4-on-4 Flag Football Rules

**Eligibility:**
- Players may play on one open team
- All players are required to present their Auburn University ID or other form of photo ID before each game
- Game protests are accepted regarding eligibility only
  - Eligibility protests must be submitted within 24 hours of the completion of the game in the regular season
  - Eligibility protests must be submitted before or during the game in the playoffs
  - Refer to the Auburn Intramural Sports Handbook for rules on eligibility
- Players and teams violating these eligibility rules are subject to suspension from Campus Recreation

**Attire:**
- Athletic shoes made of canvas, leather, or synthetic material are required, and the shoe must cover the entire foot
- Same colored shirts/jerseys are required.
- Jerseys must be long enough so they remain tucked in the pants/shorts the entire down
- Each player must wear pants or shorts without any belt(s), belt loop(s), pocket(s), holes, or exposed drawstrings. Pants or shorts must be a different color than the flags.
- Pants or shorts may not be turned inside out, and pockets may not be taped.
- Headgear including but not limited to billed hats and bandanas with exposed knots, are not allowed
  - Players may wear a knit stocking cap.
  - The cap must have no bill.
  - Players may wear a single-colored headband no wider than 2”.
- Players may wear pliable and non-rigid sunglasses.
- Flag belts must be wrapped around a player’s waist and be clipped in the front.
- Each flag belt must have a flag down each hip and a flag down the player’s backside.
- Jewelry of any kind is not allowed
- Towels or play sheets may not hang from a participant’s waist.
- Flag belt being worn improperly or with missing pieces.
- Pads or braces worn above the waist are not allowed
• Leg or knee braces must be covered on both sides and all edges

**Gameplay:**

• Game time is forfeit time
  o Any teams not having the appropriate number of players will forfeit the game
  o Any teams that forfeit are required to pay a forfeit fee of $25.00 to remain in the league
  o Teams must pay this forfeit fee (credit/debit) at [RWC Connect](#) within 24 hours to remain in the league

**Players:**

• Each team plays with 4 players. Two players are required to begin the game and to avoid a forfeit.

**Timing:**

• Playing time shall be two 12 minutes halves.
• Teams will use an official size football for all games.
• The clock will start on the snap to begin each half.
• Because of shorter halves, the play clock will be 15 seconds
• It will run continuously for the first 11 minutes unless stopped by a team or Referee's time-out.
• The clock will stop according to regular flag football rules during the final minute of each half.
• 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.
• Each team is entitled to one charged time-out per half and one charged time-out in each overtime.

**Overtime (playoffs only):**

• Each team will attempt to score by passing from the 3 yard line for 1 point, the 10 yard line for 2 points, or the 20 yard line for 3 points.

**Mercy Rule**

• There is no mercy rule in 4-on-4 Flag Football

**Coin Toss:**

• The referee will conduct a "game of chance" to determine who will receive the initial choice for game.
• The visiting team captain will have the opportunity to choose in the "game of chance" for the opportunity to win the initial choice.
• Should the visiting team captain lose the game of the chance, the home team captain will be awarded the choice.
• The captain’s choices are as followed and only one can be selected:
  o Play offense or
  o Play defense or
  o Defend end zone or
Defer choice to the second half

**Scoring:**
- Scoring is the same for 7 on 7 flag football.
  - Touchdowns are worth 6 points
  - Point After Tries are as follows:
    - A one point attempt is at the 3-yard line
    - A two point attempt is at the 10-yard line
    - A three point attempt is at the 20 yard line.

**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.

**Kicking:**
- There are no kicks in 4-on-4 Flag Football.

**Series of Downs:**
- 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, and the defense is awarded possession at the succeeding spot after the 3rd down attempt of the offense.

**Scrimmage Lines:**
- There is only an offensive line of scrimmage.

**Players on Scrimmage Line:**
- The offensive team must only have the center on their scrimmage line at the snap.

**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.

**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.
• The verbal annunciation of the time limit for forward passes will occur in the following fashion:
  o "One, Two, Three, Four (Whistle sounds)."
  o The word "five" will not be verbally spoken.

**Types of Penalties:**

  o All penalties will be the same as a 7-on-7 flag football game.

**Penalty Enforcement:**

  o All 10-yard penalties are 5 yards and all 5-yard penalties are 3 yards.