

## University of Colorado, at Colorado Springs Intramural Sports

# 4 on 4 Air it Out Flag Football Rules

**Format**-- Teams will be placed into 1 pool consisting of 3–5 teams each. Teams will play three pool play games. The top two teams from each pool will advance. **In event of a tie at the end of pool play, ties will be broken; based on their team's head to head record, sportsmanship, defensive points (points given up). If a tie still continues, ties will be broken based on their offensive points (points scored).**

All current University of Colorado, at Colorado Springs Flag Football rules will be in effect with the following modifications:

1. Intramural Sports will NOT provide game balls. Both teams should bring balls to practice with. Home team will be responsible to provide the game ball.
2. All players must present their current UCCS photo I.D. prior to each game. No I.D., no play!
3. Teams will consist of 4 playing members.
4. A minimum of 4 players must be on site, signed in, and ready to play to avoid a forfeit. Game time is forfeit time. Teams should check in with Intramural Supervisor a minimum of 15 minutes before their scheduled playing time.
5. A coin flip will decide first team possession.
6. Each team will receive 5 possessions to score as many points as possible. Teams will alternate possessions of the ball. Games will be limited to 40 minutes.
7. Teams will begin each possession at the 40 yard line (unless changed by penalty) with a first down. Teams will receive an additional first down after crossing the 20 yard line.
8. Teams will have a 25 second play clock that will be kept by the official.
9. The 50 yard line serves as the offensive team's own goal line. If the offensive team is downed behind the 50 yard line, a safety is called, the defensive team receives 2 points and their possession of the ball begins at the 40 yard line.
10. Interceptions may be returned and will result in two points awarded to the defense if the defense returns the ball to the offensive team's own goal line. The offensive team will lose possession and the defensive team will take over at the 40 yard line if it is not returned for a score. This includes passes intercepted in the offensive team's own end zone (you may run it out).
11. Three offensive players must be on the line of scrimmage at the time of the snap.
12. 40 minute time limit on games. Each team will receive 1 time-out per game and 1 time-out per overtime period (if necessary).
13. Overtime - Coin toss will determine who chooses offense or defense and will rotate for all succeeding overtimes.
14. Scoring: Touchdowns - 6 points, PAT from the 3 yard line - 1 point, 10 yard line - 2 points, 20 yard line - 3 points, safety - 2 points, interception (returned) - 2 points.
15. Mercy rule: If the point differential is too great to recover from after 4 possessions the game will be called due to the mercy rule.
16. Rushing the Passer - There will be a two (2) yard neutral zone. After the snap, if a defensive player crosses into the neutral zone the quarterback may advance the ball beyond the line of scrimmage. If no defensive player crosses the neutral zone, the quarterback may not advance the ball beyond the line of scrimmage.
17. Passing - All passes must be legal forward passes completed beyond the line of scrimmage (penalty: illegal forward pass 5 yards and loss of down). The passer will have 10 seconds to throw the ball after receiving the snap. The Referee will time the play with a countdown stopwatch (penalty: delay of game, 5 yards and loss of down).
18. Penalties - All penalties will be 5 yard penalties except:

### ***Disqualification Associated with 10 Yard Penalties***

1. Flagrant Unsportsmanlike Player Conduct
2. Intentionally Contacting an Official
3. Intentional Grounding (Loss of down) (no disqualification)
4. Tackle the Runner
5. Intentional Tampering with Flag Belt - Offense (Loss of Down), Defense (Automatic First Down)
6. Offensive Pass Interference (Loss of Down) and Defensive Pass Interference (disqualification is a judgment call)

Note: some 5 yard penalties also carry a loss of down or automatic first down.

19. Participants should be aware that there is a risk of injury in participation of intramural sports. Individuals participate in intramural sports at their own risk.
20. All blocking rules will apply with the following exceptions: Strait arm contact can be made within the first 5 yards. Once the elbows bend, the arms may not extend again (illegal contact). There is to be NO holding, pushing, or extensive/rough contact (judgment call by the official). No contact can be made after 5 yards (pass interference, holding, or illegal contact).