

**Note:** Rules are governed by current National Intramural Recreational Sports Association (NIRSA) Flag Football Rules with the following modifications. For a complete list of general Intramural Sports Policies, please reference the participants guide at recreation.uconn.edu or on IMLeagues.

**FORMAT:** This is a 4 player open league. Teams will be placed in round robin pool play with the top teams advancing to a single elimination playoff tournament. Games are scheduled between 6:00-11:00PM, Monday through Thursday. All games will be played on the Sherman Family Turf Complex. If a team chooses to withdraw from the tournament for any reason after registration is complete, the captain will be charged the \$25 forfeit fee.

**FORFEIT PROCEDURE:** If a team fails to have the required number of participants at the scheduled game time, the opposing team who is present will have the following options:

1. Take the win by forfeit at that time. No contest will be played.
2. Choose to wait until the opponent arrives to compete. However, the official game clock will start running as scheduled. The game will commence once the opponents arrive with whatever game time is remaining on the clock and the score at 9-0, in favor of the waiting team. If the opposing team is not ready to play 10 minutes after the scheduled game time, the Intramural Staff will declare a forfeit win for the waiting team.
3. If a team has the required number of participants (4) signed in at game time, but fails to have the required number of properly equipped participants at game time, a 9-0 scoring advantage will be given to the other team. Forfeit procedures will not be enacted if this situation arises. The game clock will be started and the team will have 10 minutes to acquire the necessary number of players with proper equipment. If, after 10 minutes, the team still does not have the required number of properly equipped participants, the game will be counted as a default win for the other team. The team captain will not be charged a \$25 fee on their University fee bill and the team may remain in the league without being required to pay a re-entry fee.

If a team forfeits a game, the captain will be charged \$25 on their University fee bill. In addition, teams wishing to remain in the league must complete the online form consenting to a \$25 fee bill charge (non-refundable) by 4:00 pm the next day. If the team does not consent to the additional re-entry fee, they will be removed from the league. All players who signed in for the team prior to the forfeited game will no longer be eligible to continue participating in that sport for the remainder of the season.

**NIRSA Flag Football rules will prevail with the following modifications:**

**EQUIPMENT:**

1. Teams are encouraged to wear their own color-matching jerseys with visible numbers on the back. No taped-on or pinned-on numbers are permitted. Pinnies will be available at the game sites for teams that need them. A t-shirt with full sleeves (short or long) must be worn underneath the pinnie issued by UConn Recreation
2. Sneakers and soft rubber turf shoes may be worn. **Not allowed: metal, screw-in, or plastic molded cleats.**
3. All players will wear the official flag belt with the flags attached in the proper locations. Shirts or jerseys must be tucked under the flag belts as well as into the shorts/pants and in no way cover or protect the flags.
4. Flags must be of contrasting colors with vests/jerseys and shorts/pants.
5. **Each player must wear pants or shorts without any belt(s), belt loop(s), pocket(s) of any kind, exposed drawstrings, or holes. Tear away pants are not permitted. Shirts and sweatshirts with hoods or pockets are also not permitted.**
6. Ball spotters: two soft and pliable spotters (orange and gold rubber disks or cones) will be used to mark the offensive and defensive scrimmage lines. The ball spotters will always be

one yard apart.

**GAME FORMAT:**

1. Number of Players: The game shall be played between 2 teams of 4 players each. You must have 4 players to start the game. No maximum limit of players for each team's roster.
2. Time-outs: Each team is entitled two charged time-outs (one minute) per game. No additional time outs will be awarded in overtime but an unused time-out can be carried over.
3. Game Time: Playing time shall be two-12 minute halves. The clock will run for both halves. Only stoppages are for injuries and time-outs.
4. Series of Downs: A team shall have 3 consecutive downs to advance to the next zone line to gain. 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, interception, or failure to advance to the next zone.
5. Try: After a touchdown is scored, the scoring team has three options for the try: 1 point from the 3 yard line, 2 points from the 10 yard line, or 3 points from the 20 yard line. **If a ball is intercepted the attempt is over.**
6. Overtime: One captain shall call the toss with the winner selecting offense, defense or direction. Each team will attempt to score by passing from either the 3 yard line for 1 point, the 10 yard line for 2 points, or the 20 yard line for 3 points. If additional overtime periods are necessary to determine a winner, teams will alternate overtime choices. **If a ball is intercepted the attempt is over.**
7. Once a game is over, and a winner has been decided, the Captains shall report the final score to the manager on duty.
8. Sneakers and soft rubber turf shoes may be worn. Not allowed: metal, plastic molded or screw-in cleats.
9. All players will wear the official flag belt with the flags attached in the proper locations. Shirts or jerseys must be tucked under the flag belts as well as into the shorts/pants and in no way cover or protect the flags.
10. Flags must be of contrasting colors with vests/jerseys and shorts/pants.
11. Ball spotters: Two soft and pliable spotters (orange and gold disks/cones) will be used to mark the offensive and defensive scrimmage line. The ball spotters will always be one yard apart.
12. **Each player must wear pants or shorts without any belt(s), belt loop(s), pocket(s), exposed drawstrings, or holes. Tear-away pants are illegal.**

**RULES OF GAME:**

1. **PLAYERS MUST ACTIVELY AVOID INITIATING CONTACT**
2. Passing: There must be a legal forward pass each down (unless the defense blitzes). The person receiving the ball must be beyond the offensive line of scrimmage. The passer has 5 seconds to release the ball. If not, loss of down and the ball is spotted at the previous spot. **If a player from the defense blitzes, or crosses the line of scrimmage, then there will no longer be a 5 second pass clock and the QB may run the ball past the 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 scrimmage line.
3. Scrimmage Line: The offensive team must have at least 1 player on their line at the snap. The defense must start behind the scrimmage line.
4. Snap: The ball must be snapped from under Center, and the quarterback must be at least 2 yards behind the line of scrimmage. No direct snaps.
5. If a player fumbles a ball, the play is dead at the spot where the ball hits the ground.
6. Participants are expected to follow the rules as stated. Players may call their own penalties, however both Captains must agree upon them. Teams are required to settle all on-field rulings in the best sporting manner. Only if a ruling cannot be agreed upon by both Captains,

the Intramural manager will have the final ruling. Any player observed displaying blatant disregard for the rules shall be removed from game site by Intramural staff.

**PLAYER CONDUCT:** 4 v 4 Flag Football is a non-officiated sport. All participants are expected to act in such a manner that is prudent to fair play, and displays mutual respect for others. While competitive play is highly encouraged, it should never affect adherence to the agreed upon rules, sportsmanship towards opponents, or pure enjoyment of play. Actions such as blatant disregard for the rules, offensive behavior, or taunting opponents must be avoided. If any individual/team displays behavior that is contrary to the spirit of the game, UConn Recreation staff reserves the right to remove such individual/team from competition.

**SPORTSMANSHIP RATING:** Good sportsmanship is required of all participants. Players, coaches, and spectators are to conduct themselves properly at all times. UConn Recreation reserves the right to suspend or disqualify groups or individuals for unsportsmanlike conduct at any time. Unsportsmanlike conduct before, during, and/or after a game (event) will not be tolerated. **The team captain assumes full responsibility for the conduct of the team and spectators.**

Unsportsmanlike conduct includes actions that are unbecoming to an ethical, fair, honorable individual. It consists of acts of deceit, disrespect, or vulgarity and includes taunting. UConn Recreation disapproves of any form of taunting which is intended or designed to embarrass, ridicule, or demean others under any circumstances.

If you have any questions, please contact Kelsey Cato (Coordinator of Intramurals and Tournaments) at 860-486-2357 or by email: [Kelsey.Cato@UConn.edu](mailto:Kelsey.Cato@UConn.edu)