

**STUDENT RECREATION & WELLNESS CENTER
WASHBURN UNIVERSITY**

INTRAMURAL 4 ON 4 FLAG FOOTBALL RULES

1. **ALL PARTICIPANTS MUST BRING THEIR CURRENT WASHBURN PICTURE ID TO PLAY.** ID checks may be made to verify eligibility of players. Players without proper ID will not be allowed to participate. Washburn Intramural guidelines concerning eligibility are in effect.
2. Registration is available online at www.imleagues.com.
3. NIRSA Flag Football rules will govern play except where Washburn Intramural modifications are stipulated.
4. Each team will consist of four (4) players. Game time is forfeit time. Teams must begin and end the game with a minimum of three (3) players. Teams failing to be represented by at least three (3) eligible players at game time shall forfeit the game. The intramural supervisor shall have the official time piece.
5. Prior to each match, team captains must check the roster on the score sheet for accuracy and write in jersey numbers. Each roster will be limited to 7 players.
6. Jerseys with numbers on either the front or back must be worn by each player. Jerseys may be checked out from the officials (a T-shirt with sleeves must be worn under these jerseys). Teams may provide their own T-shirts or jerseys; however, they must be of similar color and must have **clearly visible** numbers on either front or back.
7. Shoes with molded rubber cleats and tennis shoes are the only shoes permitted. Shoes with metal, ceramic, screw-in, or detachable cleats are illegal. The referee will check all players for proper playing equipment.

EXCEPTION: Screw-in cleats are allowed if screw is part of the cleat.

PENALTY: A player discovered with illegal equipment prior to a play will result in a time-out being charged to the team; the player must leave the game and may not return until the illegal equipment is removed. A player discovered with illegal equipment after participating in a play will result in a ten-yard penalty; the player must leave the game and may not return until the equipment has been removed.

8. No jewelry of any kind is allowed. Shorts and pants may not have any pockets. Shirts must either be tucked in or short enough so there is a minimum of 4 inches between the bottom of the shirt and the waistline. Shirts altered in any manner which produces a knot-like protrusion will be illegal.
9. Playing field will be 20 yards by 60 yards.
10. Each team will receive 5 possessions to score as many points as possible. Teams will alternate possession of the ball. Each team will receive two 60 second timeouts per game.
11. Teams will begin each possession at the start line (30 yard line unless changed by penalty) with a first down. Teams will have 4 downs to cross the 20 yard line. Teams will receive an additional first down after crossing the 20 yard line and have four downs in which to score.
12. Each time the ball is spotted, the offensive team will have twenty-five (25) seconds to snap the ball.
13. Motion - one offensive player may be in motion, but not in motion toward the opponent's goal line at the snap. Other offensive players must be stationary in their positions without movement of the feet, body, head, or arms.
14. There are no direct snaps. The person receiving the snap can be anywhere in the backfield, but must be at least two yards behind the line of scrimmage. Snaps may be between the legs or "side-hike".

15. No offensive player, including the quarterback, may advance the ball beyond the line of scrimmage via rushing or running.
16. The defensive team may not rush the quarterback. The quarterback must attempt a forward pass within five (5) seconds. Failure to do so will result in a loss of down and the ball being placed at the previous spot. All forward passes must be completed beyond the line of scrimmage.
17. Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. To avoid calls, and maximize field position, the runner should put his/her arms and/or ball in the air when being de-flagged.
18. When a runner loses their flag belt accidentally or inadvertently, play continues. The de-flagging reverts to a one hand tag of the runner between the shoulders and knees by an opponent.
19. Hurdling is not allowed. Spinning is acceptable, but contact resulting from spinning is the responsibility of the ball carrier.
20. Only one (1) forward pass per offensive play. All players are eligible receivers.
21. No fumble recoveries unless made in mid-air. A loose ball is dead immediately when it hits the ground.
22. All offensive penalties will be 10 yards and result in a loss of down.

EXCEPTION: Illegal Motion will be penalized 5 yards and NO loss of down.
23. All defensive penalties will be 10 yards and result in a replay of the down.
24. PAT must be passed into the end zone from either the 3-yard line (one point), the 10-yard line (two points), or the 20-yard line (three points). **All PAT interceptions are dead at the change of possession.**
25. Players, coaches, and spectators must remain in the designated sideline areas (between the 20-yard lines, 3 yards from the sideline). A violation of this rule may result in a delay of game penalty.
26. Overtime: Coin is tossed; winner has choice of whether to be on offense first or second. The ball is placed on the 10-yard line; the offensive team is given four (4) downs in which to score. If they score, they may attempt a PAT. After the team has either scored or turned the ball over, the opposing team is given four (4) downs in which to score. If the score is still tied after both teams have gone, the entire procedure (including coin toss) is repeated until a winner is determined. Each team has one timeout per overtime period; unused timeouts do not carry over to subsequent overtimes. All downs will be run at the same end zone. NOTE: An interception during the four (4) downs may be returned for a touchdown, ending the game.
27. Teams must protest according to the procedure outlined in the intramural sports policies and procedures document. Teams not represented at the managers' meeting will be unable to lodge protests of any kind during the season and/or playoffs.
28. The Washburn Intramural Sportsmanship Rating System is in effect for all games. Any player receiving a yellow card must sit out at least one play.