



RIT 4v4 Flag Football Rules

Any rule not specifically covered in this manual will be governed in accordance with the NIRSA Flag and Touch Football Rules Book and Official's Manual. Modifications have been made.

Proper athletic attire required. Running shoes/athletic sneakers are the only footwear acceptable. There will be no cleats of any kind allowed indoors.

Teams will be permitted to use their own ball as long as it is approved by the Supervisor.

II. Players

- The game shall be played between two teams of four (4) players each. Three (3) players are required to avoid a forfeit.
- Each roster will be allowed a maximum of eight (8) players.
- All players must be listed on the roster on Fusion and must check in
- All participants must have a current membership to the SLC in order to participate.

III. Play

Start of Game

The captain winning the toss shall select offense, defense, direction, or defer their choice to the second half.

Timing

- The game shall consist of two (2) 10-minute halves with a two (2) minute halftime.
- The clock will start on the snap to begin each half. It will run continuously for the first 9 1/2 minutes unless stopped by a team's or referee's timeout. There will be no stoppage in the 1st half.
- Each team will be notified at the 0:30 mark in the 2nd half by an official and the clock will then stop for the following reasons:
 - Incomplete pass-clock restarts on snap
 - Out of bounds-clock restarts on snap
 - Penalties-clock restarts depending on the previous play
 - Score-clock restarts on opponent's next snap from scrimmage
 - Timeouts-clock restarts on snap
 - First Downs-clock restarts depending on the previous play
 - Change of Possession-clock restarts on the snap
- Each team is entitled to two (2) timeouts per game, including overtimes.

Scoring

- Breaking the vertical plane of the goal line with the football will score a touchdown.
- Each touchdown will be worth six (6) points.
- A team may try a PAT and go for one (1) point from the three (3) yard line, two (2) points from the ten (10) yard line, or three (3) points from midfield.

- The defensive team may return a PAT if intercepted for 2 pts.
- A team scoring a safety will receive two (2) points and the ball on its own five (5) yard line.

Putting the Ball in Play

The ball shall be placed at the Team A five (5) yard line to begin each half of a game and following a PAT try, touchback, or safety, unless moved by penalty.

Note: There are no kicks.

Play

- Teams will have four (4) consecutive downs to advance to the mid-field stripe for a first down or to the end zone for the touchdown.
- A new series of downs is awarded 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.
- The snapper is the only required offensive player to be on the line of scrimmage at the time of the snap (formerly 2 players).
- Any Team A runner cannot advance the ball through Team A's scrimmage line. There are not any restrictions after a change of possession or once a legal forward pass has been touched beyond Team A's scrimmage line.
- There must be a legal forward pass each down. **The receiver can catch the ball either behind or past the line of scrimmage.** Team A has five (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. The referee will sound his whistle at five (5) seconds if the passer still has possession of the football.
- The play clock shall be 20 seconds in length.
- The ball will become dead immediately upon contact with any netting or post (ceiling or side).
- Penalty changes from Outdoor Flag Football: All ten (10) yard penalties are five (5) yards and all five (5) yard penalties are three (3) yards.
- There will be no punts. If the offense fails to convert a 4th down, the ball will be placed on the defense's own five (5) yard line with a change of possession.
- The offensive team must have at least one player (the center) on the line of scrimmage at the snap.
- Interceptions may be returned in a game. When the player's flag is pulled, the ball is spotted at the spot where the flags are pulled.

Overtime

- There will be no overtime during the regular season. Regular season games will end in a tie.
- Each team will attempt to score by passing from the three (3) yard line for one (1) point or from the ten (10) yard line for two (2) points.
- If the defense intercepts a pass or fumble, the attempt is over.

IV. Fouls and Penalties

Offensive:

| Penalty | Distance | Replay down? | Where Marked |
|------------------------|--------------|--------------|---------------|
| Offside | 3 yards | Yes | Previous Spot |
| False Start | 3 yards | Yes | Previous Spot |
| Delay of Game | 3 yards | Yes | Previous Spot |
| Illegal Touching | 3 yards | Yes | Previous Spot |
| Illegal Forward Pass | 3 yards | No | Previous Spot |
| Illegal Blocking | 5 yards | Yes | Previous Spot |
| Holding | 5 yards | Yes | Previous Spot |
| Pass Interference | 5 yards | Yes | Previous Spot |
| Guarding of Flag | 5 yards | Yes | Spot of Foul |
| Hurdling | 5 yards | Yes | Spot of Foul |
| Initiating Contact | 5 yards | Yes | Spot of Foul |
| Illegal Forward Pitch | None | No | Spot of Foul |
| Illegally Secured Belt | TD Nullified | No | |

Defensive:

| Penalty | Distance | Replay down? | Where Marked |
|----------------------|----------|--------------|---------------|
| Simulating Cadence | 3 yards | Yes | Previous Spot |
| Offside/Encroachment | 3 yards | Yes | Previous Spot |
| Illegal Contact | 5 yards | Yes | Previous Spot |
| Holding | 5 yards | Yes | Spot of Foul |
| Stripping | 5 yards | Yes | Spot of Foul |
| Pass Interference | 5 yards | Yes | Previous Spot |
| Illegal Belt Removal | 5 yards | Yes | Previous Spot |
| Roughing the Passer | 5 yards | First | Previous Spot |

Miscellaneous:

Unsportsmanlike Conduct: 5 yards. Repeat first down. Marked from end of play (spitting on ground, pushing, verbally antagonizing opponents or officials, spiking the ball or not returning it to official)

Flagrant Personal Foul (Ejection)

Intentional Tampering with Flag Belt (Ejection)