

**UNIVERSITY OF NOTRE DAME
INTRAMURAL SPORTS
4 V 4 FLAG FOOTBALL RULES**

INTRAMURAL POLICIES AND PROCEDURES

A. ELIGIBILITY

Notre Dame undergraduate students, graduate students, faculty, and staff are eligible for participation. To play in all Intramural sports, participants must have a valid Notre Dame ID.

B. LOCATION:

All games will be played at Loftus.

C. FORFEITS/RESCHEDULES:

If a team does not have the minimum amount of players at game time, that team will forfeit. No reschedules will be permitted in this sport. If a team cannot make a game, they may call the Intramural Intern 631-3536 before 3:00pm the day of the game or 12:00pm on the day of game for weekend events and request a default. A default results in a loss, but is not considered a forfeit. Defaults and forfeits result in a 9-0 win for your opponent.

D. SCHEDULE:

All schedules are posted online and it is the captain's responsibility to check for updates/changes.

E. INCLEMENT WEATHER

No weather-related cancellations will occur before one hour prior to the scheduled game time. If a game is cancelled, the captain will be called.

F. ROSTER ADDITIONS:

Players may be added to the roster at any point during the regular season. Players may not be added during playoffs.

G. INSURANCE WAIVERS:

All players must fill out an insurance waiver before playing intramural sports. Waivers are to be completed on the IMLeagues website

H. CHECK-IN:

It is the responsibility of each player to find the supervisor working and check-in with them before playing in any intramural activity. Failure to check in with the supervisor and playing in any intramural activity may result in suspension from future intramural activity.

I. SPORTSMANSHIP:

Participants and fans must respect players and intramural staff and follow instructions given to them by the staff. Foul language, taunting, or any other unsportsmanlike behavior will not be tolerated. Any participant or fan yelling, gesturing, or any other act in a negative manner toward opposing teams, players, fans, or RecSports staff will receive a penalty. These penalties will be assessed to the fan or participants team. These penalties can include a technical foul, yellow card, unsportsmanlike conduct, or sport specific penalty. If committed by a fan the captain of that team will be assessed the penalty. Any participant who receives a conduct penalty of this nature, must leave the field of play to fill out an Incident Report with RecSports staff. **Flag Football Penalty**-Unsportsmanlike conduct. Player must leave field and cannot re-enter game until supervisor has filled out an incident form.

J. ALCOHOL, TOBACCO & DRUGS:

Notre Dame Intramural Sports has a zero tolerance policy for alcohol, tobacco, or any other drug at intramural events on or off campus. Furthermore, RecSports staff reserves the right to remove participants or fans suspected to be under the influence of drugs or alcohol. The removal process may involve the assistance of authorities such as NDSP or member of The South Bend Police Department.

SPORT RULES

All Rules and regulations are derived from the 2015-2016 NIRSA Flag and Touch Football Rules Book.

A. TIMING

1. GAME TIME IS FORFEIT TIME!
2. Games will consist of two 12- minute halves. The clock stops the last 1-minute of the second half, otherwise, the clock will run continuously barring timeouts.
3. Each team is permitted two time-outs per game.
4. A period may be extended by an “un-timed” down when, during the last timed down and dead ball interval there is a double foul, an accepted live or dead ball foul, or an inadvertent whistle and the down is to be replayed. If a “loss of down” penalty is accepted, there will be no untimed down.

B. THE FIELD

1. The field measures 40 yards in length, goal line to goal line, and 30 yards in width.
2. The ball shall be placed at the A 10 yard line to begin each half of a game and following a Try, touchback or safety, unless moved by penalty.

C. DOWNS AND SCRIMMAGE LINE

1. Teams have 3 consecutive downs to advance the ball to the next zone by scrimmage.
2. There are no punts.
3. At least 1 player must be on the scrimmage line at the snap.
4. An A runner cannot advance the ball through A’s scrimmage line. There are no restrictions after a change in possession or once a legal forward pass has been touched beyond A’s scrimmage line.
 - i. Penalty: Illegal advancement, 3 yards, replay down.

D. PASSING

1. There must be a legal forward pass each down.
2. The receiver must touch the ball beyond A’s scrimmage line.
3. Team A quarterback has 7 seconds to release the ball on a forward pass.
 - i. If not it is a loss of down.
 - ii. Play will be whistled dead if ball has not been released in 7 seconds.

E. SCORING

1. Touchdown= 6 points
2. Safety=2 points
3. Try: Ball in play from the 3-yard line=1 point; ball in play from 10-yard line=2 points; ball in try from 20-yard line=3 points. Once a team’s captain declares their choice for a 1, 2, 3, point try, they choice can only be changed by a charged timeout by either team.
4. Regular season games may end in a tie.
5. **Mercy Rule:** If a team is 19 or more points ahead at the 1 minute warning, the game shall be over. If a team scores during the last minute of the game and the score creates a 19 or more point difference the game shall end at that point.

F. PLAYERS:

1. A team consists of 4 players on the field at one time. A team may begin a game with a minimum of 3 players.
2. A team may continue to play with less than 3 players due to injury or ejection if the official feels they still have a chance to win.
3. Players may substitute freely between downs.
4. Each substitute shall be in uniform, ready to play, with flags in position at the time of substitution

G. COREC DIFFERENCES

1. A team consists of 4 players on the field at one time, 2 males and 2 females. A team may begin a game with a minimum of 3 players, 2 males and 1 female or 2 females and 1 male.

2. Each series will start of as “Open” meaning any gender combination of a legal forward pass is acceptable (ie male to male, female to male, female to female, male to female).
3. Once a male to male forward pass is completed, the next play will be “Closed” meaning a female must be involved in the completion of a legal forward pass by catching or throwing of the pass. If a female is involved in the completed legal forward pass and the play gains positive yards, the next play will be “Open.”
4. Touchdowns scored by a female or a touchdown that is scored with a female throwing the legal forward pass are worth 9 points.
5. Tries for 1, 2 and 3 retain the “Open” and “Closed” status from the result of the previous play.
6. **Mercy Rule:** If a team is 25 or more points ahead at the 1 minute warning, the game shall be over. If a team scores during the last minute of the game and the score creates a 25 or more point difference the game shall end at that point.
7. Penalties have no bearing on whether the next play is “Open” or “Closed.”

H. EQUIPMENT

1. Each person must wear pants or shorts, which do not have any belt loops, pockets, exposed drawstrings or exposed knots. Taping pocket, loops or drawstrings in prohibited.
2. Shorts or pants must be a different color than the flag.
3. Teams must wear matching color shirts with different numbers. They may bring their own or use RecSports jerseys.
4. Shirts must be tucked in or the bottom of the shirt must be at least 4 inches about the waistline.
5. A small towel may be place under the ball and snapped from it.
6. Teams must supply their own ball.
 - i. All Campus must use a regular size ball.
7. No casts are allowed. No pads or braces are allowed about the waist.
8. Baseball caps are illegal.
9. Each player must wear closed toe shoes and have no exposed metal, ceramic, sharp points or detachable cleats. **Exception:** screw-in cleats are allowed if the screw is part of the cleat.

I. SUMMARY OF NIRSA FLAG FOOTBALL PENALTIES

Loss of 3 yards:

- Delay of Game (Dead Ball Foul)
- False Start (Dead Ball Foul)
- Encroachment (Dead Ball Foul)
- Illegal Snap (Dead Ball Foul)
- Offensive player leaving the field on the wrong side (Dead Ball Foul)
- Illegal Procedure
- Illegal Formation
- Illegal Motion
- Illegal Shift
- Player Receiving Snap Within 2 Yards of Scrimmage Line
- Illegal Forward Pass (Loss of Down, if by Team A)
- Intentional Grounding (Loss of Down)
- Illegal Substitution
- Aiding Runner by Teammates
- Required Equipment Worn Illegally
- Offensive player Not Within 15 Yards of the Ball once the ready for play whistle is blown, the player may line-up outside the 15 yard zone

Loss of 5 Yards:

- Illegal contact
- Eligibility Lost by Going Out of Bounds and Participating in the Play
- Offensive Pass Interference
- Defensive Pass Interference
- Straight Arm
- Flag Guarding
- Illegal Flag Belt Removal
- Personal Foul
- Roughing the Passer (Automatic 1st Down)
- Illegally Secured Flag Belt on Touchdown (Team A - Loss of Down, Team B Automatic 1st Down, and Player DQ)
- Illegal Participation
- Illegal Kicking (treated as a fumble)
- Illegal Stripping
- Unsportsmanlike Conduct (Players, Coaches, Substitutes, or Others)
- Illegal Player Equipment
- Quick Kick
- Spiking, Kicking, or Throwing Ball During Dead Ball
- Batting a Free Ball
- Receipt of an unsportsmanlike penalty

Note: If any of the above infractions are deemed "flagrant," the player will be disqualified. 2 or more consecutive Dead Ball penalties by the same team will result in a 10 yard penalty

J. Tie Break (Playoffs Only)

1. Tie breakers are to only be used in the playoffs. During the regular season, all ties will remain as such.
2. Coin Toss: there will only be one coin toss in overtime. If additional overtime periods are played, the captains will alternate choices. The choices are: offense, defense, or direction. All overtime periods are played toward the same goal line.
3. Timeouts: each team will receive 1 timeout for the entire overtime. Timeouts not used during regulation will not be carried over.
4. Unless moved by penalty, each team will start their possession at the 10 yard line of the opposing teams half of the field.
5. Each team has 3 downs (unless there is an Automatic 1st down) to score.
6. Try: will be the same as in regulation: 1 pt. – 3 yd. line, 2 pts. – 10 yd. line, 3 pts. – 20 yd. line.
7. If the score is still tied after one period, play will proceed to a second period or as many as are needed to determine a winner.
8. If the defense intercepts a pass or fumble, the ball will be declared dead.