

University of Washington Bothell

Intramural Activities

4V4 Flag Football Rules

Team Requirements

- The game will be played between (2) teams of (4) players each. (3) players are required to avoid a forfeit.
 - Maximum roster size is 8

The Field

- The field measures 40 yards in length, goal line to goal line, and 30 yards in width.

Coin Toss

- The captain winning the toss shall select offense, defense, direction, or defer his/her choice to the second half.

Putting the Ball In Play

- The ball shall be placed at the offense's (10) yard line to begin each half of a game and following an extra point, touchback, or safety, unless moved by a penalty.
- There is no kicking or punting.

Length of Game

- Playing time shall be two (12) minute halves.
- The clock will run through the first (11) minutes of each half.
- During the last minutes of each half, a stop clock shall be used.

Tie Breaker

- Regular season games can end in a tie. Overtime rules for playoffs are as follows:
 - To start overtime, a coin toss will be conducted with the winner selecting offense, defense, or direction. If additional overtime periods are played, the order of possession will alternate each new period. All overtime periods are played toward the same goal line.
 - Each team will attempt to score by passing from either the 3 yard line for 1 point, from the 10 yard line for 2 points, or from the 20 yard line for 3 points.

Time-Outs

- Teams will receive (2) timeouts per game.

Series of Downs

- A team shall have (3) consecutive downs to advance the ball to the next zone

A New Series of Downs

- A new series of downs is awarded when a team moves the ball legally into the next zone or the opponent obtains team possession of the ball by penalty, pass interception, or the previous offense's failure to advance to the next zone.

Rushing the QB

- The defense cannot cross the offensive scrimmage line until the ball is passed. This means no rushing of the quarterback.

Runner

- An offensive runner (has possession of the ball) cannot advance the ball through the offensive line of scrimmage.
- There are no restrictions on running once the ball has been touched beyond the line of scrimmage.
- In a nutshell, NO RUNNING PLAYS.

Players on the Line of Scrimmage

- Only (1) player is required to be on the line of scrimmage. This player is typically the center.

Legal Forward Pass

- There must be a legal forward pass each down. The receiver must touch the ball beyond the offensive line of scrimmage.
- The quarterback has (5) seconds to release the ball on a forward pass.
 - If there is no forward pass within the (5) second window, the play will be blown dead, and result in a loss of down for the offense. (Basically an incomplete pass).

Mercy Rule

- 19 points by 1 minute
- 40 points at any time in the 2nd half

Enforcement of Penalties

- All regular (10) yard penalties are now (5) yards.
- All regular (5) yard penalties are now (3) yards.