4 ON 4 FLAG FOOTBALL RULES

Each player must present their UNC-One Card or valid government ID before to be eligible to participate.

Game time is forfeit time.

Teams are responsible for keeping their spectators under control. Misconduct of spectators, players, or coaches can result in assessment of a penalty, ejection, or forfeit of the game. Spectators must also remain in the area designated by the officials. The officials shall have the power to make decisions on any matters or questions not specifically covered in the rules.

The NIRSA Flag Football Rules will govern play for any rule not mentioned in the following 4-on-4 rules:

1. TEAM REQUIREMENTS

   A. A team shall consist of four players. A team must have at least three players to start, and must maintain three players to continue. The game shall be considered a default if there are less than 3 players.
   B. The field will be 40 yards long and 25 yards wide with 5-yard end-zones.

2. EQUIPMENT

   A. Rubber cleated shoes will be allowed. Open toe, open heel, or hard soled shoes will not be allowed. No metal cleats! No Five Finger Shoes
   B. Pants and/or shorts with belt loops and/or pockets are strictly prohibited. A player may not turn his/her shorts inside out if the inseam of the pocket is visible and flops. Players may NOT wear shorts/pants with zippers or pockets.
      a. If a player chooses to play with pockets they will not be issued flags and will be down by one hand touch throughout the game.
   C. No jewelry or rubber bands may be worn. Exception: Medical Alert tags may be worn. No hats or bandanas may be worn by any player on the field.
   D. Football Specifications - The official ball will be pebble-grained leather or rubber covered and will meet the recommended shape for a football. There are no requirements regarding ball pressure. During the game, each team must use a legal ball of its choice when it is in possession.
   E. Men will use the regular size football.
   F. Women will use the regular, intermediate, junior, or youth size football.
   G. Co-Rec will use the regular, intermediate, junior, or youth size football.

3. GAME TIMING

   A. Games will consist of two 18-minute halves with a three-minute half time. Timing will be continuous for the entire first half and the first 17 minutes of the second half. Only team time-outs and official time-outs can stop the clock. Approximately one minute before the end of the end of the second half, the referee shall stop the clock and inform both captains of the time left on the clock. The clock will restart on the snap.
   B. Mercy Rule - If a team is leading by 33 points or more (45 points or more in Co-Rec) at the five-minute mark of the second half, the mercy rule will go into effect and the game will be over.
   C. The clock will stop during the final minute of the second half for:
      a. Incomplete pass – clock restarts on the snap
b. Out of bounds – clock restarts on the snap
c. Penalties - clock restarts depending on the result of the previous play
d. Score – clock restarts on opponent’s next snap from scrimmage
e. Time-Outs – clock restarts on the snap
f. Touchback – clock restarts on the snap
g. First downs – clock restarts depending on the previous play
h. Change of possession – clock restarts on the snap

D. One time-out per half is permitted for each team. An unused first half time-out does not carry over into the second half.

E. Once the official whistles the ball ready for play, the offense has 25 seconds to snap the ball.

4. SCORING

A. Touchdowns will be worth 6 points (possibly 9 in Co-Rec).
   a. A Try from 5 yard line is worth 1 point
   b. A Try from 10 yard line is worth 2 points.
B. The defensive team may return a PAT for 2 points regardless of whether it was a try for 1 or 2 points.

5. GAME RULES

A. The game will start from scrimmage on a team’s own 5-yard line.
B. Teams will have four downs to score a touchdown.
C. The ball must be snapped in one continuous motion, not necessarily between the center’s legs.
D. The ball must be snapped from the spot designated by the ball marker.
E. The offensive team must have at least one player on the line of scrimmage at the snap.
F. The ball is put into play at the five-yard line after a score.
G. A team scoring a safety will receive two points and the ball on its own 5-yard line.
H. There will be no punts. If the offense fails to score, the ball will be placed on the defense’s 5-yard line with a change of possession.
I. One blitz is allowed per possession. A blitz is an all-out rush by any number of defensive players before the quarterback throws or hands the ball to another player before the defense completes its 5-second count. No player may rush until the official has completed the 5-second count if the blitz has been used
   a. The count shall be “1-onethousand, 2-onethousand, 3-onethousand, 4-onethousand, Go!” This does not apply to the one blitz possession or plays in which the quarterback passes or hands off the ball before the 5-second count is completed. PENALTY: The offense has the choice of the result of the play or five yards from the previous spot and replaying the down.
   b. If the defensive team rushes before the completions of the 5-second count, the play shall continue and count as the team’s one blitz for that possession. PENALTY: If the blitz has been used, the offense has the choice of the result of the play or five yards from the previous spot and replaying the down.
J. The offensive team is allowed ONE running play, outside the opponent’s 5-yard line, per possession. RUNNING PLAYS ARE NOT ALLOWED DURING A PAT ATTEMPT. A play is deemed running or passing by the way the line of scrimmage is INITIALLY broken. PENALTY: Illegal Procedure, five yards, and loss of down/try.
K. When an offensive team is at or inside the opponent’s 5-yard line, the defensive team may blitz from the line of scrimmage on every play, if it chooses, as long as the line of scrimmage is inside of the 5-yard line.

L. The offensive team can throw multiple passes behind the line of scrimmage per down. If the ball is caught behind the line of scrimmage and the player runs, the play counts as a running play. However, a forward pass competed beyond the line of scrimmage, may be pitched or lateraled behind the line of scrimmage, and still advance. However, only ONE forward pass can break the line of scrimmage.

M. Should the defense possess the football (i.e. interception, etc.) the defense team will possess the ball from the end of the run.

6. OVERTIME

A. There will be no overtime during the regular season
B. Overtime shall be played during the playoffs and the format will be repeated until a winner is decided. The winner of the toss shall be given the option of either offense or defense. If additional periods are necessary, the loser of the toss gets the option of offense or defense for the second time and the captains will alternate accordingly for each overtime period.
C. Each team will be given 3 downs from the 10-yard line to score a touchdown until the game is decided.
D. Each team is entitled to one time-out for the entire overtime period. The time-out from the end of regulation may not be carried over into the overtime period.

7. CO-REC RULES

A. A team shall consist of the following combinations: 2 males/2 females, 2 males/1 female, or 1 male/2 females.
B. A touchdown thrown, caught, or run into the end zone by a female is worth 9 points. Should a male throw a legal pass to a female who then laterals to a male and the male scores, the touchdown is only worth 6 points.
C. There may not be two consecutive male-to-male completions beyond the line of scrimmage. For example, if a male passer throws a completed forward pass beyond the line of scrimmage to another male, the next legal, completed forward pass beyond the line scrimmage for positive yards must involve a female as the thrower or receiver. In regards to multiple passes, the final pass across the line of scrimmage will be the determining factor for open/closed. PENALTY: Illegal Forward Pass, 5 yards, and loss of down.
D. An offensive male runner cannot advance the ball through the offensive team's scrimmage line. There are no restrictions if: during a run by a male runner once the ball has been possessed beyond the line of scrimmage if the line as legally been broken; during a run by a female runner; and after a change of possession. PENALTY: Illegal Procedure, 5 yards, and loss of down.
E. Mercy rule will be in effect when a team is winning by 45 points or more with five minutes left in the game.
F. Penalties, whether accepted or declined, have no effect on whether the play is open or closed.
## SUMMARY OF FOULS AND PENALTIES

### LOSS OF 5 YARDS

1. Required equipment worn illegally
2. Delay of game
3. Illegal snap
4. False start
5. False start (Two or more consecutive false starts inside of Team B’s 10 yard line)
6. Encroachment (Illegal Blitz)
7. Illegal male advancement (5 yards from previous spot and loss of down)
8. Illegal forward pass (5 yards from spot of the foul and loss of down)
9. Intentional grounding (5 yards from the spot of the foul and loss of down)
10. Helping the runner: the runner shall not grasp a teammate or be grasped, pulled or pushed by a teammate (5 yards from spot of the foul and loss of down)
11. Delaying the start of either half
12. Illegal participation
13. Offensive pass interference (Only a loss of down, no penalty yards assessed)
14. Defensive pass interference (Five yards from the previous spot and replay down)
15. Illegally secure flag belt (Touchdown /PAT/change of possession nullified, 5 yards from previous spot, and loss of down)
16. Unsportsmanlike conduct (10 yards from the succeeding spot)
17. Attempt to steal the ball from the carrier (5 yards from the succeeding spot)
18. Hurdling (5 yards from spot of the foul)
19. Roughing the passer (5 yards from the succeeding spot and replay the down)
20. Illegal contact
21. Guarding the flag belt and stiff-arming (5 yards from spot of foul and repeat down)
22. Illegal flag belt removal (5 yards from succeeding spot and repeat down)
23. Illegal equipment
24. Flagrant unsportsmanlike conduct (Disqualification) (10 yards from the succeeding spot)
25. Flagrant personal foul (Disqualification) (10 yards from the succeeding