

UNIVERSITY OF SOUTH
RECREATION & WELLNESS –
4v4 FLAG FOOTBALL



FLORIDA
INTRAMURAL SPORTS

Any rules not covered follow 7v7 rules.

GENERAL POLICY

- For any questions or concerns regarding any of the following policies and rules please contact our Sports Programs office at (813) 974-4449 or rec-imsports@usf.edu or stop by our office from Monday – Friday 11am-3pm.
- All participants must check in with a Sports Programs supervisor with either their USF ID card or state-issued ID. The USF ID or state issued ID must have a clear name, picture, and legible U# for the USF ID. No other forms of identification may be used to check in.
- All officially enrolled students and Faculty and Staff members with an active Recreation and Wellness membership at the University of South Florida are eligible to play. For further eligibility guidelines please reference the IM Handbook, found on the USF Recreation and Wellness website.
- **Game time is forfeit time.** Teams should be ready to play at the scheduled game time. It is beneficial to have your team arrive 15-20 minutes early to ensure that games start on time and that forfeits be avoided.
- Players may play on 1 single-gendered team and 1 co-rec team per sport. In co-rec sports, the participant must play as the gender identified on Fusion. Fusion information is updated daily from the Registrar's office. Students wishing to change their gender in our system will need to formally update their gender with the Registrar. Students seeking to do this can email asktheregistrar@usf.edu to request more information related to this process.
- Players can join teams at any point during the regular season and playoffs.
 - Players can only switch teams once during the regular season, given they **have not played** a game for the team they are switching from
 - This means they can only switch to another team and cannot switch back to their original team.
 - Switching teams can only be done during normal office hours (11AM – 3PM) in our Sports Programs Office located in the Recreation and Wellness Center
 - Any player that **has checked in** for an intramural team cannot switch to another team after they have played.
- Players cannot switch teams after their team has been eliminated in playoffs.
- If a player is attempting to play for multiple teams in the same league, they are ineligible.

- Teams must all wear the same color jersey. Pennies will not be provided. All teams are required to bring one alternate color in case both teams show up wearing the same color. Shirts must be worn at all times.
- Jewelry is not allowed. Any player who enters the game with jewelry will be forced to leave the game.

SPORTSMANSHIP

- Sportsmanship ratings will be given at the conclusion of each game and will be based on the behavior of players, coaches, and spectators. Actions before, during, and after contests will be taken into consideration in sportsmanship ratings.
- Sportsmanship is rated on a 1-6 scale (details of each can be found in the IM handbook).
- Players, spectators, and coaches are held to a standard of good sportsmanship. If anyone does not adhere to that standard, they can be removed from a contest by any Sports Programs employee.
- Abusive or insulting language, acts of unfair play, and managers, coaches, or substitutes on the field of play will result in suspension and/or removal from the playing area.
- If a player is ejected from a contest, they are immediately ineligible to play in all other contests until they have met with the Sports Programs Coordinator and their reinstatement date is set.

PLAYERS AND ATTIRE

- The game shall be played between two teams of four players each. Must have three players to start a game. Co-ed teams may have a maximum of two females or males playing at once.
- Each team shall designate a captain. The captain will act as the spokesperson for the team and make all decisions. Team representatives, including players, spectators, team managers, coaches, score keepers, and group members are subject to these rules.
- Teams must all wear the same color jersey. Pinnies will not be provided. All teams are required to bring one alternate color in case both teams show up wearing the same color. Shirts/jerseys must be worn at all times.
- Shirts must be **A)** long enough to tuck in so that they remain tucked in the player's pants/shorts during the entire down or **B)** short enough so there is a minimum of 4 inches from the bottom of the shirt to the player's waistline.
- Players CANNOT wear pants or shorts with any belt loops or pockets of any form, including zipper pockets or shorts inside out.

- Towels may not hang from a player's waist or otherwise interfere with the possible removal of a flag. Towels, however, may be used and kept on the ground fifteen yards behind the offensive line of scrimmage before and during the play.
- Team captains are responsible for verifying the eligibility of all players on their team, including knowing who is suspended. Refer to the IM Handbook for more information.

SPORT CLUB PARTICIPANTS

- For sports fielding 4 players or less, only 2 sport club participants may be on the same team in the same sport. A sport club participant is defined as a student who has appeared on a home or away match roster within the past 365 days from the day of the intramural game. A team is allowed to have only 2 or 3 total club members, regardless of gender, depending on the size of the sport. This rule only applies for sport club members whose sport is the same or in close relation to the intramural sport being offered (I.e. volleyball club(s) for volleyball intramural or soccer club(s) for 6v6/8v8 soccer)

GAME, FIELD, AND EQUIPMENT

- Shoes must be worn. Cleated shoes must have rubber or polyurethane cleats. No metal cleats or spikes allowed.
- Men will use the regular sized football; while women will use the intermediate size football (Co-Rec may use either size ball). Game balls will not be provided. The offense is responsible for the ball at all times.
- Each team will begin possession on their own 10-yard line. They will have 3 downs to reach midfield for a first down, then three plays to score a touchdown.
- **An extra point conversion cannot be returned by the defensive team. Once the play is intercepted, the play is dead.**
- **There is no punting. A turnover on downs results in possession at the same spot where the previous play ended.**
- **NO defensive or offensive rushing is allowed.**
- All passes must be forward and received beyond the line of scrimmage. The QB has a 5 second "pass clock" from the time of the snap. If a pass is not thrown within the 5 seconds, play is dead, loss of down, ball returns to line of scrimmage. If the ball is handed off or pitched backwards the 5 second rule is still in effect and the count does not reset.
- **No one can** run the ball past the line of scrimmage without the ball previously breaking the plane of the line of scrimmage. Play will be blown dead, loss of down and the ball returns to the line of scrimmage. Teams may pitch back or lateral the ball anywhere behind the line of scrimmage.

- All players are eligible to receive passes. Players must have at least one foot in bounds when making a catch.
- 10-yard penalties in 7-on-7 will be 5 yards in 4-on-4. 5-yard penalties in 7-on-7 will be 3 yards in 4-on-4.

INITIAL POSSESSION, LENGTH OF GAME, AND TIME CONSTRAINTS

- The game will consist of two 10-minute halves, and the clock will only stop in the last minute of both halves. There will be a 3-minute halftime. Each team has a 25 second play clock to snap the ball.
- Each team has two timeouts per game, in which the clock stops. Officials can stop the clock at their own discretion (injuries, after delay of game penalty, etc.).
- **Game time is forfeit time.**

SUBSTITUTIONS AND TIEBREAKERS

- Substitutions may be made after any dead ball is declared by an official.
- Free substitutions are allowed after any whistle, provided the substitution does not delay the game. However, no offensive substitute may enter unless he/she joins the huddle and is part of the huddle at the time when it breaks.
- Tie games will be broken by:
 1. A coin toss will precede the tiebreaker. The team winning the toss has 3 options: A) offense; B) defense; C) direction. The opposing team has the remaining choice.
 2. Each team will have one try to attempt to score by passing from the 3-yard line for 1 point, from the 10-yard line for 2 points or from the 20-yard line for 3 points.
 3. If a pass is intercepted by the opposing team, it can NOT be returned. A change of possession will occur.

SCORING

- Points are scored by: TD=6, Extra Point=1 (3 yards out); 2 (10 yards out); 3 (20 yards out) Safety=2.
- Mercy Rule: 19 points (single gendered teams) or 25 points (co-rec teams) any time after the 1-minute warning in the second half.

CO-REC RULES

- A regulation team consists of 4 players. A team may play with a minimum of 3 players. The possible combinations are 2m/2w, 1m/2w, 2m/1w.
- Either size football will be used for co-rec games (regular size or intermediate size).
- All other rules will be the same as 7v7

PLAYOFFS

At the conclusion of the regular season of all sports will be a playoff tournament. For a team to be eligible for playoffs they must have averaged a sportsmanship rating of 4 or better during the regular season, have no regular season forfeits, and have won at least one game during the regular season.

- If a team's sportsmanship rating drops below a 4 in the playoffs, they will be forfeited out of playoffs and their opponent will move on if their sportsmanship rating is at or above a 4.
 - If games are cancelled by Sports Programs Administration, the win requirement will be waived for all affected teams.
- Roster edits may be made during any point of playoffs.
 - Participants from teams who have been knocked out of playoffs may not join rosters of teams currently participating in playoffs.
- During playoffs, your team may play on dates and times not consistent with your regular season schedule. It is the responsibility of the captain to notify team members when playoff games are.
 - Due to the nature of playoffs, games are unable to be rescheduled to accommodate team availability.
 - Games may be rescheduled if teams are playing in multiple playoff games for different sports at the same time. Captains will be responsible for contacting the sports programs office if a conflict occurs. Changes may not be made without more than 24 hours notice. For this change to occur, more than half of the roster must be playing on both teams with conflicts.
 - Games will be rescheduled for weather cancellations.
- All communication about reschedules, inclement weather, and updates will be sent via email to the team captains.
- Winners of each division will receive a maximum of 6 Intramural Champion T-shirts.