

University of Nebraska
Campus Recreation
Intramural Sports

Men's and Women's 4 v 4 Flag Football Rules With Co-Rec Modifications

*All current UNL Flag Football rules will be in effect with the following modifications:

RULE 1. The Game, Field, Players, and Equipment

GENERAL PROVISIONS

The Game – Men, Women

Teams will consist of 4 playing members. A minimum of 3 players must be present to avoid a forfeit. A game may not be continued with less than 3 players.

The Game – Corec

The Corec game shall be played between two teams of 4 players, 2 males and 2 females. A team may play with 3 players and avoid forfeit. Those three players shall be 2 males and 1 female or 2 females and 1 male.

Supervision

The game shall be played under the supervision of the Intramural Sports Staff Assistant and one or two flag football officials. The officials are: Referee and Line Judge.

THE FIELD

Field Size

Games will be played on a regulation field, divided in halves so that two 4v4 games may be played simultaneously on one regulation field.

RULES 2. Definition of Playing Terms

KICKS

There will be no kicks or punts.

RULE 3. PERIODS/TIME FACTORS

STARTING A GAME

A coin flip will determine first team possession. Each team will receive 6 possessions to score as many points as possible.

TIME-OUTS

Each time is entitled to one (1) charged time-out per game, including overtimes.

RULE 4. BALL IN PLAY, DEAD BALL, OUT-OF-BOUNDS

INTERCEPTIONS

Interceptions may not be returned and will result in an immediate dead ball and two points awarded to the defense. The offensive team will lose possession and the defensive team will take over at the 30 yard line. This includes passes intercepted in the offensive team's own end zone.

RULE 5. SERIES OF DOWNS, NUMBER OF DOWNS, AND TEAM POSSESSION AFTER PENALTY

SERIES OF DOWNS

A new possession will begin at the 30 yard line, unless moved by penalty. A team shall have four consecutive downs to advance past the 20 yard line. The team shall receive an additional first down after crossing the 20, and now has four downs to score a touchdown. If a team fails to gain a first down or touchdown, a turnover on downs will occur and the defensive team will take possession at the 30 yard line.

RULE 6. KICKING THE BALL

There are no kicks or punts in 4v4 flag football.

RULE 7. SNAPPING, HANDING, AND PASSING THE BALL

MINIMUM LINE PLAYERS

Two offensive players must be on the line of scrimmage at the time of the snap.

RUNNER

An A runner cannot advance the ball beyond Team A's scrimmage line. There are no restrictions once a legal forward pass has been touched beyond A's scrimmage line.

LEGAL FORWARD PASS

There must be a legal forward pass each down, and the receiver must touch the ball beyond A's scrimmage line. Team A has 5 seconds to release the ball on a forward pass. If not, it is a loss of down and the ball is next snapped at the previous spot. Team B may not cross the scrimmage line until the ball has been touched beyond A's scrimmage line. The Referee will sound his/her whistle at 5 seconds if the passer has possession of the football.

RULE 8. SCORING PLAYS AND TOUCHBACKS

TOUCHDOWN VALUES

During a Corec game if a female scores a touchdown or if a female throws a legal forward pass and a touchdown is scored by any Team A player, prior to a change of possession, the point value is 9. All other touchdowns will count as 6.

TRY=1, 2, OR 3 POINTS

PAT from the 3 yard line=1 point

PAT from the 10 yard line=2 points

PAT from the 20 yard line=3 points

INTERCEPTION

All interceptions are worth 2 points

SAFETY

The 40 yard line serves as the offensive team's own goal line. If the offensive team is downed behind the 40 yard line, a safety is called, the defensive team receives 2 points, and their possession of the ball begins at the 30 yard line.

PENALTIES

All 10 yard penalties are 5 yards and all 5 yard penalties are 3 yards

OVERTIME

There will be no overtime in the regular season. If, during bracket play, a game ends in a tie, traditional NIRSA overtime rules will apply.