

Campus Recreation

University of South Carolina Student Life

Flag Football 4v4 League Rules

Please refer to the Participants' Manual for a complete list of all Intramural Sport guidelines & procedures

Section 1: General Information

General IM Procedures

- Teams should arrive 15 minutes before the game to check-in with the supervisor.
- Teams are expected to begin the game at the agreed scheduled time.
- All participants must display a valid Carolina Card before each game in order to play.
 - i. You may also use your digital Carolina Card through the GET mobile app. No ID – No Play – No Exceptions!

Defaults

- A default will result in the team automatically losing and receiving a 3-sportsmanship rating, and the game will be scored as the maximum mercy rule for that sport.
- The deadline to notify the Sport Programs Office that their team is unable to play their scheduled game and receive a default is 3pm the day of their game (M-F) or 12pm if their game is on Sunday.
- If a team defaults twice during the regular season, this is referred to as a “double default” which is equivalent to a forfeit and results in a **forfeit fee of \$25** being assessed to the captain. The captain will be suspended from Intramurals until this fee has been paid on DSE. The team will receive a 3-sportsmanship rating for each default.
- The UofSC Sport Programs Office can be reached:
 - i. By email at sportprograms@mailbox.sc.edu
 - ii. By phone at 803.576.9387
 - iii. In person at the Strom Thurmond Wellness & Fitness Center – Room 201D

Forfeits

- A forfeit will result in the team automatically losing and receiving a 1-sportsmanship rating, and the game will be scored as the maximum mercy rule for that sport. A **forfeit fee of \$25** will be assessed to the captain, and the captain will be suspended from Intramurals until this fee has been paid on DSE.
- If a team forfeits twice during the regular season, this is referred to as “forfeiting out” and they will be removed from the league. A **second forfeit fee of \$25** will be assessed to the captain, and the captain will be suspended from Intramurals until both fees have been paid on DSE.

Team Choice (5 minutes: 5 minutes)

- The captain of the team present who has the minimum required number of players to play, can choose to accept the default/forfeit or enact team choice at the game start time. If the team enacts the team choice rule, they cannot change their mind and accept a default/forfeit later.
- If both teams are present but neither team has the minimum number of required players at game time, the Sport Programs Leader will start the game clock but neither team will receive points during the first 5 minutes.
- During the first 5 minutes, if only one team meets the minimum number of required players, no points will be awarded but they will have the opportunity to enact “team choice” for the second 5 minutes. If they accept the

default, the game will be called, otherwise points will be awarded during the second 5 minutes according to the team choice point guidelines.

- **4v4 Flag Football (7 points:7 points)**

Sportsmanship

- Each team will be given a sportsmanship rating 1-5, in accordance with the Participants' Manual, from the officiating crew/on-site supervisor following the game.

Playoffs

- All teams are eligible for post season play provided that they
 - i. Win at least one game in the season.
 - ii. Do not forfeit more than once
 - iii. Do not default more than twice
 - iv. Complete the season with the required sportsmanship rating (3.0).
- **If a team receives more than one game with a sportsmanship of 2, they will forfeit the remainder of the playoffs. A team that receives below a 2 in any playoff game will automatically be forfeited.**

Miscellaneous

- To receive the latest USC Intramural Sports schedules, scores, and updates be sure to log onto **sc.dserec.com/online/dashboard**
- No jewelry can be worn during games. Captains are responsible for making sure all jewelry is removed before a player takes the court.
- Protest: The only 2 things that can be protested are rule interpretation & player eligibility.
 - i. In order to protest rule interpretation, you must tell the supervisor you wish to protest before the next play.
 - ii. Player eligibility protests can be made before, during, or after the game to any supervisor or professional staff member.

Section 2: Rules & Sport Specific Information

The game will be played according to the current National Intramural & Recreational Sports Association's (NIRSA) rules if not explicitly stated in this document.

Location

- All games will be played at the STWFC fields.

Players

- Each team will consist of 4 players on the field at one time.
 - A minimum of three (3) players are required to play.

Equipment

- Each player on the field must wear a one-piece flag belt (provided by UofSC Sport Programs) on the waist with the 3 permanently attached flags on either side and one on the back.
- **Belt loops, pockets, exposed drawstrings, or untucked hoods are illegal.**
 - These items increase the risk of injuries to fingers given the nature of flag football.
- Any type of running shoe or sneaker is permitted.

- Molded one-piece screw-ins with a cleat length of 2” or less are permitted.
- Exposed metal on cleats is prohibited and players will be asked to remove their cleats before playing (cannot be “taped up”).
- Headgear, shoulder pads, body pads, or any unyielding or dangerous equipment is prohibited.
 - Under no circumstances will a player wearing a cast or splint be allowed to play. Braces with exposed metal parts must be covered.
- Players may wear a knit or stocking cap but no bandanas or any other headwear with a knot may be worn.
 - No baseball style/brimmed hats.
- Soft gloves may be worn.
- All players must wear shirts/jerseys long enough that they can remain tucked in through a down or cut at least 4” above the waist.
- The supervisor on duty will make any decisions on the legality of any equipment.

Scoring

- A touchdown is worth 6 points
- After a score the offense will have the option to go for:
 - 1 point from the 5-yard line
 - 2 points from the 10-yard line
 - 3 points from the 20-yard line

Timing

- Playing time shall be two - ten (10) minute halves.
- The clock will run continuously for the first half and second half unless:
 - Stopped by a timeout
 - The game clock is within the the last minute of the second half

Time Outs

- Each team is entitled to two charged time-outs per game, including overtimes.
 - Time outs do not “rollover”

Enforcement of Penalties

- All penalties are based off of NIRSA 7v7 Flag Football Penalties.
- 10-yard penalties are 5 yards, and all typical 5-yard penalties are 3 yards.

Pre-Game

- The Sport Programs staff will identify a “coin toss” process that will determine which team will select possession, side, or the ability to defer their choice to the second half.
 - The options for each half shall be:
 - i. Offense / Defense / Defer option to the 2nd half
 - ii. Goal to defend
- The captain not having the first option for a half shall exercise the remaining option.

The Game

- Team A (Offense) shall have 3 consecutive downs to advance the ball to the next zone/end zone being defended by Team B (Defense).
 - A new series of downs is awarded when Team A moves the ball legally into the next zone or Team B

obtains possession of the ball by penalty, pass interception, or failure to advance to the next zone.

- The ball shall be placed at the Team A 10-yard line to begin each half of the game and following a try, touchback, safety, or turnover on downs unless moved by penalty.
- Team A must have at least one player on their line of scrimmage at the snap.
- Yardage may only be gained through a **legal forward pass**. There must be a legal forward pass each down.
 - Team A runner cannot advance the ball through Team A's line of scrimmage. There are no restrictions after a change of possession or once a legal forward pass has been caught beyond Team A's line of scrimmage.
 - The receiver must catch the ball beyond Team A's line of scrimmage.
 - Team A has 5 seconds to release the ball on a forward pass.
 - i. If not, it is a loss of down and the ball is snapped at the previous spot.
 - ii. The referee will sound their whistle at 5 seconds if the passer still has possession.

Illegal Rush

- Team B is not allowed to rush the quarterback.
 - If a defender rushes the opposing quarterback, the penalty is 3 yards from the line of scrimmage, replay the previous down OR take the result of the play.

Overtime

- Regular season games can end in a tie. If a game is tied in playoffs when time expires these following procedures will occur:
 - The officials will run a captain meeting to explain the rules and do another coin toss. The team that wins the coin toss will have the option of choose offense/defense first or picking the side of the field that overtime will be played on.
 - Overtime will be played in the "college football format" where both teams will have an offensive possession starting on the 20-yard line. Each offense will have 3 downs to score. After a score the offense will have the option to go for 1, 2, or 3.
 - If an interception is to occur on a play, the play is stopped immediately during an overtime period, officially ending that team's possession. The new offense will then start their series at the 20-yard line (if necessary).
 - If a 2nd overtime period is required, the order of which team is on offense/defense will alternate. For example, team A will start on offense in the 1st overtime and will start on defense in the 2nd overtime etc.
 - Each team will have 1 timeout for the entire overtime (Timeouts don't carry over from regulation).

Onside Kicks

- Onside kick are a try from the 20 after a touchdown
- Onside kicks are only permitted in the last 5 minutes of the second half when scoring team is up by no more than 19 points

SUMMARY OF PENALTIES

Foul	Type	Yards	Basic Spot	Special Notes
False Start	Dead Ball	3	SS	
Illegal Snap	Dead Ball	3	SS	
Encroachment	Dead Ball	3	SS	
Illegal Substitution	Dead Ball	3	SS	
Delay of Game	Dead Ball	3	SS	
Illegal Motion	Live Ball	3	PS	
Illegal Substitution	Live Ball	3	PS	
15 Yard Rule/Offense Receivers	Live Ball	3	PS	
Illegal Shift	Live Ball	3	PS	
Illegal Equipment	Live Ball	3	PS	
Illegally Conserving Time	Live Ball	3	PS	
Receiving Snap within 2 yards	Live Ball	3	PS	
Advancement of Quarterback	Live Ball	3	PS	
Illegal Rush	Live Ball	3	PS	
Illegal Forward Pass	Live Ball	3	SPOT	Loss of Down
Intentional Grounding	Live Ball	3	SPOT	Loss of Down
Helping the runner	Live Ball	3	SPOT	

Foul	Type	Yards	Basic Spot	Special Notes
Illegal Participation	Live Ball	5	PS	
Unsportsmanlike Conduct	Live/ Dead	5	SS	
Pass Interference - Offense	Live Ball	5	PS	
Pass Interference - Defense	Live Ball	5	PS	
Illegally Secured Flag belt	Live Ball	5	All But 1	LOD/ 1st Down
Illegal Contact	Live Ball	5	All But 1	
Roughing the Passer	Live Ball	5	PS/ EORR	Automatic 1st Down
Flag Guarding	Live Ball	5	SPOT	
Illegally Kicking	Live Ball	5	SPOT	

- SS – Succeeding Spot
- PS – Previous Spot
- SPOT – Spot where the Foul Occurred
- EORR – End of the Related Run
- ALL BUT 1 – All fouls but one, that is a foul by the offense behind the basic spot, are penalized from the basic spot.
- Live Ball Foul-Let play continue-Illegal contact, Flag guarding, Pass interference, Illegal forward pass, Roughing the passer, Illegal formation
- Dead Ball Foul-Blow whistle and stop play to enforce penalty-False start, Illegal substitution, Encroachment, Leaving on the wrong side of field, Delay of game (25 second count)