



UNIVERSITY
RECREATION
& WELLNESS

INTRAMURAL SPORTS

4v4 Flag Football

Eligibility Rules

1. All undergraduate and graduate students currently enrolled in any department or college of the University, current faculty, and staff shall be eligible for all Intramural Sports activities.
2. All players must have their current, valid University of Maryland ID in order to sign in and participate. Players may be added to the roster during the regular season at the game site. During the playoffs, a player must already appear on the roster to be eligible to play. Players may play on only one same-gender team and one coed team.
3. Members of the Varsity & Junior Varsity Volleyball Teams are NOT eligible to participate in Intramural Volleyball
4. Teams may have no more than two (2) Volleyball Club Members on their roster. Any team with two club players MUST PLAY IN THE "A" DIVISIONS. A team with one (1) club player may play in A or B.

Rules

4v4 Flag Football is played with the same rules as our traditional NIRSA 7v7 Flag Football league with the following modifications:

1. The game shall be played between 2 teams of 4 players each. Three players are required to start a match and avoid a forfeit.
2. The field is 40 yards in length and 30 yards in width.
3. The ball shall be placed at the 10yard line to begin each half of the game and following a try, touchback, or safety (unless moved by penalty). Note: there are no kicks.
4. Playing time shall be two 12 minutes halves.
5. The clock will state on the snap to begin each half. It will run continuously for the first 11 minutes unless topped by a team or referee's timeout.
6. Approximately 1 minute before the end of each half, the referee shall stop the clock and inform both captains of the playing time remaining in the half. The clock restarts on the snap.
7. In the last minute of each half, a start/stop clock shall be used.
8. Each team is entitled two (2) timeouts per game.
9. A team shall have 3 consecutive downs to advance the ball to the next zone by scrimmage.
10. A new series of downs is awarded when a team moves the ball legally into the next zone or the opponent obtains possession of the ball by penalty, pass interception, or failure to advance to the next zone
11. The offensive team must have at least 1 player on the scrimmage line when the ball is snapped (the center).
12. A runner on the offensive team cannot advance the ball through the line of scrimmage. However, there are no restrictions after a change of possession or once a legal forward pass has been touched beyond the line of scrimmage.
13. There must be a legal forward pass each down. The receiver must touch the ball beyond the line of scrimmage. The offensive team (quarterback) has 7 seconds to release the ball on a forward pass. If not, it is a loss of down and the ball is next snapped at the previous spot. The referee will sound his/her whistle at 7 seconds if the passer has possession of the football.
14. All 10 yard penalties are 5 yards and all 5 yard penalties are 3 yards.

Taken from the NIRSA 2017-2018 NIRSA Flag & Touch Football Rules Book and Officials' Manual