

4-on-4 Flag Football Tournament Rules and Regulations

All teams are will be scheduled randomly and all intramural flag football rules will apply with the following “Air-it-Out” exceptions:

1. All players must wear appropriate clothing. No jewelry. Mouth piece optional.
2. All players must appear on the registration form.
3. Games are played to 28 points or 30 minutes.
4. Teams consist of 6-8 players, minimum of 3 players on the field.
5. TD = 6 points, extra point = 1 point (5 yards out) or 2 points (12 yards out).
6. No running is allowed (It is called Air – It – Out)
7. Quarterbacks cannot run, but may scramble to get pass off within the 5 seconds.
8. All players are eligible to receive a pass. One foot in bounds required.
9. Only players starting 7 yards behind line of scrimmage can rush the passer.
10. Quarterback has 5 seconds to attempt a pass or the play is ruled dead.
11. All drives and changes of possession (except interceptions) start at the 5-yard line. Possessions starting as a result of an interception begin at the point of the interception. Safety results in two (2) points and possession.
12. Offense has 3 plays to cross the midfield line or score a touchdown.
13. All offensive penalties = loss of down and yardage.
14. All defensive penalties = first down.
15. Any ball that hits the ground will be ruled dead. No fumbles.
16. Ball must be snapped between legs. Direct snap is permissible.
17. No backward laterals (no pitching back permitted). Only one forward pass per play.
18. Cleats are allowed. No metal baseball spikes allowed. Inspections will be made.
19. Flagrant contact or fouls will not be tolerated. Offending player(s) will be immediately ejected from that game. Ejections result in tournament expulsion.
20. Five (5) second rule does not apply if ball is handed off.
21. Continuous clock until last minute of each half. Two timeouts per half.
22. Overtime will be one play to gain the most yardage.
23. Field dimensions are shown below:



