



TARLETON STATE UNIVERSITY

INTRAMURAL SPORTS

4on4 Flag Football Rules

I. THE TEAM:

- A. As a team manager it is your responsibility to notify all of your team members of all policies and procedures relating to Intramural Flag Football. Notify all team members of place, date and time of the contest and see that everyone is ready to play at the scheduled game time. It is suggested that team members show up at least 15 minutes prior to their scheduled game time. ***Game Time is Forfeit Time... No Excuses!***
- B. Each participant must be currently enrolled at Tarleton and provide a current, **valid Tarleton ID card** in order to play. Players must have cards at every game in order to play. **No Exceptions** will be made.
- C. All team members must sign a Roster/ Waiver at the Vance Terrell Complex Intramural Office on their game night prior to competing.
- D. **Team Roster:** Will be limited to 10 players. Teams may add to roster throughout the season at the Vance Terrell Complex Intramural Office during their game night. The deadline to add to a roster is prior to completion of the teams' final game. Upon completion of the teams' final game all rosters will be frozen.
- E. **Club Sport Participation:** Only 2 club members from which the sport relates are allowed on male's and Co-Rec teams.
- F. **Former Athletes:** Only 2 former athletes of Tarleton football program may be on the same team. A former athlete is defined as having lettered in their respective sport. Red shirt football players are not eligible to play.
- G. **Participation:** Players are only allowed to compete on 1 man's/women's and 1 Co-Rec team per season. The only exception to this rule is within the Residence Hall Division, persons competing in this division may still play on another team. The RH Division is a separate league designed specifically for people that live in residence halls. Any player who plays on more than 1 team within a division will be declared ineligible for all intramural sports for the rest of the academic year. The games in which he/she played will be declared forfeits.
- H. **Players:** A team will consist of a minimum of 4 players Men's/Women's/Co-Rec.
 - a. *Teams must have 4 players in order to start a game, 2/2 in Co-Rec.*
- I. **Blood Rule:** If there is any blood present on a player or his/her uniform he/she must leave the game until the situation has been resolved. Once the situation has been resolved the player may re-enter the game.
- J. **Ejection:** If an official removes a player from a game, he/she will not be eligible to participate in any intramural event until they have met with the Assistant Director. Ejected players are required to leave the facility for the remainder of the night. It is the responsibility of the ejected player to contact the Assistant Director the following day to set up a meeting.

II. TEAM ROSTER:

- A. Players must be listed on the roster in order to play. Additions to the roster can be made on your teams' scheduled game night; Rosters will be frozen after on the last night of league play.
- B. A player may not change teams once he/she has played for a team. Any student caught playing for more than one team will forfeit all eligibility to participate in intramural events for the remainder of the calendar year. The offending team will forfeit all games in which this individual participated.

III. UNIFORMS:

- A. Players must wear shorts or athletic pants **WITHOUT** any pockets.
- B. Players may wear regular football/soccer cleats. No open toed shoes or boots. **METAL SPIKES ARE NOT ALLOWED.**
- C. Teams must wear same colored jerseys with a visible number on the back.
- D. No jewelry, caps, or bandannas can be worn.

IV. BLOOD RULE:

- A. Players who sustain injury causing an open wound will be required to leave the game. A player may not re-enter the contest until the flow of bodily fluids is stopped, the wound is covered, and all soiled articles of clothing are replaced.

V. TIMING THE GAME:

- A. Playing time shall be two 15 minute halves with a running clock during the first 13 minutes of each half. The last 2 minutes of each half the clock will stop according to NIRSA rules. Halftime will be 3 minutes in duration.
- B. Each team is permitted 1 timeout per half 30 seconds in duration and 1 timeout during overtime play. Timeouts do not carry over from half to half or from overtime periods.

VI. THE GAME:

- A. The captain winning the toss shall select offense, defense, direction, or defer their choice to the second half.
- B. The game shall be played between 2 teams of 4 players each. Teams are required to have 4 players at game time to avoid a forfeit.
- C. The field measures 40 yards in length, goal line to goal line, and 30 yards in width.
- D. A team shall have 3 consecutive down to advance to the next zone by scrimmage, unless changed by penalty enforcement. A new series of downs is awarded when a team moves the ball legally into the next zone. (Two 20 yard zones)
- E. The ball shall be placed at the Team A 5 yard line to begin each half of the game and following a try, touchback or safety, unless moved by penalty. NOTE: There are no free or scrimmage kicks.
- F. The offensive team must have at least one player on their scrimmage line at the snap. The center does count as your 1 player.
- G. A Team A runner cannot advance the ball through Team A's scrimmage line at the snap.
- H. Team B rusher must begin behind 5 yards prior to the snap of the ball.
- I. There must be a legal forward pass each down. The receiver must catch the ball beyond catch the ball beyond Team A's scrimmage line. The passer has 5 seconds to release the ball. If not, it is a loss of down and the ball is next snapped at the previous spot. Only one forward pass may be thrown per down by the offense.

VII. OVERTIME:

- A. The possession of the ball in overtime will be decided by a coin toss. If the winning captain chooses offense the other captain will choose which end of the field to defend. All overtime periods will be played on this end of the field..
- B. Each team will receive attempts to score from the 10 yard line. If the defense intercepts a pass the attempt is over. If the teams are still tied after both teams have had a possession, the team that lost the initial overtime coin toss will choose offense or defense. This alternation will continue with each overtime period.

VIII. MERCY RULE:

- A. If a team is 25 or more points (Co-Rec rule 25 points) ahead when the referee announces the 2 minute warning for the second half or any point thereafter, the game shall be over.

IX. ENFORCEMENT OF PENALTIES:

- A. All 10 yard penalties are 5 yards and all 5 yards penalties are 3 yards.

X. CO-REC RULES:

- A. The regular, intermediate, youth or junior sized balls may be used.
- B. A male runner may not advance the ball past the scrimmage line.
- C. If a female passer completes a pass to a male receiver behind the offensive line of scrimmage and the receiver advances the ball beyond the offensive scrimmage line, it is an illegal forward pass. Penalty: Illegal Forward Pass, -3 yards from the spot of the pass and loss of down.

- D. **OPEN PLAY**- Any player is eligible to receive a pass (male or female).
- E. **CLOSED PLAY**- A female player must be involved in the play resulting in positive yardage.

XI. DISCIPLINARY ACTIONS:

An official cannot successfully perform their duties if a player or spectator is constantly exhibiting unsportsmanlike conduct. The following actions could result in an ejection:

- A. Persistently addressing the officials in regard to decisions.
- B. Making derogatory remarks towards the officials.
- C. Committing acts which are derogatory to officials or which tend to influence their decisions.
- D. Making personal or derogatory comments about or to an opponent.
- E. Disruptive coaching during the game from anyone outside the court.
- F. Fighting.
- G. Cussing.

- *An ejected participant shall not re-enter the game. The player must confer with the supervisor and then leave the Vance Terrell Complex. A player ejected from a game must meet with the Assistant Director after 2:00 p.m. the following day. To make an appointment please call 254.968.0761 or 254.968.9912. An ejected player may not participate in any other Intramural event until he/she has met with the Assistant Director. (this includes softball)*

XII. ACCIDENTS AND INJURIES

Participation in the Intramural program is voluntary and at the participants own risk. Tarleton State University and the Recreation Sports Department do not assume financial responsibility for any injuries. It is strongly recommended that each participant be certain he/she has some form of insurance which would cover claims resulting from accidental injury during Intramural participation. The participants or their insurance companies are responsible for any expenses, due to injuries occurring while participating in the program. Each person must sign a team roster prior to participation in any intramural event.