



Intramural Sports

4-on-4 Flag Football Rules



Intramural Sports Participant Manual

- All participants are required to adhere to the policies of Intramural Sports. This information is located online at <http://intramurals.athletics.cornell.edu>.
- In the Intramural Sports Participant Manual, you will find important information regarding:

Team Information	Participant Information
• Registration	• Eligibility
• Divisions	• Participation
• Playoffs	• Participant Conduct
• Sportsmanship	• Safety
• Forfeits and Cancellations	• Alcohol and Drug Policy
• Protests	
• Champions	

Location

- All games will be played on Schoellkopf Field.
- Participants should park in the Central Campus Parking Garage.

Tournament Format

Teams will compete in a single-elimination tournament.

Timing

- Games will consist of two 12-minute halves with running time. Stop timing will be used during the last minute of each half, at which time the clock will stop on all whistles other than deflagging.
- The clock will stop for team and official's timeouts throughout the entire game.
- The clock will run during P.A.T. attempts (except during stop-timing).
- Half time will be three minutes in duration.
- Each team gets one 30-second timeout per half (unused timeouts do not carry-over).

Overtime

- A coin toss will be conducted at midfield with the following options: offense/defense, or goal (both teams will use the same goal on offense).
- Each team will attempt to score by passing from the 3-yard line for one point or from the 10-yard line for two points. If the defense intercepts a pass or fumble, the attempt is over.
- Teams will receive one time-out in an overtime situation.

Players

- Teams consist of four players. A minimum of three players must be present to begin and continue play.
- Offensive players are responsible for helping retrieve the ball after a down has ended.
- Any number of substitutions may be made during a game when a stoppage in play has occurred.

Equipment

- Each player must wear pants or shorts with **NO belts, belt loops, pockets, or exposed drawstrings**.
- Pants/shorts must be a different color than the flags.
- Shirts must be worn, with either tails tucked inside pants or short enough to be a minimum of four inches above the belt. Jerseys that have been altered in any manner that produces a knot-like protrusion or creates a tear-away jersey are illegal.
- All players are required to wear flag belts the entire game. Belts must be one piece without any knots. Belts must have three flags and are to be secured around the waistline, with one flag positioned on each player's side and one directly in the center of the back. The belt may not be wrapped around itself.

Game Play

All rules and regulations will follow 7-on-7 Flag Football Rules with the following exceptions:

- The field measures 40 yards in length, and 30 yards in width. End zones are 10 yards deep.
- The ball shall be placed at the 10-yard line to begin each half of a game and following a try, touchback or safety, unless moved by penalty. Note: There are no kicks.
- A team shall have three consecutive downs to advance the ball to the next zone by scrimmage. A new series of downs is awarded 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.
- The offensive team must have at least one player on their scrimmage line at the snap.
- Offensive team runners cannot advance the ball through their scrimmage line. There are no restrictions after a change of possession or once a legal forward pass has been touched beyond the scrimmage line.
- There must be a legal forward pass each down. The receiver must touch the ball beyond the scrimmage line. The offensive team has seven seconds to release the ball on a forward pass. If not, it is a loss of down and the ball is next snapped at the previous spot.
- All 10-yard penalties are five yards and all 5-yard penalties are three yards.
- The mercy rule does not apply.

Sportsmanship

One of the major goals of our program is to provide a safe, fair and enjoyable playing environment for all participants. Unsportsmanlike behavior generally causes games to become not enjoyable, unfair, and in some instances, unsafe. If any player or team exhibits conduct that is deemed unacceptable by the Intramural Sports Staff, one warning will be given to the team captain. A second instance of unsporting behavior by any team member will result in the team being disqualified from the tournament.

*All rules not specifically covered in this document will be enforced as NIRSA Flag and Touch Football Rules.
All rules are subject to change by the Intramural Sports professional staff.*