Intramural Sports Mission Statement

University Recreation encourages healthy interaction through active lifestyle opportunities for students and the greater University community that strengthens learning and personal growth.

Purpose

The purpose of this rulebook is to establish clear and simple rules for Intramural Flag Football at The University of Alabama. Every attempt was made to avoid cumbersome or confusing rules in order to encourage participation by all students, faculty, and staff.

The National Intramural-Recreational Sports Associations Flag Football Rules are the framework for designing these rules; however, because of the constraints imposed by the facilities at the University, and because of the specified nature of intramural programs, some changes have occurred. For rules not in this handbook, see the NIRSA flag football rules handbook.

These rules are only for use at The University of Alabama and are not a guide to flag football at any other facility. The Office of Intramural Sports reserves the right to modify these rules in whole or in part at any time as necessary.

If you have questions, comments, or suggestions for these rules or the intramural program in general, please contact the Office of Intramural Sports.

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4-on-4 Flag Football

The NIRSA Flag & Touch Football Rules shall govern all 4-on-4 flag football games. The only exceptions to these rules are the special league rules as indicated below. In all other areas not listed below, NIRSA rules shall apply.

Rule 1: Field

Section 1: Playing Field
The field measures 60 yards in length, end line to end line, and 30 yards in width. The field consists of two end zones (10 yards each), two 20-yard zones, and a dividing hash mark.

Section 2: Try Lines
There will be a one point try line at the 3-yard line and a two point try line at the 10-yard line.
Rule 2: Game

Section 1: Coin Toss
The referee will conduct a “game of chance” to determine who will receive the initial choice for game. The visiting team captain will have the opportunity to choose in the “game of chance” for the opportunity to win the initial choice. Should the visiting team captain lose the game of the chance, the home team captain will be awarded the choice. The captain’s choices are as followed and only one can be selected:
   1) Play offence
   2) Play defense
   3) Direction
   4) Defer choice to the second half.

Section 2: Scoring
Scoring is the same for 7 on 7 flag football with 1 and 2 from the same positions that they are during a 7 on 7 game. If a defender intercepts a pass during the try the play is over and cannot be run back for points.

Section 3: Teams
The game is between 2 teams of 4 players each. Three players are required to begin the game and avoid a forfeit.

Section 4: Putting Ball in Play
The ball shall be placed at the offensive team’s 10 yard line to begin each half of a game and following a try, touchback or safety, unless moved by penalty.

Section 5: Kicking
There will be no kicks in 4-on-4 Flag Football.

Section 6: Mercy Rule
There will be no mercy rule in 4-on-4 Flag Football

Section 7: Tie Game
If at the end of regulation the game is tied, the following procedures will be implemented:
   A. The officials will bring in both captains for another meeting at midfield. The visiting team will call the toss. The team winning the toss will have the option to be on offense, defense, or choose which end to play on.
   B. If additional overtime periods are played, captains will alternate choices. All overtime periods will be played on the same end of the field.
   C. Each team will attempt to score by passing from the 3 yard line for 1 point and from the 10 yard line for 2 points.
   D. The overtime period will continue until a winner is determined. The overtime period is not sudden-death. Each team will have an opportunity to score in each period. Each team will have a series of four downs to score.
   E. The goal line will always be the line to gain.
F. If the defense intercepts a pass the play is over.
G. There will be no changes to the enforcement of penalties during the overtime period.

Section 8: Forfeit Time
Game time is forfeit time. The Intramural Sports Supervisor has the correct game time. The Intramural Sports Department recommends that the team arrive at their field 15 minutes before game time. If Team A is present and ready for play while Team B is not, the following late arrival penalty administration will occur:
   A. Team A will have the option to win by forfeit or to administer the 10 minute grace period for Team B.

IF THE GRACE PERIOD IS GIVEN, the following rules will be applied.
   A. Team A will get the ball at their 14-yard-line for the first AND second half of the game
   B. If Team B has not arrived 5 minutes after game time, Team A will receive the benefit from subsection A, as well as placement of the ball at the other team's 10-yard-line.
   C. If Team B does not arrive 10 minutes after game time, Team A wins by forfeit.

Rule 3: Timing Procedures

Section 1: Game Time
Playing time shall be two 12 minutes halves. The clock will start on the snap to begin each half. It will run continuously for the first 11 minutes unless stopped by a team or Referee’s time-out.

Section 2: Stopping of Clock
The clock will stop according to regular flag football rules during the final minute of each half.

Section 3: One Minute Warning
Approximately 1 minute before the end of each half, the Referee will announce to both teams that 1 minute remains in the half. The clock shall start on the snap after this announcement and the stop clock rule will be in effect for the remainder of the half.

Section 4: Time-outs
Each team is entitled to two charged time-out per game, including overtimes.

Section 5: Series of Downs
A team shall have 3 consecutive downs to advance the ball to the next zone by scrimmage. A new series of downs will occur 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. If a team fails to convert or score after the permitted 3 downs, a turnover on downs occurs.

Rule 4: Line of Scrimmage
Section 1: Scrimmage Lines
The scrimmage lines will be the same as regular flag football.

Section 2: Players on Scrimmage Line
The offensive team must have at least one player on their scrimmage line (first ball spotter-orange) at the snap.

Rule 5: Running and Passing

Section 1: Running the Ball
An offensive runner cannot advance the ball through the offensive scrimmage line (first ball spotter-orange). There are no restrictions after a change of possession or once a legal forward pass has been caught beyond offensive scrimmage line. Teams shall not rush the quarterback after the snap.

Section 2: Legal Forward Pass
There must be a legal forward pass each down. The receiver must catch the ball beyond the offensive scrimmage line. The passer has 5 seconds to release the ball on a forward pass. A lateral or backwards pass has no affect on the 5 second time limit for a forward pass to occur. If a legal forward pass does not occur during the 5 second time limit, the play is immediately blown dead, the result of the play is a loss of down, and the ball is next snapped at the previous spot. The Referee will sound his or her whistle at 5 seconds if the passer has possession of the football. The Referee shall have a verbal count loud enough for the passer to hear the official.

Rule 6: Penalties

Section 1: Types of Penalties
All penalties will be the same as a regular flag football game.

Section 2: Penalty Enforcement
All 10-yard penalties are 5 yards and all 5-yard penalties are 3 yards.

Rule 7: Co-Rec Rules

Section 1: Team Composition
Teams consist of 4 players, two men and two women. Three players are required to avoid a forfeit. Teams consisting of three players shall have at least one player of each gender.

Section 2: Points System
Scores involving females (as passer or carrying ball into end zone) are worth 9 points – extra points are worth the same regardless.
Section 3: Open and Closed Plays
During the offensive teams possession there may not be two consecutive legal forward pass completions from a male passer to a male receiver. This rule applies to the Try also. If a male passer completes a legal forward pass to a male receiver, the next legal forward pass completion must involve either a female passer or a female receiver for positive yards. The spot where the ball becomes dead by rule must be beyond the offensive scrimmage line. There are no restrictions concerning a male passer completing legal forward passes to a female receiver, or female to female, or female to male.