4-on-4 Flag Football Rules

NIRSA National Collegiate Flag Football Rules shall govern play with the following clarifications and exceptions.

A participant may play for only 1 single-gender team. They may play on 2 teams if one of the teams is a Co-Rec team.

Intramural Sports Office: 912-344-2712

General Rules

Official Team: Male/Female team = Four (4) players  Co-Rec team = Four (4) players
Minimum = Three (3) players  Minimum = Three (3) players

Minimum number must be present to start the game and avoid a forfeit.

Game time is forfeit time!

Participants must bring their valid ID with them to the fields. NO ID, NO PLAY!

A minimum of 3 players must be on site, signed in, and ready to play to avoid a forfeit. Game time is forfeit time. Teams should check in with Intramural Staff Assistant a minimum of 15 minutes before their scheduled playing time.

A coin flip or blind number selection will decide first team possession.

Each team will receive 5 possessions to score as many points as possible. Teams will alternate possessions of the ball.

Teams will begin each possession at the 30 yard line (unless changed by penalty) with a first down. Teams will receive an additional first down after crossing the 20 yard line.

The 40 yard line serves as the offensive team's own goal line. If the offensive team is downed behind the 40 yard line, a safety is called, the defensive team receives 2 points and their possession of the ball begins at the 30 yard line.

Interceptions may not be returned and will result in an immediate dead ball and two points awarded to the defense. The offensive team will lose possession and the defensive team will take over at the 30 yard line. This
includes passes intercepted in the offensive team’s own end zone and passes intercepted on point after touchdown tries.

Three players must be on the line of scrimmage at the time of the snap unless a team is playing with three people. If a team is playing with three, two players must be on the line scrimmage.

There is a 40 minute time limit on the game. Each team will receive 1 time-out per game and 1 time-out per overtime period (if necessary).

Scoring: Touchdowns - 6 points, PAT from the 3 yard line - 1 point, PAT from the 10 yard line - 2 points, PAT from the 20-yard line- 3, safety - 2 points, interception- 2 points.

Mercy rule: If the point differential is too great to recover any time after 3 possessions the game will be called due to the mercy rule. (example: team A is leading by leading by 11 or more points and team B has 1 possession remaining)

Participants should be aware that there is a risk of injury in participation of intramural sports. Individuals participate in intramural sports at their own risk.

In a Co-Rec game, a normal team consists of two males and two females. Teams may play with one male or one female but must play with three during the game. A team must have at least one member of each gender to be eligible to play. All 8-on-8 (open plays, closed plays, illegal male advancement, etc.) rules apply to 4-on-4 Co-Rec games.