

GRAND VALLEY STATE UNIVERSITY
RECREATION

Intramural Sports
4v4 Flag Football Rules

Players and Substitutes:

1. 3 players minimum to start a game.
 - a. 4 players maximum can play.
2. 1 player is required to be on the line of scrimmage (LOS) at the snap
3. The following equipment is illegal and may not be worn by any player
 - a. Jewelry
 - b. Shorts/Pants with pockets, zippers, exposed drawstrings or belt loops
 - c. Hooded sweatshirts
 - d. Metal cleats
4. Teams may provide their own ball. IM Sports will have balls for check out
 - a. Co-rec and women's teams may use youth, junior or official size balls
5. Teams must wear the same color shirt for each game. Captains will select that color during team registration. Teams that do not wear the same color shirt could be downgraded in sportsmanship.
6. Flag belts will be provided by GVSU IM Sports

Timing:

1. The game shall consist of 2-12 minute halves
 - a. The clock will run for the first 23 minutes of the game.
 - i. The referee will stop the clock at the one minute warning in each half.
 - b. During the last minute of the second half, the clock will revert to "one minute timing rules."
 - i. One minute timing rules will stop the clock
 1. First down
 2. Out of bounds
 3. Incomplete pass
 4. Penalty enforcement
 5. Touchdown
 6. Safety
 7. Touchback
 8. Change of possession
 - ii. The game officials will indicate when the clock will start based on the previous play.
 - c. Each team is entitled to 2 time-outs per game.
 - d. Regular season games will end in ties. Playoff games will follow the overtime procedures
2. Mercy Rule
 - a. If a team is ahead by 21 points at the one-minute mark of the second half, the game is over.
3. If a game is called because of facility issues, halftime will constitute an official game.

The Game

1. To start a half, after a touchback, touchdown or safety, the ball will be snapped from the 10 yard line. The player receiving the snap for all downs must be two yards behind the LOS.
2. The orange ball spotter is the offensive LOS and the yellow spotter is the defensive LOS. The 1 yard area between is the neutral zone
3. There will be two zone lines to gain (ZLTG). The officials will announce the line to gain and the down on each play.
 - a. The ZLTG will be mid field and the goal line.
4. Teams have 3 downs to advance the ball to the next ZLTG.
5. There are no punts.
6. There is no defensive rush. The defense may not cross their scrimmage line until the ball is passed (illegal advancement, 3 yard penalty).

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7. There must be a legal forward pass each down and the quarterback must release the pass within 7 seconds or the play is whistled dead and the result is an incomplete pass. The legal forward pass must be touched beyond the line of scrimmage.
8. No member of the offense may run the ball through the LOS (illegal advancement, 3 yard penalty).
9. **Flag football is non-contact. Players may not hold, push, and “chuck players on the LOS.” Non-contact screen blocking is allowed during each down. Flag guarding is illegal.**
 - a. **10 yard penalties = 5 yards**
 - b. **5 yard penalties = 3 yards**
10. Only one forward pass is allowed per down. It must be from behind the line of scrimmage. Teams may throw unlimited backward passes
11. Only one person may be in motion at the time of the snap. Motion players may not be moving towards the line of scrimmage at the snap.

Scoring

1. Touchdown
 - a. 6 points in all single gender games
 - b. 9 points when a female scores or throws a touchdown during a co-rec game
2. PAT
 - a. 1 points – ball snapped from the three yard line
 - b. 2 points – ball snapped from the 10 yard line
 - c. 3 points – ball snapped from mid-field yard line
3. Safety
 - a. 2 points

Fouls and penalties:

1. Three yard penalties
 - a. False start
 - b. Encroachment
 - c. Illegal motion
 - d. Illegal shift
 - e. Illegal snap
 - f. Illegal forward pass (also a loss of down)
 - g. Illegal advancement (co-rec)
 - h. Delay of game
2. Five yard penalties
 - a. Illegal contact
 - b. Flag Guarding
 - c. Pass interference
 - d. Illegal participation
 - e. Illegal equipment
 - f. Striping or attempting to strip the ball
 - g. Roughing the passer
 - h. Unsportsmanlike conduct
3. All fouls during a running play will be enforced from the end of the run. All fouls during a loose ball play will be enforced from the previous spot. All dead ball fouls will be enforced from the succeeding spot.

Co-Rec Specific Rules:

1. Open play: any person on the offense is eligible to pass or throw.
2. Closed play: a female must be the passer or receiver.

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4v4 Flag Football Rules

3. All new possessions start with an open play
 - a. A play is closed when a male receiver catches a forward pass from a male receiver
 - b. On a closed play, a female must pass the ball and/or receive a forward pass for positive yards
 - c. If a male passer throws a complete pass to a male receiver, the penalty is illegal forward pass
4. A penalty has no effect on the open/closed status of the play.