on their team's sideline within their team box.
  - a. Team boxes are between the 20 & 20 on each team's side of the field.

### Start of Play

1. The ball shall be placed at A's 10-yard line to begin each half of the game and following a Try, touchback, or safety, unless moved by a penalty.
  - a. Note: There are no kickoffs in flag football.

### Scoring

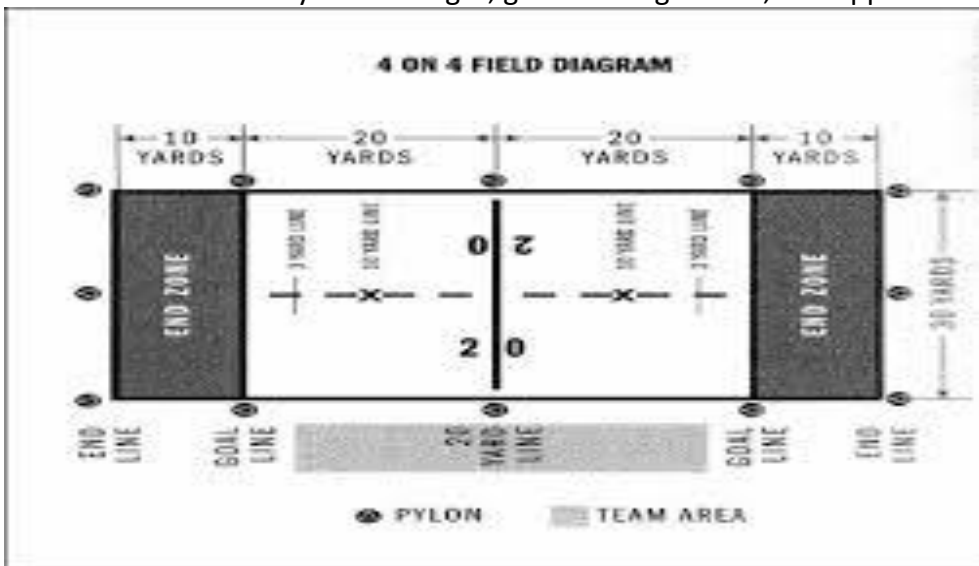
1. A touchdown counts 6 points. In Co-Rec, a touchdown scored by a male is worth 6 points and a touchdown scored or thrown by a female is worth 9 points.
2. The scoring team may elect to try for a 1-point attempt from the 3-yard line, a 2 point attempt from the 10-yard line, or a 3 point attempt from the 20-yard line. This option must be chosen at the request of an official.
3. During extra point attempts, if the defense intercepts, the ball is dead.
4. A team is permitted the extra point if a touchdown is scored as time expires, if it will affect the game's outcome.
5. A safety results in 2 points.

### Series of Downs

1. After gaining possession of the ball, a team has **three** downs in which to reach the next zone line to gain a first down. If this does not happen, the ball will be turned over to the opposing team at the same spot.
2. *There must be a legal forward pass each down.* The receiver must touch the ball beyond A's scrimmage line. A has 5 seconds to release the ball on a forward pass. If A fails to release the ball in time, it is a loss of down and the ball is next snapped at the position where the A was at the whistle.

### Field Dimensions

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



## Special Rules

1. Flag Guarding: Runners shall not flag guard by using his/her hands, arms, or the ball to cause contact between the runner and an opponent that denies the opponent the opportunity to pull or remove the flag belt.
2. Offensive Screen Blocking: The offense may only block without creating any contact. The blocker acts as a screen to ward off defenders. Defensive players must go around the offensive player's screen block. The arms and hands *may not* be used as a wedge to contact the opponent.
  - a. ***Screen Blocking Fundamentals***: A player who screen blocks shall not:
    - i. Take a position closer than a normal step when behind a stationary opponent.
    - ii. Make contact when assuming a position at the side or in front of a stationary opponent.
    - iii. Take a position so close to a moving opponent that the opponent cannot avoid contact by stopping or changing direction. The speed of the player will determine this, and the position will vary.
    - iv. After assuming the legal screening position move to maintain it, unless moving in the same direction and path as the opponent.
3. Illegal Advancement: An A runner cannot advance the ball through A's scrimmage line. There are no restrictions after a change of possession or once a legal forward pass has been touched beyond A's scrimmage line.

## Penalties

1. All 10-yard penalties are now 5 yards, and all 5-yard penalties are now 3 yards.
  - a. 3-Yard Penalties
    - i. Delay of Game
    - ii. Encroachment
    - iii. False Start
    - iv. Illegal Snap
    - v. Illegal Formation
    - vi. Failure to Wear Required Equipment
    - vii. Illegal Forward Pass (Loss of Down)
    - viii. Illegal Reception (Loss of Down)
    - ix. Illegal Motion
    - x. Illegal Procedure
    - xi. Illegal Shift
    - xii. Illegal Substitution
    - xiii. Intentional Grounding (Loss of Down)
    - xiv. Illegal Advancement
    - xv. Aiding the Runner
      - i. Illegally Consuming Time
  - b. 5-Yard Penalties
    - i. Illegal Participation
    - ii. Kick Catch Interference
    - iii. Flag Guarding
    - iv. Illegal Flag Belt Removal
    - v. Illegal Bat, Illegal Kick
    - vi. Illegal Contact, Stiff Arm
    - vii. Illegal Secured Flag Belt (Loss of Down)
    - viii. Pass Interference

- ix. Personal Foul
- x. Roughing the Passer (Automatic 1st Down)
- xi. Unsportsmanlike Conduct

### Co-Recreational Modifications

1. On offense, a player may not advance the ball past the line of scrimmage by running, after a legal forward pass has been thrown.
2. During the offensive team's possession, there may not have 2 consecutive plays involving male to male pass completions. This rule also applies to point after attempts. If a male passer completes a legal forward pass to a male receiver, the next legal forward pass completion must involve either a female passer or a female receiver for net positive yards. There are no restrictions concerning completions to a female receiver.
  - a. On an "open play," there are no restrictions on who can throw and receive a pass.
  - b. In order to open a closed play, a female must be involved in a play that includes a forward pass for positive yards.
    - i. If a male player throws to another male, it will be an illegal male reception penalty.
  - c. If a female player scores a touchdown or throws a legal forward pass in which the play results in a touchdown, the touchdown point value is 9 points.
    - i. Try attempts are still only worth 1, 2, or 3 points no matter who scores it
3. Penalties have no effect on a down's "open" or "closed" status.
4. When a new series of downs are begun, the first play is always "open."

### Definitions

1. **DE-FLAGGING-** A player is downed and his/her forward progress ceases when he/she is de-flagged (belt clip has come undone) as a result of the defense, while the ball is in his/her possession. The official will determine where the de-flagging occurred, not where the belt actually fell off.
2. **FUMBLE-** A fumbled ball becomes dead when it touches the ground. If the ball is fumbled forward, the ball is placed at the spot where the fumble occurred (when possession was lost). If the ball is fumbled backward, it is placed where it hit the ground. If the offense fumbles the ball in their own end zone, a safety is awarded to the defense. If the offense fumbles the ball into the opponent's end zone, the ball is awarded to the defense and placed on the 10-yard line (touchback).

### Sportsmanship

Teams will receive a rating each week, by the officials' discretion, on a scale of 1.0-5.0, that will create an average at the end of the season. They must have an average of a 3.0 or above to be eligible for playoff participation. Sportsmanship ratings are outlined as follows:

- 5.0 = Superior → Outwardly enthusiastic and courteous to other teams and their players
- 4.0 = Good → Respectful, pleasant behavior, no warnings
- 3.0 = Average → Overall acceptable behavior, some issues with individual participants, receive and adhere to verbal warnings, no unsportsmanlike conduct fouls
- 2.0 = Poor → Little control over unsportsmanlike behavior, multiple unsportsmanlike conduct fouls, no ejections
- 1.0 = Unacceptable → No control over unsportsmanlike behavior, one ejection

*Further questions can be directed to [intramural.sports@mail.wvu.edu](mailto:intramural.sports@mail.wvu.edu).*

