

**Southwestern Intramural & Recreational Activities
4 on 4 Flag Football Rules**

All current SIRA Flag Football Rules will be in effect with the following modifications.

GAME TIME IS FORFIET TIME.

I. TEAM REQUIREMENTS

1.1 A team shall consist of four players. No more than six team members can play in any one game. A team must have at least three players to start, and must maintain three players to continue.

II. EQUIPMENT

2.1 Rubber cleated shoes will be allowed. No metal cleats.

2.2 Pants and /or shorts with belt loops and/or pockets are strictly prohibited.

2.3 Players may NOT wear jewelry, hats, or bandanas.

III. GAME TIMING

3.1 Games will consist of two ten (10) minute halves with a two (2) minute half time. Timing will be continuous for the entire game. Only team time-outs and official time-outs can stop the clock. The clock will restart on the snap. If a team is leading by 33 points or more in the last two (2) minutes of the second half, the mercy rule will go into effect and the game will be over.

3.2 One time-out per half is permitted for each team. An unused first half time-out does not carry over into the second half.

3.3 Once the official whistles the ball ready for play, the offense will have 15 seconds to snap the ball.

IV. SCORING

4.1 Touchdowns will be worth 6 points. A try from 3 yards is worth 1 point and from 10 yards it is 2 points.

4.2 A defensive team may return a try for 2 points regardless of whether it was a try for 1 or 2 points.

V. GAME RULES

5.1 The game will start from the line of scrimmage on a team's own 10 -yard line.

5.2 Teams will have three downs to advance to the mid-field stripe for a first down or to the end zone for the touch down.

5.3 The ball must be snapped in one continuous motion, not necessarily between the center's legs. The player who receives the snap must be at least 2 yards behind the offensive scrimmage line.

5.4 The ball is put into play at the 10-yard line after a score,

5.5 A team scoring a safety will receive 2 points and the ball on its own 10-yard line.

5.6 There will be no punts. If the offense fails to convert on third down, the ball will be placed on the defenses own 10-yard line with a change of possession.

5.7 The defensive players will line up seven (7) yards from the ball, even if the offensive team is less than 1 yard away from the end zone or the zone line to gain. Any player wishing to cross the line of scrimmage before a pass breaks the line of scrimmage during a play must have begun that play 7 yards from the line of scrimmage. **Penalty: Illegal rush, 3 yards repeat the down.**

5.8 The ball must be snapped from the spot designated by the ball marker.

5.9 A RUNNING PLAY CANNOT BREAK THE LINE OF SCRIMMAGE.

5.10 The offensive team can throw multiple passes behind the line of scrimmage per down. However, a forward pass completed beyond the line of scrimmage, may be pitched or lateral behind the line of scrimmage, and still advanced. Only ONE forward pass can break the line of scrimmage.

5.11 The offensive team must have at least one player on the line of scrimmage at the snap.

5.12 Interceptions may be returned for a touchdown, however, if the intercepting team does not score, and they retain possession and start on their own 10-yard line.

VI. OVERTIME

6.1 Each team will be given 3 downs from the same 10-yard line to score a touchdown until the game is decided.

6.2 Each team is entitled to one time-out per overtime period.