The NIRSA Flag 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. All UCI 7-on-7 Flag Football rules will apply with the following differences:

Rule 1: Playing Field
The field measures 70 yards in length, end line to end line, and 25 yards in width. The field consists of two end zones (10 yards each), two 25-yard zones, and a dividing hash mark.

Section 1: Try Lines
There will be a one-point try line at the 3-yard line, a two-point try line at the 10-yard line, and a three-point try at the 20-yard line.

Rule 2: Game

Section 1: Scoring
Scoring is the same for 7-on-7 flag football with 1, 2, and 3 point tries from the same positions that they are during a 7-on-7 game. If a defender intercepts a pass during the conversion try the play is over and cannot be run back for points.

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

Section 3: 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 4: Kicking
There will be no kicks in 4-on-4 Flag Football.

Section 5: Mercy Rule
If a team is ahead by 36 or more points at any time during the final 3 minutes of the game, the game will be ended.

Section 6: 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, from the 10-yard line for 2 points, or from the 20-yard line for 3 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 7: Forfeit Time
Each team has 5 minutes from the scheduled game time to get the minimum amount of players required to participate. 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:

1. The team that arrives late will start the game with a “2” sportsmanship rating and only have the opportunity to earn a “3.”

2. If 5 minutes has passed, the team that is legally checked in will win the game by forfeit.

Rule 3: Timing Procedures

Section 1: Game Time
Playing time shall be two 20-minutes halves. The clock will start on the snap to begin each half. It will run continuously for the first 19 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
Teams will start each drive from the 3-yard line. A team shall have 3 consecutive downs to advance the ball to the next zone. 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, Passing and Defensive Rush Plays

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. The opposing defense shall not rush the quarterback after the snap OR cross the line of scrimmage; except on a designated rushing play (see Section 3).

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 effect 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.

Section 3: Rushing the Quarterback
The defense will only be allowed one “rush” play on each side of midfield. The rush can take place on any down. The rushing defender must be lined up 8 yards from the defensive line of scrimmage, which will be signified by the Line Judge Referee on the far sideline. A hand up by this referee means there is a rushing play possible.

Rule 6: Penalties

Section 1: Enforcement of Penalties

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*Loss of Down Fouls:
1. Illegal Forward Pass
2. Illegal Backward Pass
3. Intentional Grounding
4. Illegally Secured Flag Belt (by offense)

*Automatic First Down Fouls:
1. Roughing the Passer
2. Illegally Secured Flag Belt (by defense)